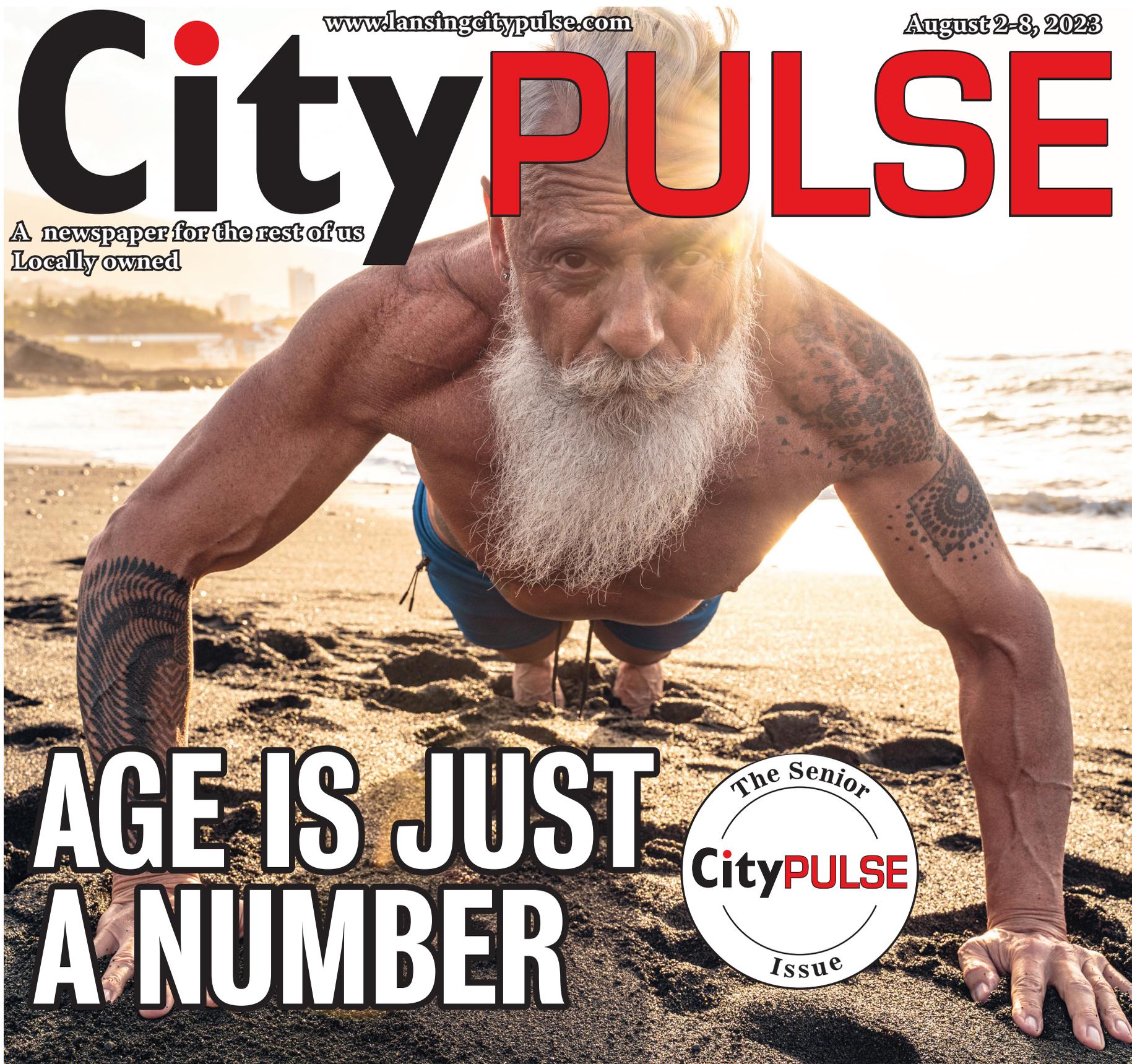


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Each year at its annual dinner, the Exchange Club of Greater Lansing honors individuals for their contributions to the community.

This year, the honorees were:

Firefighter of the Year

Captain Jaren Nisch, Lansing Fire Department

Law Enforcement Officer of the Year

Sagar Kandel, Lansing Police Department

Law Enforcement Officer & K-9 of the Year

Officer Rendon, OK-9 Mac, Lansing Police Department

Book of Golden Deeds

George Campbell, Exchange Club of Greater Lansing

Joe Polack, Exchange Club of Greater Lansing

Sheri Jones, WLNS

One of the hallmarks of the Exchange Club of Greater Lansing is its grants to local nonprofit organizations. In the last year, these nonprofits were recipients:

MSU Community Music School

YMCA, Mystic Lake

REACH Art Studio

CapCan College Network

Child and Family Charities

The Turning Point of Lansing

Kingdom Ministries

Girl Scouts Heart of Michigan

Operation Santa

Lansing Community College Foundation

Lansing Area Safety Council

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Footprints

Sleep in Heavenly Peace

The Exchange Club of Greater Lansing extends a special thank you to **Royal Scot Golf, Bowl & Banquet Center** for hosting this year's annual dinner and to **Sheri Jones** for the generous donation of her time as Master of Ceremonies for this year's dinner.

The Exchange Club of Greater Lansing: Working to Make Lansing Better for 101 years - and beyond.

For more information on how you can join us in service to our community, please contact Tiffany Floate at Tiffany.Floate@usc.salvationarmy.org



CityPULSE

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Prime Time Seniors Program helps older adults thrive

PAGE 15

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James Carter headlines JazzFest with special guest

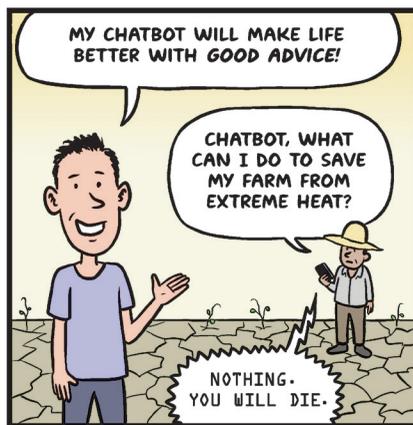
PAGE 22



Nutrition tips for preventing age-related health conditions

PAGE 29

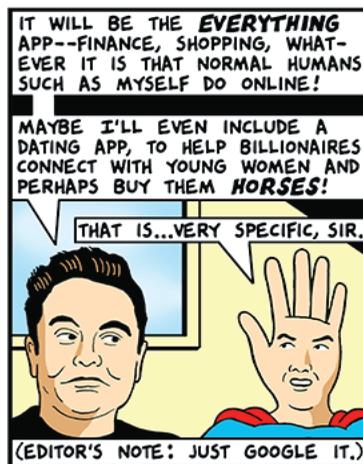
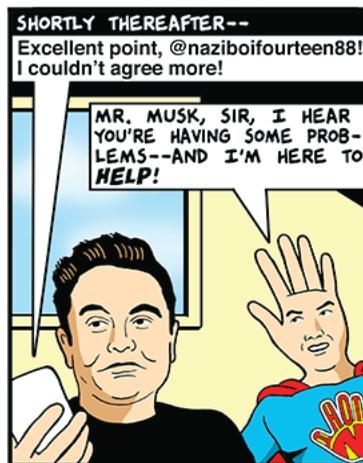
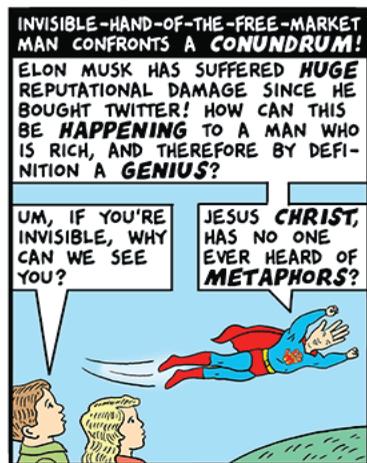
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NEWS & OPINION

Lansing is part of a national crisis of homeless seniors

Nearly two years ago, Victor Lyons was working as a roofer. During a job, he stepped on a nail. The wound became infected, and Lyons landed in the hospital. The infection took the 61-year-old man's left leg, and he found himself struggling to learn how to walk again.

He moved in with his son and daughter-in-law, but the couple was experiencing relationship issues. He left to give them space, he said, and that landed him in the shelters in Lansing.

"It was difficult going to the shelter," Lyons said. "The first 14 days, I realized that I couldn't stand the shelter because of my leg and hopping back and forth from the long hall to the bathroom. So, I kinda chose to grab a tent and hang out and see what was going on in the woods."

He has been living in the woods ever since.

Lyons is among a growing trend in the homeless community. They're older and find themselves subject to the whims of family or friends who have provided shelter. It's a form of what advocates call "couch surfing," a hidden form of homelessness.

"Homelessness at this time, at the level that it's occurring in our community, is the worst I've seen in over 30 years of human service provision in Lansing," said Susan Cancro, executive director of Advent House Ministries. The organization works with the homeless population providing rehousing services, among other services.

That increase she said, "certainly applies to the population in our area of those who are senior citizens."

Obtaining an accurate count of the homeless is difficult. The U.S. Department of Housing and Urban Development estimated there were 250,000 homeless people over the age of 55 in 2019. A study from the University of Pennsylvania reviewing data from shelters in New York, Los Angeles and Boston estimated 40,000 homeless 65 or older and

predicted that will triple by 2030.

A myriad of reasons underlie this sudden increase in unhoused seniors. There's a lack of affordable housing. The Baby Boomer generation is hitting an age when they've retired, but a battering of recessions and the housing bubble collapse have made their retirement incomes lower than expected. Add into that the pressure of inflation, and it is a ready-made crisis.

Adding to the complications, the post-COVID world has witnessed significant rent increases, said Cancro.

"Somebody may come to a point of renewing their lease and suddenly a rent that might have been \$850 a month is now \$1,250 a month," she said. "That'd be hard. And it would be hard for anybody, but certainly for someone who has a controlled income like that where they have no option to expand their income."

A brief by Justice in Aging, a national advocacy group for the elderly, found in 2021 that "more than 1.7 million extremely low-income (ELI) renter households with an older adult are severely cost-burdened, spending more than half of their income on rent and utilities. An ELI household has income at or below 30% of the Area Median Income, or the Federal Poverty Level, whichever is greater."

Apartments.com reports that in 2021, Lansing rents increased, on average, by 19.5%. In 2022, there was an increase of just .3%, while to date in 2023, the rent has increased 2.8%. The median rent, the website reports, is \$1,006.

The average monthly rent for a studio apartment is \$842, according to rent.com. A one-bedroom averages \$961 and a two-bedroom averages \$1,262, per month.

Cancro said when those rent increases hit, many seniors are not able to find work.

"They are elderly, they're over the age of 60 or 65 and they may have a physical disability that makes it



Todd Heywood/City Pulse

Victor Lyons, 61, of Lansing, in the tent encampment he calls home.

difficult or impossible for them to maintain a regular job," she said.

Many seniors give up their independent housing in exchange for housing with family members. But that can be problematic, as Lyons' experience shows. The housing is subject to the whims of the family members and the relationships.

While he originally left his son's home for the streets, he now chooses to stay on the streets. His family does visit, he said.

"I have grown children. They come out with my grandkids," he said. "We go fishing down here, they come and hang out at the camp, meet some of the homeless."

Lyons said he was addicted to a variety of substances, including alcohol, for decades. He'd been sober for two years before the accident that caused him to lose the lower part of his left leg. It took nearly two

years to get out of the hospital and learn to walk again, putting his time sober at four years.

But he's brought his struggles to the street in hopes of helping others.

"I know I feel the pain they go through," he said. "If no one's there to listen to them and understand what they're going through, they're gonna fall by the wayside. They're just gonna lay out here and die, and no one's gonna be able to help them."

He spoke Sunday less than an hour after he and other residents in the encampment had to provide nine doses of Narcan to a person who overdosed in an encampment 20 feet from their own.

The camp — as far as camping goes — is immaculate. There are a box of canned goods, tents, a grill and an open fire. They have a generator as well. Bags of trash have been filled and sit outside the entry to the camp, ready to be put in a city trash can.

The encampment has to move regularly to prevent law enforcement and city officials from taking the belongings and trashing them.

Cancro said the services being provided for the homeless community are underfunded in the face of the growth in the population, an estimated 300% over the last few years. Her organization can place someone in a hotel room using funding from the city of Lansing, but the pool of money for that is limited.

All the providers working with the homeless are responding to an unprecedented crisis, she said. Trying to harness community engagement, like landlords willing to work with Section 8 or housing vouchers or finding additional financial resources to help people navigate the various systems, is difficult for "an everyday problem" that she said "doesn't get enough coverage."

Providers are struggling she said. "I think the issue, of course, is that the problem isn't coming — we're in the middle of it," she said. "So, it's difficult because taking action is slow."

— TODD HEYWOOD

City taking action against Logan Square owners after shooting

The city of Lansing is preparing a suit to declare Logan Square Shopping Center a “nuisance property” in the wake of an early Sunday morning shooting incident that left five people injured.

That could lead to having the trouble shopping center placed in receivership in order to force improvements, City Attorney Jim Smiertka said Tuesday.

Smiertka confirmed his office is compiling law enforcement reports related to criminal activity in the 30-acre shopping center in preparation for filing the suit in 30th Circuit Court against California-based owners Mike and Kevin Zhang.

The suit will seek a plan “to prevent these things from happening,” Smiertka said in a phone interview.

Such an order would not prevent existing businesses, which include a grocery store, a laundromat, a beauty supply store and a thrift business, from operating.

Criminal activities at Logan Square include a June 2021 shooting, a 2022 raid to seize illegal gambling equipment, illegal after-hours clubs, and the raid and shuttering of a dress shop in the center for being a front for heroin distribution in 2021. The shooting Saturday was just the most recent criminal outburst in the shopping center.

On Monday, LPD reported that three of the people shot remained in the hospital, with two of them in critical but stable condition. The ages of those shot ranged from 16 to 26.

Smiertka said that he believes there is enough proven criminal activity to get a court order against the owners.

He said the city could also seek a receivership for the property. That legal move would take the responsibility of renting shop fronts and units away from the landlord or managers. It could also force significant improvements on the property in order to improve the occupancy rate in the shopping center.

“I believe we have enough information to ask for and get a receiver,” Smiertka said.

The shooting stemmed from a large concert event hosted by the Energy Event Center and produced by Sillyboy Productions and 517 Productions. Rapper BabyFxxe E was performing at the event. His online videos promoting his work include frequent verbal and physical references to shooting people. His most recent video for “Charge it to the Game” went live just days before the concert. It starts with images of a man with a semiautomatic rifle being shown off to the camera. Throughout the video there are im-

ages of people holding guns, a moment when the performer “shoots” the screen with his finger and images of unpacking large quantities of marijuana.

Energy Event Center owner Ryan Scott Cabell did not respond to messages via Facebook or phone.

City officials confirmed the Lansing Fire Department was aware of the event. But because it was occurring at a licensed cabaret, officials thought there would be no concerns or issues.

“These guys are in their videos glorifying gun violence and everything else,” said City Council member Adam Hussain, whose Third Ward includes Logan Shopping Center. “So, you got to kind of anticipate that there might be some of (that) and guard against” it on the scene.

Smiertka said the City Council has the ability to hold a hearing and revoke the cabaret permit for the event center. He said the license and ordinance require owners to keep things orderly and prevent violations of the law both within a venue and outside.

Hussain said he would support a revocation of the cabaret license.

The shopping plaza has been a thorn in the side of the city for more

See Logan Square, Page 8



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City of Lansing Notice of Public Hearing

The Lansing City Council will hold a public hearing on Monday, August 14, 2023 at 7:00 p.m. in the Tony Benavides Lansing City Council Chambers, 10th Floor, Lansing City Hall, Lansing, MI, for the purpose stated below:

To afford an opportunity for all residents, taxpayers of the City of Lansing, City Assessor, other interested persons and ad valorem taxing units to appear and be heard on the approval of an Obsolete Property Rehabilitation Certificate (the “Certificate”), pursuant to and in accordance with the provisions of the Obsolete Property Rehabilitation Act, Public Act 146 of 2000, for property located at 230 S. Holmes St., Lansing, Michigan, but more particularly described as follows:

E 179.77 FT LOT 11 & W 79.77 FT OF E 179.77 FT OF S 33 FT LOT 9, ALSO COM SE COR LOT 11, TH E 8.25 FT, N 66 FT, W 8.25 FT AND S 66 FT TO POB, BLOCK 11 GREEN OAK ADD SPLIT/COMBINED ON 09/18/2017 FROM 33-01-01-15-331-121, 33-01-01-15-331-131 Parcel Number: 33-01-01-15-331-132

Approval of this Certificate will provide the owner or potentially the developer of property an abatement of certain property taxes for the improvements to the property noted above. Further information regarding this issue may be obtained from Simon Verghese, Lansing Economic Development Corporation (LEDC), 230 N Washington Sq. Ste 212 Lansing, MI 48933, (517) 898-1709.

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
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CP#23-181



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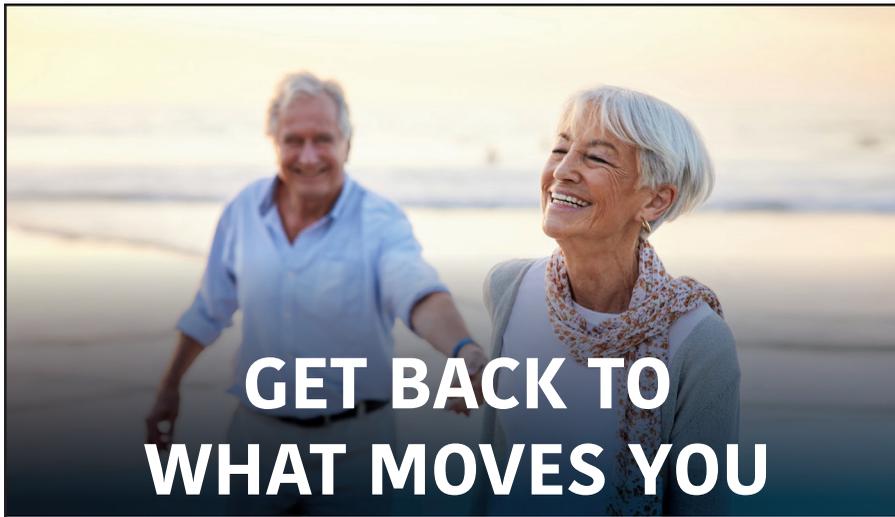
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Photo Courtesy of Adam Hussain

Law enforcement and patrons from a concert gather in an open-air hallway in Logan Square Shopping Center following a 1 a.m. shooting that left five people injured on Sunday (July 30).

Logan Square

from page 6

than a decade as different owners have attempted to revamp it and bring in new businesses. The city at one point attempted to purchase the property, but it could not justify the price tag. As part of economic development, the city recently created and funded the S. Martin Luther King Jr. Boulevard Corridor Improvement Authority. The group is working to help property owners leverage resources to rebuild and reimagine the MLK corridor from the railroad tracks near Victor Street on the north to Interstate 96 on the south. Logan Square was one of the first properties tackled, with the Zhangs kicking in \$15,000 to have consultants provide ideas on improving the shopping center.

Hussain said he heard the shots Saturday night from his home near the corner of Pleasant Grove and Holmes roads. He went to the shopping center and saw all the police presence — which included officers from multiple jurisdictions — and a large, unruly crowd, he said.

He said he has been raising concerns for months about the lack of action by the Zhangs to prevent illegal businesses or events from getting out of control. He said he supports Smiertka's move to seek a court order against the shopping center.

"I think they're motivated, which I appreciate," he said of the Office of the City Attorney. "The problem is this was avoidable. We have five people that have been shot. That's not OK."

— TODD HEYWOOD

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State of Michigan. Ingham County Probate Court. Notice to Creditors. Decedent's Estate. Case No. 22-108-DE. Estate of Phillip John Chamberlain. DOB 11/6/32. The decedent, Phillip John Chamberlain, died 01/06/2023. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Barbara S. Fuller or to both the Ingham County Probate Court at 313 W. Kalamazoo St. Lansing, MI 48933 and the personal representative within 4 months after the date of publication of this notice. 7/27/2023 Barbara S. Fuller 12241 Forest Hill Rd. DeWitt, MI 48820 **CP#23-185**

Public Notice

The Ingham County Land Bank is requesting proposals from **General Contractors to bid the construction of 1 two-story building containing 4 two-bedroom Condominium Units to be located in Lansing, MI.** The Request for Proposal packet is available August 2, 2023 at the Ingham County Land Bank, 3024 Turner St, Lansing, MI, 48906, 8:30 a.m. to 4:00 pm Monday-Friday or at www.inghamlandbank.org/contractors. Responses are due at the Land Bank office by 10 a.m. on August 30, 2023 and will be opened at that time. The Ingham County Land Bank is an Equal Employment Opportunity Employer. Women- and Minority-Owned Businesses are encouraged to apply. RFP#: Genesee Pointe GC 8-30-23.

CP23-186

The religious right. It is a can of worms. They have done a masterful job of infiltrating politics for a long time. They have weaponized issues that get people to vote, and the issues are never truly about what they claim, but they do play to the fears of their base. From gun control, to Trans issues, they desensitize their base about the people they are attacking. By dehumanizing gun control activists and Trans people, it's easy to get their fanatics to the polls and elect people that will enact laws. They have been doing it since the 1970s, and they have politicized issues that were traditionally not political.

What I want to talk about is what I think is the root of the problem with the religious right. They act as though they have some moral high ground, yet they are always the last to call out how their own inaction has fostered a dangerous and unhealthy environment. On a daily basis, I see the Ben Shapiros of the world preach about the downfall of American society being created by the left and the lack of god in schools, and how men's traditional roles being challenged in the family structure are weakening the values they hold so dear.

I know I grew up not realizing this was a construct. Thankfully, I have evolved. I am not saying that I don't hold some of my old ways of thinking. I still feel like I am the protector of my family from a physical aspect, but I guarantee that my wife has done as much, if not more, to protect me, even from myself. She has certainly been more of a role model for our children than I could have been as they grew up. I can say with certainty, that I carried the torch of patriarchy into our marriage 23 years ago, and I had, AND STILL HAVE, some deconstructing to do so that our marriage can become an equal partnership. Old traditions die hard, and it takes time to unweave that web. She was the one who saved me from myself, frankly. I look back and am thankful for her ability to show patience with me, when if the roles were reversed, I am not so sure I would have shown the same grace, I hope I would've, but she wasn't the one bringing all of the baggage to our union. I was good at hiding my trauma, and even though it wasn't her responsibility, she clearly loved me and always saw the good in me, enough to stay with me and allow me the space to confront my past that was colliding with my present.

The future does not require these old traditions, and it would be better without them. Much like other societal issues, progress has been slow. A woman couldn't have her own credit card until the late 1970s, y'all. That is just crazy.

The intersections of societal strife are troubling at best but have caused us to stumble into becoming our best selves, and people have died in the wake of traditions. From racism to sexism, people cling to what they have been taught. That whiteness is superior, and that men are superior. If you can't see that generational attitudes toward women aren't ingrained into boys' attitudes as they grow up, then you aren't helping the next generation of men to enter into our society. If you aren't teaching your boys that girls can do anything a man can do, then you are doing it wrong. If you are teaching your boys that they are stronger than girls, then you are doing it wrong. The thing I am most proud of is that I am better now than I ever was, and I continue to listen to new ideas. I am a work in progress, but I am hopeful that my example will be what my kids will model.

I think that the definition of success has been measured by capital, and not by how safe people feel around us. I know too many families that have sent young men into the world thinking that they know how to run their household, or that the oldest son would be the head of the house if the father becomes absent. That seems so primitive to me. It is that thinking that puts women in harm's way. Whether it be mothers, sisters, future wives or employees of these men, the potential for harassment is inevitable.

This isn't a new phenomenon, but what is new is the awareness of it. The problem is that there are so many issues that need our attention for a better society, that not one of them is getting the attention it deserves, and frankly, when one issue does get attention, it only lasts so long before something else ends up in the news and distracts our attention, or others end up saying, what about this issue or that issue. The dividing of it all just complicates everything, even though it is all equally important.

I say this with all due respect: The last decade with cell phones has been both enlightening and terrifying at the same time. While information is at our fingertips, there is too much information at hand and not enough knowledge. Just like I can write my opinion pieces, so can anyone else. Too many people consider watching YouTube video as doing research, and it does seem as though common sense is not what it used to be. People believe the weirdest stuff lately, and it is perplexing to me to think that some of the things on the internet aren't just discarded, and instead get shared widely enough that people actually believe it, when to me, it is immediately unbelievable. Information is not knowledge, and our schools really need to address critical thinking skills.

Men are not under attack, especially white men. It is not about masculinity, it is about understanding. I still consider myself masculine, and I don't think anyone has a problem with how I present myself. The problem is when it is displayed as some sort of brute ability to control a situation. Just because I am physically stronger doesn't mean that I can shout my opinion into being correct so that I get my way. In that sense, I never fear walking around by myself in a dark alley or empty hallway corridor, but do you know who doesn't feel safe in an elevator late at night? Women. Hmmm ...I wonder why? Maybe it has something to do with the inherent attitude that men have the right to dominate socially, and that has often led to the violence that we read about, or watch on the news cycles. From harassment in the workplace to bathroom assaults, it is not women who are the ones perpetuating these attacks, but if you believed the news, they were probably asking for it by the way they were dressed. That type of reporting shouldn't be surprising, though, because the media has also traditionally been run by powerful white men, and you can still see that mentality on social media today by a lot of men. Accountability culture has made some gains in that aspect, but trust me, with the amount of hate I have seen recently, it is still prevalent to a large enough degree that I think it is extremely troublesome.

The fact that many of them also subscribe to christianity is often just a cover. Many of these men have wives who apologize for them and justify them at the same time. They are committed to supporting their ideology by voting for politicians who think like them. They are committed to policies that target people who don't fit their ideology. What they are not committed to is the truth. They spend all of their time focused on other people's identity and condemn them to an eternity of suffering, but turn a blind eye to the claims of rape within their own church, the military, or their own political party.

The hypocrisy knows no bounds. Between Clarence Thomas and Brett Kavanaugh, we witnessed two women suffer the wrath of men. Anita Hill and Christine Blasey Ford were both credible, and yet we have two justices sitting on the highest court that were protected and confirmed. Both men had the support of christian nationalists, and it was part of the long game to put this country on a path to restrict women's rights. Not ironically, the right rejected the nomination of a justice to replace Anthony Scalia, which allowed former president Trump to nominate a justice to end abortion rights. Trump has recently been found liable of sexual abuse. He also has certainly said many sexually offensive comments degrading women, and people have put him on a pedestal as a role model for those who support him. The problem will not go away if that is who the religious right has to turn to.

I will continue to hold the door for my wife, even though she doesn't need me to, but I will also do the dishes because that is a man's job too. My bride and I will continue to show our children how family should be. We are not perfect, but we are setting an example that is based in equality. Men have always had a say. Men have always been represented. This country was founded on equality, except for women, and slavery, so it is past time to realize the ideals that were never meant in earnest, but were written, so shall it be done, for crying out loud. Men, we have been our own worst enemies. Let's open our minds to a society that treats everyone with the respect and dignity that we've expected but not reciprocated.

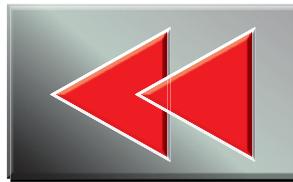
Cheers to the men who are confident enough in themselves, whether it be masculine, or feminine, to make this a better world. Cheers to not give off the cringey, rapey, Brock Turner vibe. Cheers to not knowing that we can be better men who lift up the people around us, or let them lift us up, because WE ALL could need it sometimes. And frankly, if you think Donald Trump is a role model for anything decent, you should really do some soul searching.

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REWIND

NEWS HIGHLIGHTS FROM THE LAST 7 DAYS

BY NICOLE NOECHEL



One person was killed and seven were wounded during four separate shootings in Lansing Sunday. (See story, P. 6.) Five people were wounded, two critically, in a mass shooting outside Logan Square Plaza on the city's south side.



The victims are all male and include three 26-year-olds, one 24-year-old and one 15-year-old. Four of them were admitted to the hospital, and two have been released. No arrests have been made. Additionally, 22-year-old Lansing resident Jose Manuel De Jesus Flores was shot and killed on the 700 block of East Kalamazoo Street. A 16-year-old male suspect was taken into custody. Furthermore, a 22-year-old man was shot in the shoulder at a home on the 1400 block of Robertson Avenue. He was transported to a local hospital with non-life-threatening injuries. Finally, an 18-year-old man was shot near the intersection of Everettdale Avenue and Donald Street. He was taken to a hospital and is being treated, but he is expected to survive. No arrests have been made. Assistant Police Chief Robert Backus said police are making progress on the cases but are still seeking help from the public. Anyone with information should call the Lansing Police Department at 517-483-4600.



Damonte Latrell Johnson, the self-proclaimed "General" of the Lansing-area gang Money Bound Mafia, was sentenced to 7.25 years in federal prison for felony firearm possession.

Johnson, 27, must also spend three years on supervised release after prison. Mark Totten, U.S. attorney for the Western District of Michigan, said Money Bound Mafia has been involved in a variety of criminal activities in the Lansing area, including illegal weapon possession, non-fatal shootings and homicides. The U.S. Attorney's Office has been working with the Lansing Police Department's Violent Crime Initiative, the Michigan State Police and the Bureau of Alcohol, Tobacco and Firearms to identify and prosecute members of the gang and other individuals associated with the crimes.

Johnson, 27, must also spend three years on supervised release after prison. Mark Totten, U.S. attorney for the Western District of Michigan, said Money Bound Mafia has been involved in a variety of criminal activities in the Lansing area, including illegal weapon possession, non-fatal shootings and homicides. The U.S. Attorney's Office has been working with the Lansing Police Department's Violent Crime Initiative, the Michigan State Police and the Bureau of Alcohol, Tobacco and Firearms to identify and prosecute members of the gang and other individuals associated with the crimes.

The Lansing City Council took the minimum action, short of doing nothing, against one of their own over an ethics complaint. The Council ordered Jeffrey Brown to go to ethics school for overstepping his authority in asking Congresswoman Elissa Slotkin for U.S.



funding for projects, among other accusations against the at-large member. Five Council members and the mayor brought the complaint, based on hearsay that Brown was using his position inappropriately with constituents and vendors. The Ethics Board paid an outside attorney to investigate, which turned up what was classified as "indirect" violations of the city ethics ordinance.



Electric scooters are being pulled from the Red Cedar River at alarming rates, the Lansing State Journal reported. More than 100 scooters have been fished out of the river near the Bogue Street bridge. The scooters typically have lithium batteries, which can catch fire when introduced

to water. "It is known much more remain," Mike Stout, president and founder of Michigan Waterways Stewards, told the Journal. "I am aware of three separate campaigns that have yielded over 110 scooters from the Red Cedar River this year alone." Cal Lowing, a Grand Rapids-based magnet fisher who has been putting together groups to clean up the river, said more than 90% of them are Spin scooters, a company Michigan State University has an exclusive agreement with. It's unclear why so many scooters are ending up in a 40-foot stretch of the river, but a Lansing-based magnet fisher told the Journal that students are likely throwing them over the railing.

Lansing City Council approved plans to add a new social district on the city's east side. Lansing has three social districts in downtown, Old Town and REO Town, which were created during the COVID-19 pandemic to provide additional space during indoor capacity limits. Now, a fourth, the Red Cedar/South Frandor Social District, will comprise most of the Red Cedar development project and part of the Frandor Shopping Center along Michigan Avenue. Patrons will be able to take food and alcoholic beverages they purchase from participating restaurants and bars anywhere within the district, including outdoor events. Participating businesses will have to apply for a social district liquor permit to be able to sell alcohol to go. Two businesses are eligible for a permit, Hooked and Old Bag of Nails Pub, but more are expected to join them.

Keeping with the trend of "Barbiemania" following the release of the "Barbie" movie, Gov. Gretchen Whitmer's office unveiled a Governor Barbie doll. The doll wears a pink pantsuit, similar to outfits Whitmer has worn, as well as a Michigan necklace. Whitmer's digital and creative director, Julia Pickett, is calling the doll "Lil' Gretch," based on Whitmer's nickname, Big Gretch. The doll can be seen on Whitmer's Instagram page speaking from a podium, standing in front of the Capitol and driving a hot-pink convertible with a caption stating that she's "fixing the damn roads." The doll is also pictured signing an education bill, the same one Whitmer signed July 20. "Barbie's been an icon and a reminder that it's so important to support one another and create systems that allow more people to achieve their own dreams, no matter who they are, what they look like or what they wear," Whitmer wrote on Instagram.



3301 N. Turner St., Lansing

This property was built in 1880, and it's seen better days. A fire in 2017 left the house red-tagged. While owners David and Kimberly Hallett mow the lawn — for the most part — the property is boarded up. Some of the roof is covered by tarps.

Hallett did not return a call for comment.

Pictures of the inside of the property posted on Zillow show extensive fire damage. The ceiling on the main floor is covered in soot from the fire in 2017. Portions of the drywall are missing in some rooms, while other rooms show drywall that has not been painted. Wires hang from the ceiling in one image.

City records reveal the property is 1,320 square feet with four bedrooms. A notice on the plywood covering the door of the property notifies people the property is slated for a make-safe-or-demolish process. The period to do so ended on June 25.

A building permit was issued for the property on June 6, and the plans are still being reviewed by the city.

— TODD HEYWOOD

"Eyesore of the Week" is our weekly look at some of the seedier properties in Lansing. It rotates with Eye Candy of the Week and Eye for Design. Have a suggestion? Email eye@lansingcitypulse.com or call in a nomination to (517) 999-6704.



We were frankly floored by last week's unanimous City Council vote (with one member absent) to refer an unfounded ethics complaint against Mayor Andy Schor to an external firm for further investigation. The complaint, made by anti-Schor political activist Erica Lynn, claimed that the mayor's recent fundraising activities violated the city's ethics rules, in particular by sending an email appeal seeking donations to help elect his favored City Council candidates. The city attorney reviewed the matter and determined that Schor's actions did not break any rules.

Let's be clear: Andy Schor, like every mayor before him, has the right to participate in the politics and elections of the city, provided he doesn't use city resources in the process. That his email solicitation ended up in several official city inboxes was an avoidable error by his campaign team, but it doesn't appear to be an improper use of city resources, so long as the solicitation itself wasn't sent using the city's email system. Schor's message also included a well-known Lansing brand that depicts the iconic trio of BWL smokestacks (a logo that Schor was using before the city adopted it). That probably wasn't the best idea, either, but the city attorney determined it's not a violation of the ethics ordinance.

Most if not all of the Council members are well aware that mayors, along with elected officials at every other level of government, commonly use the power of their position to shape the political environment around them, including actively campaigning for their political allies — and against their enemies. Schor's actions should come as no surprise to anyone, especially the more seasoned Council members, some of whom have directly benefited from mayoral support in their past campaigns. That they would vote to spend taxpayer funds on an external review of this trifling and erroneous complaint boggles the mind and casts a cloud over their collective motives. Ironically, they appear to be making Mayor Schor's point: with friends like these, it might be time to support new candidates who are better aligned with his vision and agenda for the city.

In defense of the Council's action, At-Large Council Member Patricia Spitzley told City Pulse she proposed the resolution because the Council had previously handled the ethics complaints against Council Member Jeffrey Brown in the same fashion. Fair is fair, she says. In this case, we disagree because the two cases are apples and oranges. The complaints against Brown included credible allegations of ethical misconduct that warranted additional scrutiny by an outside investigator. The complaint against Schor is plainly political and devoid of merit. It should have been dismissed by a City Council that unfortunately seems to have only a passing interest in maintaining a positive working relationship with the mayor.

Council kicks Schor in the shins

The CP Edit
Opinion

Pants on fire

Speaking of the Lansing City Council, we had high hopes for First Ward newcomer Ryan Kost, who was narrowly elected last year to a one-year, partial term representing the city's east side. Kost appeared to offer a fresh, boots-on-the-ground view of neighborhood issues, a genuine commitment to listening to his constituents, and a strong work ethic. That's why we are especially disappointed to discover he also has a marginal relationship with the truth.

When recently asked by this paper (and the LSJ) about a 13-year-old court debt, Kost denied knowing anything about it. Turns out he knows plenty about it and admitted as much when confronted with court records disproving his claims of ignorance. It isn't the first time a public official has lied, nor will it be the last, but we think it's important for voters to consider the character of their elected representatives when they return an absentee ballot or go to the polls next Tuesday to make their choices in the city's primary election.

Beitler's back in town

Now for some good news. As reported first in these pages, Chicago-based developer J. Paul Beitler is back in the game. Almost six years ago, Beitler was the landslide winner of former Mayor Virg Bernero's contest to see who could put forth the most compelling plan for repurposing the current City Hall and elsewhere developing a new home for Lansing's municipal government. Beitler's proposal was genius — he would preserve the aging but salvageable mid-century structure and transform it into a new downtown hotel with a rooftop restaurant overlooking the State Capitol. Rather than buying the property from the city, Beitler offered a 99-year ground lease that would cover the cost of renovating the former headquarters of the Lansing State Journal into a new City Hall. It was a grand plan — and a sweet deal for the city.

Schor shelved the Beitler plan shortly after taking office in 2018, arguing that it didn't solve the problem of rehousing 54-A District Court and the city lockup, but that's not the end of the story. Having secured voter approval last fall for a mammoth bond proposal that will finance the construction of a new public safety complex, Schor's path to a new City Hall became that much clearer. He scored yet another coup this year by landing a whopping \$40 million for the City Hall project from the Michigan Legislature.

The state cash is a game changer because it allows Schor to consider more options for a new City Hall, including a new building rather than repurposing an existing structure. The mayor recently told City Pulse that he plans to move forward with the Beitler proposal for the old City Hall, but he left the door open on plans for a new City Hall. Whatever else happens, our hope and expectation is that Schor will choose a new location within the central downtown district. The last thing a resurgent Washington Square needs is to lose the patronage of hundreds more downtown workers.

The biggest threat to moving the project forward in a timely way may well be the City Council's apparently newfound animosity toward Mayor Schor. We will be sorely disappointed if Council members choose to play the role of obstructionists, rather than working in good faith with the mayor's administration to get the long-overdue City Hall project underway.



Have something to say about a local issue or an item that appeared in our pages?

Now you have two ways to sound off:

- 1 **Write a letter to the editor.**
 - E-mail: letters@lansingcitypulse.com
 - Snail mail: City Pulse, 1905 E. Michigan Ave., Lansing, MI 48912
 - At lansingcitypulse.com
- 2 **Write a guest column.**

Contact Berl Schwartz for more information: publisher@lansingcitypulse.com or (517) 999-5061. (Please include your name, address and telephone number so we can reach you. Keep letters to 250 words or fewer. City Pulse reserves the right to edit letters and columns.)

YOUR VOICE NOT MINE

**REELECT
COUNCILMAN
RYAN**

KOST

1ST WARD CITY COUNCIL

PAID FOR BY RYAN KOST FOR LANSING 131 N MAGNOLIA AVE, LANSING, MI 48912

**CITY OF LANSING
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that a Public Hearing will be held on Monday, August 14, 2023 at 7:00 p.m. in the Tony Benavides Lansing 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 210, Section 210.02 of the Lansing Codified Ordinances to amend the uses of the tenth floor Council Chambers and Conference Room.

Persons with disabilities who need an accommodation to fully participate in these meetings should contact the City Council Office at 517-483-4177 (TDD (517) 483-4479) 24 hour notice may be needed for certain accommodations. An attempt will be made to grant all reasonable accommodation requests.

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/MiPMC
www.lansingmi.gov/Clerk
www.facebook.com/LansingClerkSwope

CP#23-180

**CITY OF LANSING
NOTICE OF PUBLIC HEARING**

The Lansing City Council will hold a public hearing on Monday, August 14, 2023 at 7:00 p.m. in the Tony Benavides Lansing City of Lansing Council Chambers, Tenth Floor, Lansing City Hall, 124 West Michigan Ave., Lansing, MI 48933, for the purpose stated below:

To afford an opportunity for all residents, taxpayers of the City of Lansing, City Assessor, other interested persons and ad valorem taxing units to appear and be heard on the approval of an Obsolete Property Rehabilitation District (the "District"), pursuant to and in accordance with the provisions of the Obsolete Property Rehabilitation Act, Public Act 146 of 2000, for property located at 230 S. Holmes St., Lansing, Michigan, legally described as:

E 179.77 FT LOT 11 & W 79.77 FT OF E 179.77 FT OF S 33 FT LOT 9, ALSO COM SE COR LOT 11, TH E 8.25 FT, N 66 FT, W 8.25 FT AND S 66 FT TO POB, BLOCK 11 GREEN OAK ADD SPLIT/COMBINED ON 09/18/2017 FROM 33-01-01-15-331-121, 33-01-01-15-331-131

Parcel Number: 33-01-01-15-331-132.

Approval of this District will allow the owners of real property within the District to apply for an abatement of certain property taxes for the improvements to their property located within the District. Further information regarding this issue may be obtained from Simon Verghese, Lansing Economic Development Corporation (LEDC), 230 N. Washington Sq. Ste 212 Lansing, MI 48933, (517) 898-1709.

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
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CP#23-182

Efforts to recall state legislators keep growing more and more silly

If you're seriously thinking about recalling your state legislator over a vote you didn't like, let me save you the trouble.

Don't bother.

Actually, if you're thinking about recalling your legislator for just about any reason, don't bother. It's not going anywhere. You won't be successful. Lawmakers created a law about eight years ago to make sure it wouldn't be successful.

In fact, starting a recall against a legislator is more likely to help than hurt the future electoral chances of the person you're trying to kick out of office. The new law allows the incumbent to begin raising money for a special election cycle once the recall is off and running.

Any money left over after a recall campaign can be rolled into their next state representative race, giving the legislator a headstart in the next election.

The subject comes up after eight yahoos wrote up recall language against eight Michigan legislators for voting for red flag gun laws, stronger hate crime penalties or, in one case, Rep. Joe Tate for House speaker.

The Board of State Canvassers turned aside all but one of the eight proposed legislative recalls this week, saying the petition wording didn't give potential signees enough information.

Only one of the petitioners bothered to show up to the meeting. They had no attorney or legal representation. They had nobody making the point that prior canvassers have approved the exact same type of recall language for years.

Instead, the targeted Democratic state representatives trotted out experienced elections attorney Mark Brewer to successfully steer the canvassers into denying the petitions for a reason I'd never heard before: not enough info in the petition.

But let's say that Brewer hadn't been there to kill the petition language. Let's say the language had been approved.

These inexperienced Republican precinct delegates would be charged with collecting at least 15,000 valid signatures in a 60-day window from within the district.

I'm not saying it's impossible. I'm

just saying it hasn't been done.

When the feds charged Rep. Larry Inman with bribery a few years ago, the Traverse City Democrats put together a quality recall effort. They fell 208 signatures short.

Since the Legislature raised the state's income tax rate in 2007, I've counted 76 announced legislative recall attempts prior to this year, most of which were launched before the law changed in 2015.

Only two made the ballot. The only one to succeed was essentially bankrolled and organized by the Michigan Education Association.

Nobody is claiming this recent wave of recalls is their brainchild. A gun-rights group threatened recalls earlier this year, but they're not taking credit.

But regardless of whether this is coordinated, the history is pretty clear. A recall isn't going to happen here.

What a recall attempt will do is galvanize support around the state representatives in question.

This week, Gov. Gretchen Whitmer was Downriver singing the virtues of the state's \$81 billion budget, which gave ample money to the folks in southern Wayne County, home of recall target Rep. Jamie Churches. Afterward, Whitmer was at a nearby residence helping raise a bunch of money for churches.

Does this happen without the recall threat? We may never know, but we do know this:

Whitmer is scheduled to be raising money for another recall target, Rep. Betsy Coffia of Traverse City, this week. She's got other fundraising visits coming up for other House members, too.

House Republicans aren't excited about this illogical recall frenzy, either. It puts two of their members, Steele and Rep. Cam Cavitt, in the crosshairs.

The language against Cavitt, a Cheboygan County Republican, was the only one approved this week. If organizers amazingly get the signatures needed, Cavitt would go up against a DEMOCRAT in a recall election.

It's not an up-or-down vote anymore. Organizers allegedly claim they're recalling Cavitt because he supported Tate for speaker. Do they think a Democrat wouldn't vote for Tate for speaker?

It's all illogical. It's a waste of time. And, again, it's not going anywhere.

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



KYLE MELINN

Opinion

POLITICS

MAYOR ANDY SCHOR INVITES ALL LANSING SENIOR RESIDENTS TO **THE MAYOR'S SENIOR FAIR**

**THURSDAY, AUGUST 10
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Mayor Andy Schor



LANSING



Wrinkles aside, we seniors aren't much different from the rest

By DONNA MULLINS

Over one-sixth of our country is made up of people over 65. I'm a member of that group. And I am one of the lucky ones. I have a pension, social security and retirement investments that give me an income that matches my working income. I have Medicare along with health insurance from my former employer that includes hearing, sight, mental and dental health benefits. I have reasonably priced long-term care insurance. (I told you, I am lucky.) I am totally ambulatory, which allows me to travel and enjoy time with friends and family. The grandchild of Polish immigrants, the daughter of a car salesman and bakery store clerk, I worked for that luck. I am aware that the accident of being born white erased barriers that would have made it much harder for me to achieve any of my blessings.

I asked CHATGPT to give me some common myths about aging. (One of them is that older people

don't know squat about technology.) Here are a few:

All old people are the same. There isn't a magic age when people become homogenized. We have different talents, education, history, skills, colors, sexual desires and values. That doesn't change. Some of us are mean and grumpy, and some are kind and gracious. Most are somewhere in the middle.

The basic human needs of older people are different from those of younger people. We need to eat, drink, and move to stay alive. We need some social interactions, some need more than others. We need purpose to be happy. We find purpose in different ways.

Older people aren't interested in the outside world. If we were curious when we were young, we remain interested as we age. Seniors nearly always turn out to vote at a higher rate than younger groups. The older you get, the more likely you are to vote.

Older people contribute little to society. Sixty-eight percent of the U.S. senators are over 60. You don't have to be running the country to be contributing. Many seniors are very involved with their grandchildren, saving their children thousands of dollars. Many provide volunteer services in their community. I spend at least 20 hours

a week volunteering with the local League of Women Voters — 40+ hours during COVID and around elections.

As you age, you get more set in your ways. That really doesn't change with time very much. It's no harder to find stubborn youth than stubborn elders.

Mental and physical deterioration are inevitable in old age. It's true that our bodies wear out as we get older. The extent of that is greatly influenced by wealth, attitude, lifestyle, access to healthcare and genetics.

Older people are impoverished. Some (10.3%) are, but the rate is actually less than people between 18 and 64 (10.5%). This can be attributed to social security. The poverty rate for seniors is increasing because fewer people are retiring with pensions today.

Older people are not interested in sex or intimacy. That's not true. I'm not going into details.

Older people can't make good decisions about important issues. That doesn't change much. We get some things right and some things wrong, as always.

Older people are wiser. Some are and some aren't. I think I've learned a few things, and I know that I have a lot to learn.

Common myths are mythical,

Opinion



Roxanne Frith for City Pulse

Donna Mullins is a retired social worker for the state of Michigan who lives in East Lansing. She volunteers for the Lansing chapter of the League of Women Voters.

and not the kind of myth that leads you to understand life. Believing them leads to bias and prejudice. They lead to politicians saying, "We need a younger workforce" (or add any noun), as if experience doesn't amount to anything. (I can't name names because of my position with the League, but I don't live that far from some people making those comments.) I don't mean to imply that old and experienced is preferable to young and creative. We need everyone at the table.

Society is never made better when the value of an individual is seen as diminished or increased by age, race, color, gender, weight, physical ability, sexuality, religion or any other characteristic that isn't germane to a task.

I am now 76 years old, somewhat past the age when people say, "Oh, you look good ..." and add, "for your age." I do miss my youth. I miss perfect and taut skin. I miss needed recovery days when I stay out late. I miss physical prowess. I miss my senses being at their peak. (Although they are all in working order, thank you.) How great it would be to have all the trappings of youth while knowing what I know now. Here's what I know: Love is the answer, and love means being kind to the person in front of you. The more each of us reflects that direction, the happier we shall all be.

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LEGAL AD NOTICE: PLANNED UNIT DEVELOPMENT #23025 (THE GREENS)
MONDAY, AUGUST 16, 2023

CHARTER TOWNSHIP OF MERIDIAN
LEGAL NOTICE
PLANNED UNIT DEVELOPMENT #23025 (THE GREENS)
PUBLIC HEARING

Notice is hereby given that the Director of Community Development and Planning of the Charter Township of Meridian will hold a public hearing on Wednesday, August 16, 2023 at 2:00 p.m. in the Fire Station 91 Conference Room, located at 5000 Okemos Road, Okemos, to hear all persons interested in a Planned Unit Development (PUD) minor amendment request from ACD II, Inc. The request is for a minor amendment to the Greens at Walnut Hills planned unit development (PUD #86014) to combine lots 24 and 25. The subject site is zoned RAA (Single Family-Low Density).

Information may be examined at the Department of Community Planning and Development, 5151 Marsh Road, Okemos, Michigan 48864-1198 (phone 517-853-4560), between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday. Written comments may be sent prior to the public hearing to Keith Chapman, Assistant Planner, Charter Township of Meridian, 5151 Marsh Road, Okemos, Michigan, 48864, or by email to chapman@meridian.mi.us.

Deborah Guthrie
Township Clerk

CP#23-184

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Seniors socialize, find balance through East Lansing's Prime Time

By **CHELSEA LAKE ROBERTS**

Older people in my family have a simple, uplifting mantra when it comes to aging: never get old. My grandmother quipped this for nearly 40 years before passing at age 92. And now my parents quote our ancestral adage, even though their retirement activities so far have included earning a doctorate degree and hiking the Appalachian trail, respectively.

It seems our culture loves to hate the aging process. Whole industries have been created to offer alternatives to the inevitable. And, especially since the COVID-19 pandemic, national headlines have covered social isolation and loneliness, with articles that purport to quantify exactly how much social interaction we need to be healthy. One claims five to six hours per day, while another says one event per month is enough.

One thing is certain, however: If you're feeling lonely, you're not alone. A 2020 study by the National Academies of Sciences, Engineering, and Medicine noted that more than one-third of adults over 45 feel lonely, defined as "the feeling of being alone, regardless of the amount of social contact."

Loneliness is different from social isolation, which is a lack of social connections. But the two are inter-related: A lack of connections can make people feel lonely, while others may feel lonely even in the midst of many friendships. Overall, fewer social connections and feelings of loneliness have been shown to lead to poorer health outcomes for older adults.

With aging comes profound lifestyle transformation. Without the constraints of work and raising a family, some aging adults might feel adrift in their later years. But the Prime Time Seniors Program in East Lansing keeps the focus on the positive aspects of aging.

Prime Time's Interim Director, Lisa Richey, said that living longer doesn't mean a person is a diminished version of their younger self.

"Aging can be a chance to explore different levels of freedom, allowing us to reinvent ourselves and find out what meaningful, engaged living



Courtesy of Emily Hanson

Prime Time Seniors Program participants learn to play ukulele.

means for each individual," she said.

Prime Time is a department of the city of East Lansing that operates out of the Hannah Community Center. It serves adults ages 55 and up according to the seven dimensions of wellness, outlined by the International

Council on Active Aging: intellectual, physical, social, spiritual, vocational, emotional and environmental. According to EL Info, the program has served the community for more than 50 years and has operated in the Hannah building since 2002. The program's funding comes from a mix of city dollars, program fees, memberships and grants from the nonprofit Friends of East Lansing Seniors program.

Emily Hanson started working as the program planner for Prime Time just a few weeks ago. The 23-year-old said that so far, she's focused on reviewing class surveys to help determine program offerings that are relevant or unique. This fall, Prime Time will offer an online class focused on AI image generation.

Previously, Hanson worked with children. She earned her bachelor's degree from Michigan State University in political theory. While she never imagined herself working with seniors, she said the role is going great so far.

"We can and should learn from older people. They have so much to offer,"

she said.

Speaking about one of Prime Time's woodworking classes, she said, "Any stereotype you have of an older person just disappears when you watch an 80-year-old woman carving a tree stump."

A quick look through Prime Time's class list uncovers an array of offerings, from exercise to art and discussion groups.

"The needs of older adults are as unique as the individual," Richey said. "If you think about the range of people we serve, adults from 55 to 105, we would never try to apply a one-size-fits-all approach to the needs of people ages 0 to 50, for example. The needs of older adults are based on their individual values and what allows them to feel most engaged with life."

The program's proximity to campus allows for unique partnerships and a focus on lifelong learning. A few former MSU faculty members lead classes, and in March, Prime Time's Senior Ambassadors Program was awarded the Distinguished Partnership Award for Community-Engaged Service by MSU's Office of University Outreach and Engagement. The Senior Ambassadors Program is a partnership with MSU's AgeAlive and Social Science Scholars programs. It was developed in 2020 to reduce social isolation among seniors in the community by matching older residents with MSU students who share similar interests.

For two senior women who recent-

ly lost their husbands, Richey said, "The relationships with the students have given them a really positive focus. And the students have shared how significant the relationships have been to them as well, even providing them with a greater appreciation of their own grandparents."

I caught up with Kenneth Hanson (no relation to Emily Hanson) when he came in for a 10:45 a.m. Chair Yoga class. The 88-year-old has been a resident of East Lansing for 46 years, and he practiced medicine before his retirement. For the past decade or so, he's had trouble with his legs. He's been attending Chair Yoga and Better Balance classes at Prime Time for about four months.

He likes to get out in his garden, and, before his balance worsened, he used to play tennis with a regular group. Prime Time classes have offered a space where he and his wife often run into their old friends and neighbors.

About getting older, Kenneth said he didn't look down that road. He didn't think his strength would decline or that his balance would become such an issue.

Pausing for a moment, he said, "Forgetfulness is an issue, too. I didn't see any of this coming, but that was so short-sighted."

This year is the first time he's ever tried yoga, and he says he'll keep at it. With enthusiasm, he told me, "We've got to keep it up."



Greater Lansing senior directory

There are many resources available to seniors in the Lansing area, from day care services to home-delivered meals and a variety of public and private transportation options. There are also plenty of community centers where older adults can participate in fitness classes, play games and meet new friends. For more information about other resources available to seniors in Greater Lansing, visit the Tri-County Office on Aging website at tcoa.org.



COMMUNITY CENTERS

Allen Neighborhood Center Senior Discovery Group

1611 E. Kalamazoo St., Lansing
517-999-3924
allenneighborhoodcenter.org/senior-discovery-group

Bath Senior Center

14480 Webster Road, Bath
517-641-5169
bathtownship.us/departments-services/senior-center

Clinton County Senior Center

201 E. Walker St., St. Johns
989-224-4257
facebook.com/p/clinton-county-senior-center-100083316753848

Cristo Rey Community Center

1717 N. High St., Lansing
517-372-4700
cristoreycommunity.org

Delta Township 39ers Program

4538 Elizabeth Road, Lansing
517-484-5600
deltami.gov/departments/parks_recreation/senior_programs.php

Eaton Area Senior Center

804 S. Cochran Ave., Charlotte
517-541-2934
easemi.org

Eaton Rapids Community Pool

815 Greyhound Drive, Eaton Rapids
517-663-3484
facebook.com/ercommunitypool

Eaton Rapids Senior Center

201 Grand St., Eaton Rapids
517-663-2335
facebook.com/eatonrapidseniorcenter

Letts Community Center

1220 W. Kalamazoo St., Lansing

(517) 483-4311
lansingmi.gov/488/community-centers

Meridian Senior Center

2050 Kinawa Drive, Okemos
(517) 706-5045
meridianseniorcenter.weebly.com

Prime Time Seniors Program

819 Abbott Road, East Lansing
517-337-1113
cityofeastlansing.com/primetime

Sam Corey Senior Center

2108 Cedar St., Holt
517-268-0096
delhitownshipmi.gov/218/sam-corey-senior-center

Schmidt Southside Community Center

5825 Wise Road, Lansing
517-483-6686
lansingmi.gov/488/community-centers

Williamston Area Senior Center

201 School St., Williamston
517-655-5173
williamstonseniorcenter.org

EMPLOYMENT OPPORTUNITIES

AARP Foundation

Paid training for job seekers ages 55+
416 N. Homer St., Suite 109, Lansing
517-224-5233
aarpfoundation.org/scsep

Capital Area Michigan Works:

camw.org

Clinton County CAMW

1501 Glastonbury Drive, St. Johns
989-224-2000

Eaton County CAMW

945 Reynolds Road, Charlotte
517-816-6980

Ingham County CAMW

2110 S. Cedar St., Lansing
517-492-5500

Retired & Senior Volunteer Program

2400 Pattengill Ave., Lansing
517-887-6116
rsvp-lansing.com

Peckham

Job training for people with significant disabilities and other barriers to employment
3510 Capital City Blvd., Lansing
517-316-4000
peckham.org

Women's Center of Greater Lansing

1712 E. Michigan Ave., Lansing
517-372-9163
lansingwomen.org

MEALS ON WHEELS

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517-887-1440

Rural Ingham County

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517-676-2775

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Discounted rates available on fixed routes or passes for people over 62 or people with disabilities. Apply at

cata.org/fares/discounted-fares
517-394-1000
cata.org

Clinton Transit

989-224-8127
clintontransit.com

EATRAN

Discounted fares available for seniors and people with disabilities
517-543-4087
eatran.com

PRIVATE TRANSPORTATION

By Dawn's Early Light

517-803-8970
bydawnsearlylighthomecare.com

Preferred Care at Home

517-351-3500
preferhome.com

Ready Ride Transportation

616-261-2400
readyridegr.com/index.htm

WHEELCHAIR TRANSPORTATION SERVICES

Castle Car Services Inc.

517-819-6350
castlecarservices.com

Clock Mobility

517-272-4488
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candvtransport.com

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We are closer than you think.

Fun and effective outdoor exercises for seniors

From METRO CREATIVE CONNECTION

The benefits of spending time outdoors are significant. According to the Centers for Disease Control and Prevention, spending time outside may improve mental health and help reduce stress, and the vitamin D the body absorbs while outside can have a positive effect on blood cells and the immune system.

Seniors can benefit from being outdoors as much as anyone. Vitamin D helps the body absorb calcium, which strengthens bones. That's especially beneficial for seniors, as the National Council on Aging notes that bone density often decreases after age 50, which can increase the risk of fractures.

Spending time outdoors also provides a social benefit, encouraging individuals from all walks of life, including seniors, to get out of their homes and spend time with other people.

With so much to gain from spending time outside, seniors can consider these three outdoor exercises as they seek to maintain or improve their overall health.

Walking

Walking is free and effective. In fact, WebMD notes that a brisk 30-minute walk can improve blood flow, contribute to a stronger heart, strengthen bones and even help people sleep better at night. In addition, a 2022 study published in JAMA Neurology found that people between the ages of 40 and 79 who walked about 9,800

steps per day were 51% less likely to develop dementia than people who didn't walk at all.

Cycling

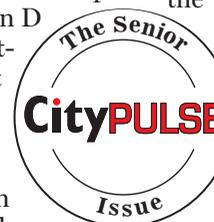
Though many studies regarding the health effects of cycling have looked at the value of riding a bike to work,

a scenario that does not apply to retirees, the results of such studies still offer insight into just how valuable it can be to ride a bike. For example, a 2020 study published in

The Lancet found that people who cycled to work were 24% less likely to die of heart disease and 11% less likely to develop cancer. Seniors, whether they are still working or retired, can incorporate cycling into their daily routines and enjoy all the fun and health benefits that riding a bike provides.

Hiking

Hiking is a bit more strenuous than walking, particularly when individuals choose to traverse steep or rocky terrain. WebMD notes that hiking after age 60 can help people reduce their risk of falls and fractures; lower their risk for a host of ailments, including coronary heart disease, colon cancer and diabetes; reduce blood pressure, even in adults who have already been diagnosed with hypertension; and maintain healthy bones and joints. Hiking is not a one-size-fits-all activity, so seniors, especially those who would characterize themselves as novice hikers, are urged to speak with their physicians prior to hiking trails that aren't flat.



Practice caution when using cannabis

By LUCAS HENKEL

According to research, the Baby Boomer generation has been rolling its own fair share of joints over the last few years. In the 2012 National Survey on Drug Use and Health, 1.4% of adults over the age of 65 reported using marijuana during the past year. In the 2021 survey, that number increased to a little over 7%.

There are a few potential reasons why cannabis use among seniors has increased over the past decade. The legalization of recreational cannabis in 23 states and Washington, DC, has given folks of all ages the ability to access quality flower, concentrates and more. Additionally, seniors suffering from ailments like chronic pain, arthritis, sleep problems, anxiety and depression are seeking out cannabis to treat symptoms that aren't managed by pharmaceutical medications and other traditional treatments. Instead of finding relief, however, many of these older adults are finding themselves in the emergency room.

Earlier this year, researchers from the University of California, San Diego's School of Medicine investigated the increase of seniors in California who are being treated in emergency rooms for negative side effects like heart palpitations and dizziness after consuming cannabis. The study, which was published in the Journal of the American Geriatrics Society, identified that the overall rate of cannabis-related emergency room visits by adults ages 65 and older increased from 21 per 100,000 visits in 2005 to 395 per 100,000 visits in 2019, an 1804% relative increase.

"Older adults are at a higher risk for adverse cannabis reactions," said Dr. Benjamin Han, a geriatrician and co-author of the study. "This is likely due to a combination of greater sensi-

tivity and being unfamiliar with newer forms of the drug. Certainly, as we age, there are physiological changes that do make us more sensitive to any psychoactive substance, including cannabis or alcohol. But we do also see older people who are not familiar with cannabis and may unintentionally take more than they wanted to."

According to a study by the National Library of Medicine, prior to the 1990s, the average cannabis plant contained less than 2% THC. Over the last few decades, thanks to new technology, advanced growing practices and legalization, there has been a more than 200% increase in the THC content of cannabis flower. It isn't uncommon to see jars of weed in Michigan test anywhere from 25 to 30% THC, but older adults who don't follow cannabis trends may not realize this isn't the weed of their youth.

When the cannabis you consume is much stronger than you're used to, there's a chance you may experience unpleasant side effects, including increased anxiety and paranoia, impaired coordination and hallucinations. Combining weed with other substances, like alcohol or opioids, can increase the intensity of its effects and create dangerous interactions, so it should be avoided when possible.

"Anything you take orally goes through your liver, and we only have so many enzymes to break down what comes into the liver," said Dr. Leigh Vinocur, a medical cannabis physician and spokesperson for the American College of Emergency Physicians. "However, if patients are under the guidance of a knowledgeable health-care clinician, medical cannabis can be absolutely safe for patients."

Vinocur also said she has seen cannabis make a significant difference



What Can I Expect When Using Cannabis?

Cannabis affects everyone differently.

Smoking, vaping or eating cannabis products can lead to feelings of euphoria (happiness) and relaxation. It can also cause impairment, which can include:

- Concentration and memory problems
- Impaired motor skills and slower reaction time that can increase the risk of falls and injury

Cannabis can impair your ability to drive safely.

Cannabis-impaired driving is illegal.

Consuming too much cannabis or cannabis with higher levels of THC can lead to over-intoxication. Symptoms can include:

- Anxiety, panic and elevated heart rate
- Nausea and vomiting
- Paranoia and psychosis (i.e., hallucinations and delusions)

If you or someone you know has consumed too much cannabis and is not feeling well, seek medical attention.

Courtesy of the Canadian Centre on Substance Abuse and Addiction

When the cannabis you consume is stronger than you're used to, there's a chance you may experience unpleasant side effects.

for palliative-care patients who are undergoing cancer treatments.

Whether you're trying cannabis for the first time or just haven't used it in a while, education is the cornerstone of success. Learning about different THC-infused products and proper dosage for each is essential. For example, the recommended starting dose for edibles is 2 milligrams. Starting with a low dosage, often called "microdosing," is a great way for folks of all ages to try out cannabis for the first time.

If you're concerned about how cannabis may interact with your medications, consider talking to your doctor or medical-care team. And while they aren't licensed physicians,



1 Inhalation

Dried cannabis and some cannabis extracts can be smoked in a joint, a pipe or a bong, or vaporized ("vaped") using an electronic vaporizer.

Effects can be felt within seconds to a few minutes and last up to six hours after use, with some effects lasting up to 24 hours.

Start with no more than 100 milligrams per gram (10% of THC and an equal or higher amount of CBD, and take no more than one or two puffs.

2 Ingestion

Edible cannabis products, such as cannabis-infused food and drinks, and cannabis oils are consumed through eating and drinking. Cannabis oral sprays and tinctures are extracts that are placed under the tongue or in the cheek.

Effects can take up to four hours to appear and can last up to 12 hours after use, with some effects lasting up to 24 hours.

Start with an edible that has no more than 2.5 milligrams of THC and an equal or higher amount of CBD.

3 Topical Application

Cannabis topicals such as oils and creams are applied to the skin, hair or nails. These products may be marketed for medical (managing pain, arthritis, etc.) and cosmetic purposes (skin, nail and hair care). Presently, there is no scientific evidence to support their effectiveness.

Avoid applying cannabis topicals to damaged or broken skin or getting any in the mouth or eyes.

Courtesy of the Canadian Centre on Substance Abuse and Addiction

Whether you're trying cannabis for the first time or just haven't used it in a while, learning about different THC-infused products and proper dosage for each is essential.

local budtenders may be able to offer some advice on how to navigate a senior-friendly smoke session.

Fuel up for the day ahead



By LUCAS HENKEL

David Yang, owner of Ohana Sushi on Lansing's west side, is slinging some tasty grub at his new East Lansing restaurant, Fuel'd. Previously the location of Espresso Royale Cafe, the 2,300-square-foot restaurant has been serving made-to-order stir fry and salad bowls with fresh, locally sourced ingredients since October 2022.

"Fresh, locally grown food just tastes better," said senior marketing manager Peter Jones. "I've met a lot of local farmers from working in insurance and building clients for the last 11 years. This has allowed us to get access to whole cuts of meat, for example, that we are able to cut down in the restaurant. By doing this, we are making sure that customers get the best possible in-

gredients in their food every time."

In a 2022 interview with the Lansing State Journal, Yang said the restaurant's menu and business model would be similar to that of Chipotle Mexican Grill but with an Asian twist, inspired by eateries Yang has visited in Chicago and New York City.

For the base of their stir-fry or salad bowl, customers can choose from a variety of leafy greens, farro and/or quinoa. From there, they can add proteins like roasted beef, chicken, tofu, eggs and shrimp and other toppings like broccoli, cauliflower, carrots, edamame, nuts and chickpeas, plus a variety of homemade sauces, salad dressings and garnishes to top it all off.

One stand-out stir-fry item on the menu is the Garlic Butter Noodles, whole-wheat noodles that are tossed with garlic butter, roasted steak, mushrooms, broccoli and corn and garnished with cilantro. It pairs well with the certified organic beverages from Tractor Beverage Company that Fuel'd offers on tap. I mixed the Berry Patch with the Strawberry Dragonfruit Refresher, and it was super tasty.



Lucas Henkel/City Pulse

At Fuel'd in East Lansing, customers can build a nutritious and filling stir-fry or salad bowl with fresh, locally sourced ingredients.

"My favorite dish at Fuel'd right now is the Spartan Caesar salad," Jones said. "We're in East Lansing and feed a lot of students that attend MSU, so we have to represent."

The Spartan salad contains a mix of chopped romaine and kale, grape tomatoes, herb croutons, shaved Parmesan, fresh lime and homemade Caesar dressing.

Fuel'd goes above and beyond in its mission to feed hungry college students. It's one of 15 establishments

that are part of Michigan State University's Red Card program, which helps student-athletes obtain healthy, nutritious meals for free.

"We want to be involved in the community," Jones said. "We're currently working on some different upcoming events with the Lansing Regional Chamber of Commerce. We want to help residents of Lansing have access to good food that's going to fuel them all day long."

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The rise and fall of Kewpee Hamburgers

By **BILL CASTANIER**

Autumn Weston is the fourth-generation owner of Weston's Kewpee Sandwich Shoppe, which opened in downtown Lansing in 1924. She recognizes this as an important milestone for both her family and the city as a whole.

At one time, the Kewpee restaurant chain had more than 400 locations nationwide, according to Gary Flinn, author of the new book "Kewpee Hamburgers: A Mity Nice History." The book details the rise and fall of one of the nation's oldest hamburger chains, second only to White Castle. Today, there are only a handful of Kewpee restaurants still open.

When the author was approached by History Press to write his second book about Flint, he segued into writing about the Halo Burger chain, which was what most Kewpee restaurants became after Bill Thomas purchased the original Kewpee location and rights to the company in 1958. There are still seven Halo locations in the Flint area, and they still use the slogan "Seven days without a Halo Burger makes one weak."

Flinn's book is well-researched, and he discovered some of the peccadilloes of the late Flint resident Samuel Blair, known as "Old Man Kewpee." In 1941, Blair married his fourth wife, a woman 50 years younger than him, proving that it's not just "a pickle on top (that

makes the heart go flippity-flop." The marriage only lasted a few weeks, and Blair's previous wife accompanied the blissful newlyweds on their honeymoon. You can imagine the riot the news media had writing about this union.



"Kewpee Hamburgers: A Mity Nice History" discussion and book signing

Friday, Aug. 4
2-4 p.m.
Weston's Kewpee Sandwich Shoppe
118 Washington Square, Lansing
517-482-8049
westonskewpee.com

Flinn will visit Kewpee 2 p.m. Friday (Aug. 4) to discuss and sign his new book. Food service will be available, and books will be available for purchase.

The Kewpee chain was originally called Kewpee Hotel, although it was never associated with lodging. The Kewpee name was derived from its mascot, the Kewpie doll, which was designed by cartoonist Rose O'Neill in 1909 and soon became an international phenomenon, driven by a popular comic she created for several women's magazines. Today, a creative depiction of a Kewpie doll graces

the entrance to Weston's Kewpee Sandwich Shoppe.

When Lansing's original Kewpee Hotel opened, it was on Shiawassee Street, where Lansing Community College now stands. It was one of the first restaurants in Lansing to have drive-in service, and it became a popular hang-out spot for teens from nearby Lansing Central High School.

Early on, Gladys Bowlin, Autumn

Weston's great-grandmother, developed a secret recipe for a special olive sauce that would top the burgers. The olive burger is still the restaurant's most popular dish, and the secret sauce recipe is only known to Autumn Weston; her father, Gary Weston; and Tammie Bunker, who has worked at the restaurant since the early 1980s.

The Weston scion took ownership of the downtown Lansing Kewpee location when Bowlin retired and turned the operation over to her son from her first marriage, Russell Weston. In 1973, the restaurant was torn down as a result of urban renewal and was forced to move. A sandwich-board-style menu from the original location can still be seen at the current location on Washington Avenue.

In the interim, Kewpee opened what was to be a temporary location on South Pennsylvania Avenue before finally relocating to downtown Lansing in 1979.

Flinn writes that the main downfall for Kewpee was the Great De-

pression, which left the chain with only 60 locations. A 1967 effort to begin a franchise agreement ended with only six remaining restaurants.

Autumn Weston remembers working with her brother when she was about 10, standing on a milk crate to reach the counter. She respects that she's part of a family tradition and how that



Courtesy of Gary Flinn

Author Gary Flinn's new book, "Kewpee Hamburgers: A Mity Nice History," tells the full story of one of the nation's oldest hamburger chains, which still has a handful of locations throughout the Midwest.

tradition has instilled a work ethic in her. Her mantra is, "If you find a purpose, you find passion."

She said the customers and staff are like family.

"It lights up your eyes when you hear stories of a husband and wife's first date at Kewpee, or how they were engaged here. I love to hear those stories," she said.

She often goes the extra mile for customers and recalls making a delivery run to the home of an elderly customer during the COVID-19 pandemic.

"I told her the burger comes with love and a hug," Weston said.

In terms of what the future holds, Weston said, "We are always adjusting to the market, and we are getting ready to launch a Kewpee cart for events and parties."



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Theater life provides enrichment for seniors

By **TODD HEYWOOD**

Bob Robinson has been active in the Greater Lansing theater community since the “early ‘80s.” He was a co-founder of Grand Ledge’s now-defunct Spotlight Theatre alongside the late Len Kluge, who was also a theater reviewer for City Pulse. But at 75, Robinson’s life has changed dramatically.

He’s retired from prosecuting ordinance violations and doing defense work and general legal work. Four years ago, he and his wife, Suzanne, bought a home in a gated senior community in Florida. Now they spend their winter months “doing things you can’t do in the winter in Michigan.”

But it’s come with a shift in dynamics. The theater community Robinson helped nurture, where many of his friendships were built, is out of reach for much of the traditional theater season. He tried auditioning for a show in Florida in an attempt to build community in the Sunshine State.

“It was a unique experience audi-

tioning for a theater group that I had absolutely no connection with,” he said. “It was very enlightening, to say the least.”

He laughed at the thought of his failed audition because he understands the dynamics.

“They worked over the years with people they’re familiar and comfortable with,” he said. “So it’s difficult for an outsider, regardless of the credits you have, regardless of your resume, regardless of how many shows you’ve been in, how many parts you’ve played, how many theaters you’ve worked with, how many shows you’ve directed and so on. It’s difficult to break into a new family.”

Family is the closest approximation one can find to describe the friendships and relationships decades of community theater forge. The fear of letting that family down is one reason Mark Zussman, 87, said he has stepped back from performing in shows where he has to remember lines. During a performance of “Harvey,” he lost his footing.

“It was terrifying,” he said. “It was

more than just forgetting a line or missing a cue for a next line. They just weren’t there.”

He said he was “saved” by his wife, Jane Zussman, and theater veteran Laura Croff.

“I would not want to put any other actors through that because you depend on other actors,” he said.

He now performs only in Audio Air Force shows. The company produces dramas from the golden age of radio plays. Actors don’t have to memorize lines since they have scripts in their hands.

“I’m grateful for the fact that it exists. If it wasn’t here, I’d just have to go cold turkey,” he said.

It’s not that Zussman doesn’t have experience with other aspects of theater — he’s directed shows and done other technical work, but acting is

something special for him. He’s been doing it since he was 13.

Mark and Jane Zussman noted that 90% or more of their friends were made through theater. They meet every Saturday for lunch at a local eatery.

It’s a way to connect, share and remember.

The couple met during Spotlight Theatre’s production of “Plaza Suite.” They played a married couple that was headed for divorce.

“We got to know each other. You get to know whether the person’s dependable,” Jane Zussman said. “We kept running into each other. We didn’t get married for about five years after that, but he had seen my children, and they were about 5, 7 and 9 at that point.”

Linda Granger, who just turned 70, has been involved with community theater throughout her entire life. She’s been the artistic director of Starlight Dinner Theatre since she founded it in 2005. The company performs shows that draw an older crowd.

Granger keeps the company open for her audience, despite struggles at times to find actors. As the country pulled out of COVID-19 lockdowns,



BEHIND THE CURTAIN

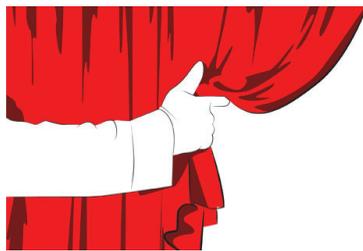


Photo by Ron Jones Sr.

Starlight Dinner Theatre performs shows that cater to older audiences, such as its production of “Calendar Girls” in 2018. They tend to be classics with little cursing or sex, in comparison to the more cutting-edge, in-your-face works other theaters produce.

she took a year to contemplate the future of the company. Should she continue?

“It came down to one thing. It’s not for me. It’s not for the money. It’s for the audience,” she said. “They have nowhere to go.”

Those patrons tell her how glad they are that the company is still around because they like the types of shows it performs. They tend to be classics like “Harvey” or “West Side Story.” There’s little cursing or sex, if any. It’s a sanitized world that feels comfortable in comparison to the more cutting-edge, in-your-face works that other theaters produce. Neither categorization is a knock on the other — there’s just a

generational gap for some in terms of what theater should and could be.

But Starlight’s struggle, Granger said, is attracting new, younger talent. As the director of the company’s outdoor production of “West Side Story” last summer, Granger said she felt, for the first time in her theater life, that she was “intruding”

on other company members. During breaks, the youths would separate and socialize together.

“I really felt like I couldn’t relate to them, and they couldn’t relate to me,” she said with a tinge of regret in her voice. “It was kind of sad to me. I thought it was a real eye-opener.”

Granger was hesitant to discuss this isolation, fearing it would come off as a criticism of the young people who performed in the show.

“I love those kids. I am thankful to them for how hard they worked and that they even auditioned,” she said with a laugh.

She has a word of advice for newcomers to theater.

“I think they should consider what the older generation can offer them if they are just open to it,” she said.

Zussman said people who have recently retired should consider volunteering in theaters because there are always roles, whether on the stage, backstage, in the box office or on the board.

Robinson said the same thing.

“If you’re going to be happy, you have to be okay with a balance,” he said. “With a different balance, so to speak.”

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Flames and honey

Sax virtuoso James Carter energizes Michigan JazzFest

By LAWRENCE COSENTINO

Growing up in Detroit, saxophonist James Carter loved when his mom played records by great jazz vocalists like Ella Fitzgerald, Billie Holiday and Sarah Vaughan, but it wasn't so much the singers that grabbed him. He was fascinated by that magic moment, after the first verse, when the horn player picked up the horn and brought the yang to the yin, the wind to the water, the water to the Scotch.

"Not to take anything away from the vocalists, but it was the sound of that instrument," Carter said. "I found out later it was the saxophone."

Now Carter, 54, is one of the most virtuosic, volcanic and expressive musicians alive — a master of every form of saxophone in existence, from bass to soprano. He plans to bring what he calls a "sonic discussion" to Michigan JazzFest Saturday (Aug. 5), aided by a stellar ensemble and a special guest vocalist, Detroit blues and jazz legend Lady Champagne.

Carter and Lady Champagne have known each other since they were both in high school in Detroit.

"I know her from the old neighborhood, the northwest side," Carter said. "The old Montgomery Ward, that neck of the woods, Grand River and Greenfield. We go back a smidge."

When Carter picks up the horn, almost anything might come out, from flames to honey. In a blistering performance of "The Sky Is Crying," posted recently on YouTube, he follows Lady Champagne's bluesy vocals by picking up a soprano sax, climbing into a banshee-high register and speaking in tongues like a man possessed.

Carter swims freely through the ever-branching rivers of jazz history, from Louis Armstrong to Miles Davis and far beyond, into the avant-garde and back around to blues, swing and traditional forms.

"It's all natural," Carter said. "I look at it as different facets of the music instead of saying there's this camp and that camp. It's about what comes naturally, what I still need to work on and what I can make happen."

"James can play anything he wants

to," Lady Champagne enthused. "He feels the vibe. If you've just heard him on recordings, you've never really heard him act up on his instrument. He does different noises. He can pop it like, 'Pop, pop, pop.' He just punches it in."

Carter's first mentor in Detroit, saxophonist Donald Washington, taught him that every jazz artist, even bebop innovator Charlie "Bird" Parker, is "part of a continuum."

"Bird didn't just spring out of nowhere," Carter said. "He came in listening to popular tunes of the day and had another way of hearing them."

As a teenager, Carter was already playing bass and contrabass clarinet, tenor and alto sax and flute. He became the youngest faculty member at Blue Lake Fine Arts Camp in Twin Lake and toured Scandinavia as part of an international jazz band at 16.

By 1988, he already had his feet in both the traditional and avant-garde worlds. After a stint with traditionalist Wynton Marsalis, Carter filled in as a member of Lester Bowie's band when the avant-garde trumpeter visited the Detroit Institute of Arts. Carter was invited to join Bowie's quintet, later the New York Organ Ensemble, in New York City, and the rest is jazz history.

In New York, Carter romped through a wild range of gigs, from avant-garde reedman Julius Hemphill's saxophone sextet to vocalist Betty Carter's and Marsalis' more straight-ahead bands.

Carter's own albums, beginning in 1995 with "The Real Quietstorm," overflowed with virtuosic energy and astonishing range. He relished taking unexpected turns, releasing two re-imaginings of guitarist Django Reinhardt's music — one of them with electric instruments — and a recording with classical soprano Kathleen Battle.

Along the way, he has taken care



Courtesy photo

Saxophonist James Carter plans to bring what he calls a "sonic discussion" to Michigan JazzFest, aided by a stellar ensemble and a special guest vocalist, Detroit blues and jazz legend Lady Champagne.

to study and absorb the work of often overlooked musicians, like early-20th-century trumpeters Jabbo Smith and George Mitchell.

"They had what Louis Armstrong had, but Louis had the machine behind him to promote it, and they were basically in his shadow," Carter said.

This year, Carter immersed himself in the music of tenor saxophonist Eddie "Lockjaw" Davis, a versatile musician who straddled the swing era, modernist trends and the soul-jazz heyday of the 1960s — much like Carter himself.

On the centennial of Davis' birth, Carter flew to Las Vegas to visit Davis' gravesite and meet his family. He even practiced his horn in the room where Davis practiced.

"I stepped into his room and immediately saw a picture of Ben Webster," Carter said.

The late Webster, a volcanic saxophone legend who rocked Duke Ellington's greatest band, is a hero to Carter as well. He even played Webster in Robert Altman's 1996 film, "Kansas City."

True to his philosophy that music and life are an indivisible whole, Carter studied the minutiae of Davis' musical development, including his phase as "Dr. Jazz," and came to admire the diverse artistic talents of his brothers and sisters.

"Some people tried to analyze him, transcribe his solos, but they got discouraged and said, 'Why am I doing this?'" Carter said. "You couldn't put any logic to it because Jaws was a free spirit. He played what he played."

The resulting CD, "Looking at Lock," will include new compositions along with bold makeovers of tunes Davis created or made famous.

Carter loves to track an old tune as it skips over the lake of time — and he's got a mean throwing arm of his own. In the 1960s, Davis took a 1920s chestnut, "How Am I to Know," and swung it hard. Carter skips that stone a bit further.

"One particular twist in the rehearsal caused me to turn it into a disco tune," he said.

He worked even more surprising alchemy with "Tickle Toe," a blistering bebop burner Davis recorded with his frequent sparring partner, Johnny Griffin.

"We do it in Indian raga style," Carter said with a barely perceptible twinkle in his voice.

Carter will bring that same anything-goes spirit to JazzFest Saturday, aided by an ensemble of musicians he's played with for years — drummer Alexander White, keyboardist Gerard Gibbs and bassist Ralphie Armstrong.

"It's like old times with us," Carter said. "We just call the tunes in the air and make it happen. It's all about cohesion. Anything we throw out there, we're going to discuss it properly — not only to our delight, but the delight of those who are listening."

Retirement planning 101: A Q&A

From METRO CREATIVE CONNECTION

Individuals need not look very far to be reminded of the importance of planning for retirement. Television ad campaigns have been front and center for many years. Banks also heavily promote their retirement-planning services to account holders. The emphasis financial firms and banks place on retirement planning underscores just how important it is for individuals from all walks of life to prioritize securing their financial futures.

Ad campaigns can make saving for retirement seem simple, but plenty of people may have questions about how to save for the days when they are no longer working.

Why and when should I begin investing to build my retirement savings?

It's never too early to start saving for retirement. Young professionals may

not be anywhere close to retirement, but that doesn't mean they can afford to put off saving. Much of that has to do with inflation. The rate of inflation varies, but it's fair to assume that your cost of living will rise dramatically between your 23rd birthday and your 70th birthday. If you choose to simply save as



opposed to investing that money, your money will not grow at a rate necessary to overcome inflation. Though there are no guarantees with investing, traditional retirement investment vehicles have a proven track record of outpacing inflation. For example, Standard & Poor's 500 reports that individual retirement accounts grew by an average of 10.8% between 1971 and 2020. Over that same period, the U.S. Bureau of Labor Statistics indicates that the dollar had an average rate of inflation of 3.99%.

How can I save for retirement?

Various investment vehicles can help

people save for retirement. Many people utilize employer-sponsored 401(k) retirement plans. These allow individuals to deposit money via pre-tax contributions that are deducted from their paychecks. For young people, enrolling in these plans as soon as they're eligible can be a great way to begin building their retirement savings, and since many people contribute between 6 and 10% of their pre-tax earnings, their take-home pay will not be significantly different once they enroll. IRAs, pension plans, certain life insurance policies and regular contributions to personal savings accounts are some additional ways to save for retirement.

How much will I need to save for retirement?

No two people are the same, so there's no simple answer to this question. Estimates about how much people will need in retirement range from 60 to 80% of their yearly income the year they stopped working full-time. A financial advisor can be a useful ally as people try to calculate how much they will need to save for retirement. However, the simplest answer to this common



question is that there's no such thing as saving too much money for retirement, so long as saving does not adversely affect other areas of your life.

What if I need money before retirement?

No law prohibits people from withdrawing funds from designated retirement accounts before they retire. However, there may be significant financial penalties and tax consequences if you do so. For example, the Internal Revenue Service allows penalty-free withdrawals from a 401(k) after an account holder turns 59 1/2. Withdrawals made before then could be subject to federal and state income tax and a 10% penalty of the amount withdrawn. Individuals are urged to speak with a financial advisor about withdrawal guidelines and penalties prior to opening a retirement account.

B/24/013 DEMO OF 1 PROPERTY 651 E JOLLY ROAD as per the specifications provided by the City of Lansing. The City of Lansing will accept bids at The City of Lansing, Purchasing Office, 124 W. Michigan Ave. 3rd Floor, Lansing, Michigan 48933 or electronically submitted thru MITN Site (www.Mitn.Info) until 2PM local time in effect on AUGUST 16, 2023. Complete specifications and forms required to submit bids are available by contacting Marilyn Chick at (517) 483-4282, or Marilyn.chick@lansingmi.gov or go to www.mitn.info. The City of Lansing encourages bids from All Vendors Including MBE/WBE Vendors and Lansing-Based Businesses.

CP#23-187

**CHARTER TOWNSHIP OF LANSING
NOTICE OF POSTED MEETING MINUTES**

NOTICE IS HEREBY GIVEN that all meeting minutes for the Charter Township of Lansing are posted to and available on the Township's website at www.lansingtowship.org. Meeting minutes may also be obtained by emailing dptyclerk@lansingtowship.org.

Meeting minutes are also posted in, and available for inspection at, the office of the Township Clerk (located at 3209 W. Michigan Avenue, Lansing, Michigan) during normal business hours.

Maggie Sanders, Supervisor
Cortney Lighthouse, Clerk

CP#22-276

**CITY OF LANSING
SUMMARY OF
ADOPTED ORDINANCE # 1317**

An Ordinance of the City of Lansing, Michigan, to amend the Lansing codified ordinances by amending Chapter 1460.01(m), and the International Property Maintenance Code, adopted by reference, to clarify the parties responsible for prohibiting the occupancy and maintaining the vacancy of placarded equipment and structures.

Effective date: Upon Publication

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

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

CP#23-183

HEADING TO DETROIT METRO AIRPORT? HYTCH A RIDE TO YOUR MICHIGAN FLYER BUS!

Hytech will take you from your front door to your bus door.

1
Go to
MichiganFlyer.com.

2
Add your
passenger details.

3
Book your
Hytech shuttle.

4
Check out.

For more information, visit michiganflyer.com/hytech

Book your trip at
michiganflyer.com
to Hytech a ride!

333 Albert Street, Ste. 214
East Lansing, MI 48823

Jonesin' Crossword

By Matt Jones

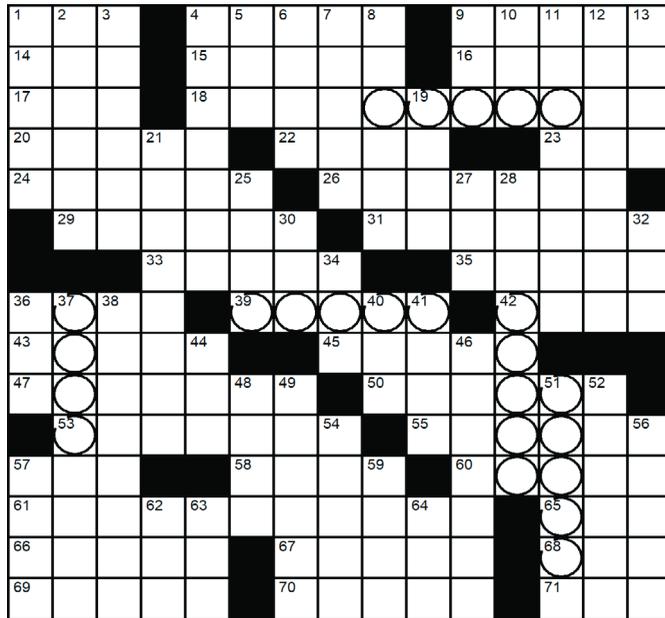
"That Can Be Arranged"--there's a time and place.

by Matt Jones

© 2023 Matt Jones

ACROSS

- 1. Anti-apartheid org.
- 4. Originated
- 9. Fabric (which is underneath the grid, in this puzzle)
- 14. Fan noise?
- 15. Concert venue
- 16. Repeated cry in the Ramones' "Blitzkrieg Bop"
- 17. Goal of some start-ups
- 18. Poker player's wear, maybe
- 20. "Rubber Capital of the World"
- 22. Pad kee mao cuisine
- 23. "Cats" monogram
- 24. Stoller's musical partner
- 26. Stir-fry vegetable
- 29. "Make love" follower
- 31. Diner shout
- 33. Graphic often including insets of AK and HI
- 35. Dog of Hagar the Horrible
- 36. "The X-Files" sightings
- 39. Armadillo feature
- 42. "Me and Bobby McGee" writer Kristofferson
- 43. Maroon 5's "___ Like Jagger"
- 45. "Werewolves of London" singer Warren
- 47. Install beforehand, as software
- 50. Philosophy of oneness
- 53. Inert gaseous element
- 55. Delay
- 57. Caltech degs.
- 58. Just ___ (minimal amount)
- 60. "I Will Be" singer Lewis



- 61. Uncaging (also, kinda the opposite of what this puzzle is)
 - 65. Spheroid
 - 66. "Buy U a Drank" rapper
 - 67. Chopin composition
 - 68. 1970s Cambodian leader Lon ___
 - 69. To this point
 - 70. Royal ___ (butter cookie brand with those reusable blue tins)
 - 71. "What'd I tell ya?"
- DOWN**
- 1. Helvetica alternative
 - 2. Laptop item (which should go underneath the circled answer in the same column)
 - 3. Dance design, informally
 - 4. It may be presented first
 - 5. "It's the end of an ___"
 - 6. Columbia Sportswear president Boyle who starred in their "One Tough Mother" ads
 - 7. Goth necklace designs
 - 8. 1998 Olympics city
 - 9. One-third of a three-step
 - 10. Primus singer/bassist Claypool
 - 11. Someone who gathers and sells shellfish
 - 12. Reference books that can expand your vocabulary, quaintly
 - 13. Garden equipment
 - 19. One of two guards in a classic logic problem, e.g.
 - 21. With a not-too-bright approach
 - 25. Interstate access
 - 27. Law enforcement orgs.
 - 28. Whittling tool
 - 30. N.C. capital, for short
 - 32. Quart divs.
 - 34. 1990 Literature Nobelist Octavio ___
 - 36. Diamond expert
 - 37. How serious players play
 - 38. Wear out, as a welcome
 - 40. President pro ___
 - 41. Acronym popularized by Rachael Ray
 - 44. Absorb, with "up"
 - 46. Like the eyebrows in a 2014 viral video
 - 48. "Pictures ___ Exhibition" (Mussorgsky work)
 - 49. Completely avoided
 - 51. Finite units of energy during the day, in a coping mechanism theory
 - 52. Randall ___, creator of XKCD
 - 54. '90s treaty acronym
 - 56. Postpone indefinitely (or where you'd see what this puzzle represents)
 - 57. This one, in Spain
 - 59. Brown, in Bordeaux
 - 62. 50-50, for instance
 - 63. 1099-___ (bank tax form)
 - 64. Mag staffers

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Answers on page 30

SUDOKU

Beginner

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

Fun By The Numbers

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

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

Free Will Astrology

By Rob Breznsky

August 2-8, 2023

ARIES (March 21-April 19): In Stephen King's novel "It," a character named Beverly is in love with a man who projects a sense of authority but also listens well. He is strong-minded but receptive, confident but willing to be changed and self-possessed but open to influence. That's an apt description of the allies I wish for you to attract into your life in the coming months. Whether they are lovers or partners, companions or collaborators, friends or colleagues, you need and deserve the high-quality, emotionally intelligent exchanges they offer.

TAURUS (April 20-May 20): 70-year-old Taurus-born Eric Bogosian is a prolific playwright and author renowned for his hard-edged satire. The title of one of his books is "Pounding Nails in the Floor with My Forehead." But one critic speculates he may be softening as he ages, noting that he "seems more amused than disgusted by the decaying world around him, as if his anger has been tempered by a touch of hope." The coming weeks will be an excellent time for you to cultivate a comparable reshaping, dear Taurus. Can you tenderize what has been tough? Is it possible to find redemption or entertainment in situations that have been challenging? Are you willing to add more levity and geniality to your perspective?

GEMINI (May 21-June 20): Decca is a UK-based record label that has produced the work of many major musicians, including Billie Holiday, the Rolling Stones and Tori Amos. It made a huge mistake in 1962, though. A fledgling group named the Beatles tried to get signed to Decca. An executive at the company declined, saying, "We don't like their sound. Groups of guitars are on their way out." Oops. The Beatles eventually became the best-selling and most influential band of all time. I don't think you're at risk of making as monumental a misstep, Gemini. But please be alert to the possibility of a key opportunity coming into view. Don't underestimate it, even if it's different from what you imagine you want.

CANCER (June 21-July 22): I'm a Cancerian who used to be overly reactive to people's carelessness. If someone was in a bad mood and flung a rash insult at me, I may have taken offense too easily. If a friend misunderstood me, even with no malice intended, I may have sulked. Thankfully, over time, I have learned to be more like a honey badger, whose thick skin protects it well against stings and pricks. I bring this up because the coming weeks will be an excellent time for you to practice my approach. First step: Understand how people sometimes direct their frustration about life toward undeserving recipients. Second step: Vow to take things less personally. Third step: Give yourself regular compliments. Actually, say them aloud.

LEO (July 23-Aug. 22): Now and then, there comes a time when I acquire an uncanny knack for seeing the totality of who you really are. I tune in to everything you do that few others know about or appreciate. I behold the big picture of your best possible future. One of those magic moments has now arrived. And it's no accident that your energy matches mine. In other words, my power to consecrate you reflects your ability to bless yourself. So, give yourself the ultimate gift, please.

VIRGO (Aug. 23-Sept. 22): In the 17th century, Virgo musician Johann Pachelbel composed a piece of music he called "Canon in D." It soon went out of style and disappeared into obscurity. But more than 250 years later, a French chamber orchestra rediscovered it, and by the 1980s, it was everywhere. Ever since, the canon has been used in many pop songs and is a common anthem at weddings and funerals. I'm predicting a comparable revival for you, Virgo. An influence, creation or person that has been gone for a while will re-emerge as a presence in your life. Be decisive in adopting it for your benefit.

LIBRA (Sept. 23-Oct. 22): Author Iain S. Thomas tells

us, "There is magic even in gridlock, in loneliness, in too much work, in late nights gone on too long, in shopping carts with broken wheels, in boredom, in tax returns." He says it's the same magic that prompted Joan of Arc to believe that God spoke to her and empowered her to lead an army. I wouldn't agree that it's the same magic. But I do advise us all to be alert for enchantment and interesting mysteries, even in the most mundane affairs. I am a champion of the quest for holiness, delight and marvels in seemingly unlikely locations. In the coming weeks, Libra, you will have a special talent for finding these revelatory joys.

SCORPIO (Oct. 23-Nov. 21): Poet Rainer Maria Rilke said, "Self-transformation is precisely what life is." If that's true, you are in luck. Of all the zodiac signs, you are the most skillful self-transformer. Moreover, you are entering a prolonged phase when your instinct and talent for self-transformation will be even more potent than usual. I plan to observe you closely in the hope of learning your tricks for changing into an ever-better version of yourself. Show us all how it's done, dear Scorpio!

SAGITTARIUS (Nov. 22-Dec. 21): Born under the sign of Sagittarius, Ludwig van Beethoven (1770-1827) was one of history's most influential composers of classical music. His elegant, lyrical works are still widely played today. He was also a revolutionary innovator who expanded the scope of many musical genres. One composition, "Piano Sonata No. 32," prefigures elements of ragtime, jazz and boogie-woogie — 70 years before those styles emerged. In this spirit, I invite you to plant a seed for the future. You will soon get glimpses of creative shifts that will someday be possible. And you will have an enhanced ability to investigate the inventive momentum that generates those shifts.

CAPRICORN (Dec. 22-Jan. 19): Let's be honest. Most of us — maybe all of us — fail to grasp the world objectively. Our perceptions get filtered through our opinions and beliefs. The events we think we see are shaped by our expectations about them. Our projections often overrule the possibility of unbiased impartiality. We are serial misinterpreters. But there's no need to be ashamed! It's a universal human tendency. Having said all that, however, I believe you will have a special knack in the coming weeks for observing reality with more clarity and open-mindedness than usual. You will have an unprecedented opportunity to see accurately and gather fresh, raw truths.

AQUARIUS (Jan. 20-Feb. 18): Is this a phase of your cycle when you'll be prone to saying things like "Why do you take me for granted?" and "I'm feeling cranky" and "It's not what you said, it's the way you said it"? Or are you in a time when the following expressions are more likely to emerge from your mouth: "I have come to understand you in a totally new and interesting way" and "Life has blessed me by removing one of my unnecessary obstacles" and "I would love to learn more about the arts of cooperation and collaboration"? Here's what I think, Aquarius: Which way you go will depend on how clearly you set your intentions. Life will respond in kind to the moods you cultivate and the specific requests you make.

PISCES (Feb. 19-March 20): Our bodies are imperfect. They are often less than 100% healthy. They don't always do what we wish they would. Yet even when we feel less than our best, our body continually carries out millions of biochemical marvels, mostly below the level of our conscious awareness. As the creation of an evolutionary process that has unfolded for eons, our precious organism is an amazing work of art that we have every right to regard as miraculous. According to my astrological reckoning, the coming weeks are the best time this year to honor and celebrate your body. What does it need to flourish? Ask your intuition to show you.

OUT on the TOWN

Events & Happenings in Lansing This Week

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

Wednesday, Aug. 2

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

Alluring Nature 2023 Art Show - Paintings by the En Plein Air group. 10 a.m.-5:30 p.m. Framers Edge, 1856 W. Grand River Ave., Lansing. 517-347-7400. framersedge.net.

Broadway Jazz Dance - All skill levels welcome. 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Build a Family Tree - Participants can bring family photos. Registration req. 11 a.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

Dinosaur Storytime Party - Dinosaur-themed stories, songs and rhymes. Intended for children ages 0-5 and their caregivers. 6 p.m. Playground of Dreams Pavilion #2, 100 Howe Drive, Eaton Rapids. 517-663-0950. eradl.org.

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

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

Improv Acting Class - 7:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Ingham County Fair - Noon. Ingham County Fairgrounds, 700 E. Ash St., Mason. 517-676-2428. fair.ingham.org.

"The Journey Continues: American Aboriginal Art," by Brian Snyder - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansing-artgallery.org.

Karaoke at Mac's Bar - 9 p.m. 2700 E. Michigan Ave., Lansing. 517-484-6795. macsbar.com.

Karaoke at Lansing Shuffle - Sing your favorite tunes or bring a group and listen while enjoying drinks and food. 7-10 p.m. 325 Riverfront Drive, Lansing. 517-940-4619. lansingshuffle.com.

Lansing Concerts in the Park - Global Village - 7 p.m. Sycamore Park, 1415 Pennsylvania Ave., Lansing. 517-483-4000. lansingmi.gov/994/concerts-in-the-park.

LBCA Meeting - 7:30 a.m. Pine Hills Golf Course, 6603 Woodbury Road, Laingsburg.

LEGO Creators Challenge: Call for Entries - Build something amazing with LEGOs for a chance to win prizes! Bring your creation to the library by Aug. 31 for display during people's choice voting in September. Must be original creations, must fit into a 1'x1' space. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

"LET THE PAINTINGS TALK" - 9 a.m.-8 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos. 517-347-2021. cadl.org/about/our-locations/okemos.

Michigan JazzFest Kickoff - Anthony Stanco Quintet wsg Joe Farnsworth - 8 p.m. UrbanBeat, 1213 Turner St., Old Town. 517-371-4600. micharts.org/jazzfest-about.

Michigan Young Birders Network Virtual Meeting - Free virtual networking group for individuals ages 13-18 interested in birding. 7 p.m. Meeting ID: 946 4329 0865. Password: Chickadee.

MSU Muelder Summer Carillon Concert Series: Andrea McGrady - Dominion carillonist of the Peace Tower Carillon and instructor at Carleton University in Ontario, Canada. 6 p.m. Beaumont Tower, 375 W. Circle Drive, East Lansing. 517-353-5340. music.msu.edu.

"Shouldn't You Be Working? 100 Years of Working from Home" - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

St. Johns Concerts in the Park - C.A.R.Ma. - 7 p.m. St. Johns City Park, 801 W. Park St., St. Johns. clintoncountyarts.org/experience-the-arts/concert-in-the-park.

Wednesday Night Free Concerts - Mike and Lisa - 6-8:30 p.m. Marketplace on the Green, 1995 Central Park Drive, Okemos. 517-853-4000. meridian.mi.us/calendar.

Wheel of the Year: Lammas & Sacrifice - Join us online or in person for discussions, rituals, meditations and more! 6 p.m. Keys to Manifestation, 809 Center St., Suite 7, Lansing. 517-657-5800. weaversoftheweb.org.

Thursday, Aug. 3

Acting Technique Class - Learn the fundamentals of acting: diction, projection, stage presence, stage directions, working off a partner, basic script work and improvisation. 7-30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Alluring Nature 2023 Art Show - Paintings by the En Plein Air group. 10 a.m.-7 p.m. Framers Edge, 1856 W. Grand River Ave., Lansing. 517-347-7400. framersedge.net.

Amazing Acres - Meet dogs and livestock animals

Family Mental Health Fun Day

Sunday, Aug. 6

11 a.m.-3 p.m.

Potter Park

1301 S. Pennsylvania Ave., Lansing

Positive Somebody, a nonprofit that works to spread awareness of the importance of positivity, is hosting its 2nd annual Family Mental Health Fun Day 11 a.m. to 3 p.m. Sunday (Aug. 6) at Potter Park.

The goal of the event is to bring mental-wellness education, resources and tools to residents of the Lansing area. It is free to attend offers coping-skill activities, physical activities, nutrition education and a variety of resources from organizations such as Ele's Place; the Community Mental Health Authority of Clinton, Eaton and Ingham counties; SI-REN/Eaton Shelter; Cognitive Consultants LLC; Crossroads Nutrition Therapy; Therapy in Color Counseling and Consulting; Peoples Yoga; and more.

There will also be free raffles for bikes, restaurant gift cards and more as well as a journal-decorating station, crafts, coloring, painting, yoga, music, sports, a free bookstore and lawn games with prizes such as fidget toys, water bottles and motivational bracelets.

In addition, parking is free when you mention Positive Somebody. For more information, visit facebook.com/positivesomebody.



with disabilities that have been rehabilitated and trained to be therapy animals. Grades K-3. 10:30 a.m. Playground of Dreams Pavilion #2, 100 Howe Drive, Eaton Rapids. 517-663-0950. eradl.org.

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

"Be Here Now" - A comedic look at what we're willing to do for love, happiness and to create meaning in our lives. 8 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. williamstontheatre.org.

Concerts at the Shell - LCB Big Band - 7 p.m. McCormick Park, 300 N. Putnam St., Williamston. facebook.com/Williamstonconcerts.

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

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

Ingham County Fair - Noon. Ingham County Fairgrounds, 700 E. Ash St., Mason. 517-676-2428. fair.ingham.org.

"The Journey Continues: American Aboriginal Art," by Brian Snyder - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

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

9897. greendoorlive.com.

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

Lawrence "Lo" Leathers Foundation Benefit Concert - Performances by Tom Duffield, Ruben Stump Trio, Ashton Moore. 6 p.m. UrbanBeat, 1213 Turner St., Old Town. 517-371-4600. micharts.org/jazzfest-about.

LBCA's FREE Summer Concert Series - Oxymorons - 7 p.m. McClintock Park Amphitheater, 255 McClintock St., Laingsburg. laingsburgbusiness.org/music-in-the-park.

"LET THE PAINTINGS TALK" - 9 a.m.-8 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos. 517-347-2021. cadl.org/about/our-locations/okemos.

Modern Dance Class - 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Music in the Park - Sea Cruisers, opener Dean Madonia - Bring friends and a lawn chair or blanket. Food concessions available onsite. 7 p.m. Jaycee Park, 525 E. River St., Grand Ledge. grandledge-chamber.com/music_in_the_park.php.

"Shouldn't You Be Working? 100 Years of Working from Home" - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

See Events, Page 27

Live & Local
CityPULSE
Red Cedar Spirits
 2000 Merritt Road, East Lansing
Sunday Jazz
 Jeff Shoup, Jim Alfredson,
 Ben Turner
 Sun., Aug. 6, 6-9 p.m.



TURN IT DOWN!

Loud dispatches from Lansing's music scene

BY RICH TUPICA

OLDIES BUT GOODIES



Courtesy photo

The Ones were one of the many bands to gain a large following in Lansing back in the 1960s and '70s.

Looking back on Lansing-made 45s

Given that it's the Senior Issue, this week's column is devoted to looking back on the city's musical past. While bands like the Ones and Plain Brown Wrapper had a massive following in Lansing and beyond in the '60s and '70s, other bands were a just flash in the rock 'n' roll pan — but they still left behind remarkable records. Here are just a few old singles that

will transport you back to the days of mop tops and bell bottoms.

The Ones: "You Haven't Seen My Love" (1967)

The Ones was perhaps Lansing's first breakout band. The group signed to Motown Records in 1967, thanks to its entrancingly dynamic single "You Haven't Seen My Love." This moody ballad, son-

ically driven by the haunting keys of band member Kerry Nicholoff, was the first Motown single that wasn't recorded in-house at the now-legendary Detroit studio. Instead, it was cut by producer Bob Baldori of the Woolies at Fenton Records, a movie theater turned recording studio in Sparta. While initially released on Baldori's Spirit Records, after Berry Gordy heard the stunningly soulful lead vocals of Danny Hernandez, he picked it up and reissued it on his massive imprint. Soon, it was a regional hit.

The Beaux Jens: "She Was Mine" (1967)

Before the Beaux Jens disbanded in the summer of '68, the primal Grand Ledge outfit recorded a sullen yet explosive garage classic, "She Was Mine." The record was released on the Sound of the Scen label, though it was more of a "vanity label." The Scen was a teen club band performed at, often to hundreds of dancing high schoolers. The sporadic, sharp screams and haunting organ has made this single a favorite among rare '60s music collectors. The track was even featured on Crypt Records' highly influential "Back from the Grave" compilation. Of course, today, the original 45 sells for hundreds of dollars. Also, the Beaux Jens' bassist, Gordy Garris, went on to join the Frost, a legendary Michigan rock band.

A few years ago, I spoke with Toby

Bates, the Beaux Jens' organ and cornet player. He recalled the band's humble genesis.

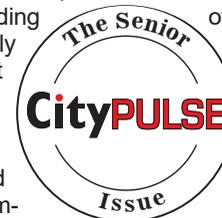
"We didn't know shit," he said. "Tim Schram was the musical leader because he actually knew chords. At the beginning of the band, we were still learning how to play. We were only 15 or 16 at the time."

Plain Brown Wrapper: "Real Person" (1968)

From the ashes of two bands — the Plagues (Lansing) and Zookie & the Potentates (Flint) — Plain Brown Wrapper rose to the top of Lansing's rock scene alongside fellow local bands Universal Family, aka Universe, and Ormandy.

From Plain Brown Wrapper's 1966 debut on the This Is Music vanity label, "You'll Pay" is the earliest blueprint of the band's budding progressive rock sound — a sound ultimately laced with proto-jam-band improvs. By 1968, the band hit its stride with the track "Real Person." Released via Monster Records, this 45 is a funky and faultless summertime jam.

For seven years, Plain Brown Wrapper toured Michigan in its 48-passenger bus, sometimes gigging as far west as Colorado and sharing stages with Ted Nugent, Bob Seger and Alice Cooper. From the Lake Lansing Bandshell to the legendary Grande Ballroom in Detroit, these cats kept busy producing supreme, long-gone Lansing sounds.



Events

from page 26

Summer Concerts on the Square – Whistle Pig Surprise Band - 6:30 p.m. Courthouse Square, 100 W. Lawrence Ave., Charlotte. 517-543-0400. micharlotte.org.

Two Rivers Sounds of Summer – Pinter Whitnick - Grab takeout from one of our nearby restaurants and bring chairs, blankets, family and friends. Free. 6:30 p.m. Two Rivers Park, Dixie Highway, Portland. miportland.org/events.

Friday, Aug. 4

Alluring Nature 2023 Art Show - Paintings by the En Plein Air group. 10 a.m.-7 p.m. Frammer's Edge, 1856 W. Grand River Ave., Lansing. 517-347-7400. framersedge.net.

"Be Here Now" - A comedic look at what we're willing to do for love, happiness and to create meaning in our lives. 8 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. williamstontheatre.org.

Craft Club Jr. - Make beaded wind chimes. Grades 1-3. Registration req. 4:15 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

Cruise to Holt - Bring your classic, modern or project cars and bikes — if it has wheels, bring it, or just come take a look! 5-8 p.m. Holt Farmers Market parking lot, 2150 Cedar St., Holt. 517-694-2135. delhitownshipmi.gov.

East Lansing Summer Concert Series – Monte Pride - Bring a lawn chair or blanket. 6-8 p.m. Ann Street Plaza, corner of Albert and M.A.C. avenues, East Lansing. 517-319-6888. cityofeastlansing.com/455/summer-concert-series.

"Fitness Over 50" Senior Exercise Group - The Meridian Township Parks and Recreation

Stretch and Flex Exercise group exercises at Central Park Pavilion. 9-10 a.m. 5151 Marsh Road, Okemos. meridian50plus.com.

Friday Night Concert Series – Global Village - Kids can enjoy big wheel tricycles at the tricycle track, a bounce house and a giant inflatable slide. 7 p.m. Lake Lansing Park South Bandshell, 1621 Pike St., Haslett. 517-676-2233. pk.ingham.org.

"Frozen Jr." - 7 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. 517-319-6957. cityofeastlansing.com/allofus.

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

Greater Lansing Area Garage Sale - Tools, furniture, games, baby items, kitchen items, vintage items and more. No books or clothes. Proceeds benefit It's a Breast Thing, supporting breast cancer patients in mid-Michigan. 8 a.m.-4 p.m. The Barn, 1867 Lake Lansing Road, Haslett. 517-980-0357. itsabreastthing.org.

Ingham County Fair - Noon. Ingham County Fairgrounds, 700 E. Ash St., Mason. 517-676-2428. fair.ingham.org.

"The Journey Continues: American Aboriginal Art," by Brian Snyder - 11 a.m.-6 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Karaoke at High Caliber Karting - No drink minimum, no cover charge, all ages welcome. 7-11 p.m. 1982 W. Grand River Ave., Suite 800, Okemos. 517-721-1790. highcaliberkarting.com.

"LET THE PAINTINGS TALK" - 9 a.m.-8 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos. 517-347-2021. cadl.org/about/our-locations/okemos.

Live Music on the patio with Sam Jesh & the Bees - 8-11 p.m. Lansing Shuffle, 325 Riverfront Drive, Lansing. 517-940-4619. lansingshuffle.com.

Live Music with the Darin Larner Band at Lansing Brewing Co. - 7 p.m. 518 E. Shiawassee St., Lansing. 517-371-2600. lansingbrewingcompany.com.

MICA Presents: Michigan JazzFest - 5-11 p.m. Afterglow at UrbanBeat at 11:30 p.m. Turner Street, Old Town. 517-371-4600. micharts.org/jazzfest-about.

Movie in the Park at Mt. Hope Park – "Minions: The Rise of Gru" - Pre-movie activities: lawn games, concessions (cash only), music, playground, walking path. Activities open at 7:30 p.m. Movie starts at 9:15 p.m. Bring a blanket or lawn chair. 7419 East Mt. Hope Hwy., Grand Ledge. 517-323-8555. grandledgechamber.com.

"Shouldn't You Be Working? 100 Years of Working from Home" - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

Soulstice - 9 p.m. The Green Door Bar & Grill, 2005 E. Michigan Ave., Lansing. 517-325-9897. greendoorlive.com.

Take Home Crafts - Make spin drums. Take-home kits come with supplies and instructions. 10 a.m.-5 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Saturday, Aug. 5

2023 Lammass Ritual - Lammass ritual, feast, raffle. 4-9 p.m. Fenner Nature Center Scout Campground, 2020 E. Mount Hope Ave., Lansing. weaversoftheweb.org.

Alluring Nature 2023 Art Show - Paintings by the En Plein Air group. 10 a.m.-5:30 p.m. Frammer's Edge, 1856 W. Grand River Ave., Lansing. 517-347-7400. framersedge.net.

"Autumn Gothic" Opening Reception - Join us for an exhibit infused with autumn, mystery and the macabre. Light refreshments provided. 10 a.m.-2 p.m. Williamston Library, 3845 Vanneter Road, Suite 1, Williamston. 517-655-1191. artwilliamston.com.

"Be Here Now" - A comedic look at what we're willing to do for love, happiness and to create meaning in our lives. 3 and 8 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. williamstontheatre.org.

Chamber Music Concert by members of Mason Symphony Orchestra - 7 p.m. The Peoples Church of East Lansing, 200 W. Grand River Ave., East Lansing. masonorchestras.org.

Darin Larner Jr. - 5:30 p.m. University Club of Michigan State University, 3435 Forest Road, Lansing. 517-353-5111. universityclubofmsu.org.

Emerging Playwrights Festival - Performances of the five short scripts that won the Emerging Playwrights high school competition. 7 p.m. Riverwalk Theatre, 228 Museum Drive, Lansing. 517-482-5700. riverwalktheatre.com.

From Big Sur - 9 p.m. The Green Door Bar & Grill, 2005 E. Michigan Ave., Lansing. 517-325-9897. greendoorlive.com.

"Frozen Jr." - 3 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. 517-319-6957. cityofeastlansing.com/allofus.

Greater Lansing Area Garage Sale - Tools, furniture, games, baby items, kitchen items, vintage items and more. No books or clothes. Proceeds benefit It's a Breast Thing, supporting breast cancer patients in mid-Michigan. 8 a.m.-2 p.m. The Barn, 1867 Lake Lansing Road, Haslett. 517-980-0357. itsabreastthing.org.

HWT - Get ready to groove and rock with HWT, an electrifying reggae band. 6-9 p.m. Horrocks Beer Garden, 7420 W. Saginaw Hwy., Lansing. 517-323-3782. shophorrocks.com.

See Events, Page 28

Events

from page 27

Ingham County Fair - Noon. Ingham County Fairgrounds, 700 E. Ash St., Mason. 517-676-2428. fair.ingham.org.

"The Journey Continues: American Aboriginal Art," by Brian Snyder - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansing-artgallery.org.

The Legend Trail Run - Choose between 5-mile, 10-mile or half-marathon runs. 7:45 a.m. Sleepy Hollow State Park, 7835 E. Price Road, Laingsburg. 734-929-9027. runlegend.com.

"LET THE PAINTINGS TALK" - 9 a.m.-7 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos. 517-347-2021. cadl.org/about/our-locations/okemos.

Live music on the patio at Lansing Shuffle - 8-11 p.m. 325 Riverfront Drive, Lansing. 517-940-4619. lansingshuffle.com.

Looking Glass StreetFest - 4-person golf scramble, live music, cornhole tournament, food tent, more than 20 special-release craft beers, ciders and seltzers. 21+. 4-8 p.m. 115 N. Bridge St., DeWitt. lookingglassbrewingcompany.com.

Meridian Township Farmers Market - Ready-to-eat foods, produce, meat, cheese, eggs, baked goods, bread, crafts and so much more! 8 a.m.-2 p.m. Marketplace on the Green, 1995 Central Park Drive, Okemos. 517-712-2395. meridian.mi.us/farmersmarket.

MICA Presents: Michigan JazzFest - 2-11 p.m. Afterglow at UrbanBeat at 11:30 p.m. Turner Street, Old Town. 517-371-4600. micharts.org/jazzfest-about.

Palm Oil Conservation Movie Night - Presentation about the impact of palm oil on wildlife conservation, followed by a screening of "The Lorax." 6 p.m. Potter Park Zoo, 1301 S. Pennsylvania Ave., Lansing. 517-483-4222. potterparkzoo.org.

"Shouldn't You Be Working? 100 Years of Working from Home" - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

Stationery Store Day & Postcard Party - Pick up a free postcard, fill it out and mail it from the shop! First 5 purchases over \$20 receive free tote bag, first 20 postcard/greeting card purchases over \$5 receive free sticker. 11 a.m.-4 p.m. Dear Ollie & Co., 222 S. Washington Square, Lansing. dearollie.com.

Sunday, Aug. 6

"A Course in Miracles" with Dan and Carol Maynard - Noon. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 517-371-3010. unitylansing.org.

"Be Here Now" - A comedic look at what we're willing to do for love, happiness and to create meaning in our lives. 2 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. williamstontheatre.org.

East Lansing Farmers Market - 10 a.m.-2 p.m. Valley Court Park, 280 Valley Court, East Lansing. cityofeastlansing.com/farmersmarket.

Eastern Ingham Farmers Market - Locally grown produce, baked goods, prepared food, handmade artisan goods, live music, kids' crafts and so much more. 10 a.m.-2 p.m. McCormick Park, 123 High St., Williamston. 517-618-1630. easterninghamfarmersmarket.org.

Family Mental Health Fun Day - Mental health resources, activities, games, music, prizes, free raffle and more. 11 a.m.-3 p.m. Potter Park, 1301 S. Pennsylvania Ave., Lansing. facebook.com/positivesomebody.

Free Outdoor Summer Concert Series at University Lutheran Church - LCB Big Band - Bring a lawn chair or blanket. 6 p.m. 1020 S. Harrison

Road, East Lansing. 517-332-2559. ulcel.org.

"Frozen Jr." - 3 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. 517-319-6957. cityofeastlansing.com/allofus.

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

Laingsburg Outdoor Farmers Market - 10 a.m.-2 p.m. Roosevelt Row, Laingsburg. 517-295-8128. laingsburgbusiness.org/farmers-market-1.

"LET THE PAINTINGS TALK" - Noon-6 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos. 517-347-2021. cadl.org/about/our-locations/okemos.

Live music on the patio with Adin Boyer - Noon-3 p.m. Lansing Shuffle, 325 Riverfront Drive, Lansing. 517-940-4619. lansingshuffle.com.

Read & Discuss: "What Practical Christianity Stands For" (1932) - 9:30 a.m. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 517-371-3010. unitylansing.org.

"Shouldn't You Be Working? 100 Years of Working from Home" - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

Monday, Aug. 7

3D Printing 101 - See demonstrations, ask questions and take home a 3D-printed item. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Advanced LEGO® Robotics - Weeklong camp for ages 10-12. Design robots using the LEGO Spike Prime system. Learn engineering basics via trial-and-error testing. 9 a.m.-4 p.m. Impression 5 Science Center, 200 Museum Drive, Lansing. 517-485-8116. impression5.org.

Alluring Nature 2023 Art Show - Paintings by the En Plein Air group. Noon-5:30 p.m. Framers' Edge, 1856 W. Grand River Ave., Lansing. 517-347-7400. framersedge.net.

Broadway Jazz Dance - All skill levels welcome. 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Broadway Musical Theatre SING-ACT-DANCE Camp - Sing, act and dance your heart out while performing Broadway songs & dances! Ages 5-15. 10 a.m.-1 p.m. Monday-Thursday. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Chemistry Craze - Weeklong Camp for ages 8-9. Explore the world of acids and bases through bubbly, sticky and slimy experiments. 9 a.m.-4 p.m. Impression 5 Science Center, 200 Museum Drive, Lansing. 517-485-8116. impression5.org.

Finance Committee - 6 p.m. Laingsburg City Hall, 114 Woodhull St., Laingsburg. laingsburg.us.

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

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

Improv Acting Class - 7:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Jump Into Reading - Stories, songs, activities and therapy dogs. Intended for children ages 0-5 and their caregivers. 11 a.m. Playground of Dreams, 100 Howe Drive, Eaton Rapids. 517-663-0950. eradl.org.

"LET THE PAINTINGS TALK" - 9 a.m.-8 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos.

Emerging Playwrights Festival

Saturday, Aug. 5

7 p.m.

Riverwalk Theatre

228 Museum Drive, Lansing

Each year, Riverwalk Theatre sponsors a playwriting competition for high school students in Ingham, Eaton and Clinton counties. Entrants submit one-act plays for the chance to win \$1,000 and have their play produced on the Riverwalk stage.

This year, 18 students from seven high schools submitted scripts for consideration. The five winners are "Octavia's Bridge," by Sarah Garver, a junior at Mason High School; "Choices," by Kieran Arnett, a sophomore at Everett High School; "Our Fairytale," by Molly Weaver, a senior at Holt High School; "The Most Important Rock/Paper/Scissors Game Ever," by Angel Hobbs, a freshman at Everett High School; and "The Grass Was Greener," by Olivia Quiroga, a junior at Holt High School.

Saturday evening, Riverwalk will host performances of all five plays. "Octavia's Bridge" and "Choices" will be presented as full productions, and the other three scripts will be presented as staged readings.

Admission is free, but donations are encouraged. For more information, visit riverwalktheatre.com/emerging-playwrights.html.



517-347-2021. cadl.org/about/our-locations/okemos.

Marimba Mania with "Marimbaman" David Hall - High-energy musical world tour filled with audience participation and amazing instruments! 2 p.m. Willow Ridge Elementary School, 12840 Nixon Road, Grand Ledge. 517-627-7014. gladl.org.

Outer Space Adventure - Weeklong camp for 5-year-olds. Explore the solar system by creating telescopes, designing planets and learning about real astronauts. 9 a.m.-4 p.m. Impression 5 Science Center, 200 Museum Drive, Lansing. 517-485-8116. impression5.org.

Reiki for Kids & Teens - Fun, engaging, hands-on activities teach students about Reiki energy and its history. 5 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Science of Toys - Weeklong camp for ages 6-7. Investigate the science of toys and how they work. Put your expertise to the test and invent a toy of your own design! 9 a.m.-4 p.m. Impression 5 Science Center, 200 Museum Drive, Lansing. 517-485-8116. impression5.org.

Take-and-Make Craft - Pick up a free, customizable puzzle kit. First come, first serve. 9 a.m.-7 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

Tuesday, Aug. 8

Acting Technique Class - Learn the fundamentals of acting: diction, projection, stage presence, stage directions, working off a partner, basic script work and improvisation. 7:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Alluring Nature 2023 Art Show - Paintings by the En Plein Air group. 10 a.m.-5:30 p.m. Framers' Edge, 1856 W. Grand River Ave., Lansing. 517-347-7400. framersedge.net.

Ballet Class - Learn advanced techniques such as beats, multiple pirouettes, greater turn-out, higher extension and longer variations. 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Charlotte Cruisers Presents: Cruise-In at the Big Boy - Music, 50/25/25 raffle, 10% restaurant discount for registered participants. 5:30 p.m. Big Boy, 530 Lansing Road, Charlotte. 517-543-0775. facebook.com/charlottebigboyinc.

Downtown Lansing Farmers Market - Fresh produce, baked goods, artisan crafts, activities, music and more. 3-7 p.m. Reutter Park, 400 S. Capitol Ave., Lansing. downtownlansing.org/downtown-farmers-market.

Duct Tape Art - Create a duct tape masterpiece at the library! Grades 4-6. 3 p.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

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

LAGE Game Night East - Variety of board games, card games, dice games, cooperative games and strategy games. Bring your own or play games other people bring. All skill levels welcome. 6:30-11 p.m. The Junction, 410 S. Clippert St., Lansing. meetup.com/lansing/events.

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

"LET THE PAINTINGS TALK" - 9 a.m.-8 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos. 517-347-2021. cadl.org/about/our-locations/okemos.

Minecraft Mania! - An evening of fun and friendly competition. We'll have our Minecraft server set up and laptops ready to go. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Picnic Playdate: A Family Storytime - Follow the little red wagon to the Trinity Episcopal Church playground for a summery family storytime with songs, activities and a snack! 11 a.m.-noon. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

FOOD & DRINK DINING OUT IN GREATER LANSING

Nutrition as we age

Healthy eating tips for seniors based on the U.S. dietary guidelines

By **DANA DESILVA**
and **DENNIS ANDERSON-VILLALUZ**

Good nutrition throughout a person's lifespan helps prevent chronic disease, and it's never too late to make improvements to support healthy aging. Older adults are at greater risk of chronic illnesses such as heart disease and cancer as well as health conditions related to changes in muscle and bone mass such as osteoporosis. The good news is that this population can mitigate some of these risks by eating nutrient-dense foods and maintaining an active lifestyle.

Older adults generally have lower calorie needs but similar or even increased nutrient needs compared to younger adults. This is often due to less physical activity, changes in metabolism or age-related loss of bone and muscle mass. Nutrient needs in this population are also affected by chronic health conditions, the use of multiple medications and changes in body composition.

Therefore, following a healthy dietary pattern and making every bite count is particularly important to this age group.

Special considerations for older adults

The Healthy Eating Index measures diet quality based on the federal government's dietary guidelines. Compared to other age ranges, older adults have the highest diet quality, with a score of 63 out of 100. Although this is very encouraging, there's still a lot of room for improvement. Eating more fruits, vegetables, whole grains and dairy improves diet quality, as does cutting down on added sugars, saturated fat and sodium. Support from health professionals, friends and family can help older adults meet food-group and nutrient recommendations.

Eating enough protein helps prevent the loss of lean muscle mass. But older adults often eat too little protein — especially adults ages 71 and older. Since most older adults are meeting recommendations for meat, poultry and eggs,



MyPlate for Older Adults

2020-2025 Dietary Guidelines for Americans

Fruits & Vegetables

Whole fruits and vegetables are rich in essential nutrients and fiber. Choose a variety that are deeply colored. Take advantage of different forms — particularly fresh and frozen.

Healthy Oils

Plant oils provide essential fatty acids and fat soluble vitamins. Use them to replace animal fats generally found in meat and full-fat dairy products.

Herbs & Spices

Replace salt with herbs and spices to enhance flavor and reduce sodium. Look for herb and spice blends without added salt.



Fluids

Adequate fluid intake is necessary. Sources include water, unsweetened beverages and soups, as well as fruits and vegetables.

Grains

Enriched grains are good sources of B vitamins, and whole grains of fiber as well. At least 1/2 should be whole grains.

Dairy

Milk, yogurt, and cheese are sources of calcium and other nutrients. Choose fat-free and low-fat dairy products in place of reduced- and full-fat.

Protein

High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.



Engage in regular physical activity



Courtesy of the Human Nutrition Research Center on Aging

Seniors can mitigate the risk of chronic illness and other health conditions by eating nutrient-dense foods and maintaining an active lifestyle.

it's important to remind them that seafood, dairy and fortified soy alternatives, beans, peas and lentils are great sources of protein. These protein sources also provide additional nutrients such as calcium, vitamin D, vitamin B12 and fiber.

The ability to absorb vitamin B12 can decrease with age and the use of certain medications. Health professionals, friends and family can help older individuals get enough vitamin B12 by ensuring they're consuming enriched foods such as breakfast cereals. Older adults should talk with their healthcare provider about the use of dietary supplements to increase vitamin B12 intake.

Healthy beverage choices for older adults

Sometimes it's hard for older adults to drink enough fluids because the sensation of thirst declines with age. Drinking water is a great way to prevent dehydration and help with digestion. Unsweetened fruit juices, low-fat or fat-free milk and fortified soy beverages can also help older adults meet fluid and nutrient needs. Healthcare providers, friends and family can remind older patients to enjoy beverages with meals and throughout the day.

If older adults choose to drink alcohol, they should do so in moderation. Men should have two or fewer drinks per day, and women should have a maximum of one drink per day. Remember that this population may feel the effects of alcohol more quickly than they did when they

were younger, which could increase the risk of falls and other accidents.

Find resources to help older adults eat healthy

There are a number of government resources that older adults can utilize to access and achieve a healthy dietary pattern. Congregate Nutrition Services provides meals for people ages 60 and older, as well as their spouses, in senior centers, schools and churches. The Commodity Supplemental Food Program distributes monthly packages of nutritious foods from the U.S. Department of Agriculture. Home-Delivered Nutrition Services provides home-delivered meals for older adults who have trouble leaving home or have certain health conditions. Finally, the Child and Adult Care Food Program provides reimbursements for nutritious meals and snacks to older adults enrolled in daycare facilities.

Choosing healthy foods and actively using nutrition resources can help people make every bite count, no matter their age. For more information about these resources for older adults, check out nutrition.gov/topics/food-security-and-access/food-assistance-programs/nutrition-programs-seniors.

(Dana DeSilva is a health policy fellow at the U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion. Dennis Anderson-Villaluz is a nutrition advisor at the Office of Disease Prevention and Health Promotion.)

TOP 5 DINING GUIDE

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

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

TOP 5 RESTAURANTS FOR SENIORS

1. Coral Gables

Former dance hall turned eatery providing homemade American classics and Greek dishes
2838 Grand River Ave., East Lansing
517-337-1311
coralgablesrestaurant.com

11 a.m.-9 p.m. Monday-Friday
9 a.m.-9 p.m. Saturday

2. Flap Jack Shack

Casual breakfast and lunch restaurant with fast, friendly service
3000 E. Grand River Ave., Lansing
517-351-0630

6 a.m.-6:30 p.m. Monday-Friday
6 a.m.-4 p.m. Saturday
7 a.m.-4 p.m. Sunday

3. Soup Spoon Cafe

Colorful and cozy café with homemade soup, homestyle eats and regional beers
1419 E. Michigan Ave., Lansing
517-316-2377
soupspooncafe.com

8 a.m.-9 p.m. Monday-Saturday

4. Delhi Cafe

Family-owned and operated café serving a wide variety of dishes, including sandwiches, burgers, brunch items and seafood
4625 E. Willoughby Road, Holt
517-694-8655
delhicaferestaurant.com

11 a.m.-7:30 p.m. Tuesday-Friday

5. Amy's Downtown Diner

Quaint diner offering homemade burgers, soups, sandwiches and more, plus a large breakfast menu
115 S. Main St., Perry
517-697-0295
facebook.com/amysdowntowndiner

8 a.m.-2 p.m. Tuesday-Sunday

Coming Sept. 13: Top of the Town 2023

Thanksgiving in July

By LIZY FERGUSON

I've often heard Coral Gables being written off as dated and reserved for the over-60 set by my peers. It's a great restaurant option for seniors, winning a Top of the Town award in that category every year since the category was created, but I'm of the opinion that it's seriously underrated as an option for diners of all ages. It's a solid go-to for fried chicken, Greek food and club sandwiches, to name just a few standouts.

Originally built in the 1920s, the restaurant served for decades as a roadhouse and venue where the likes of Duke Ellington and Little Richard once per-



Roast Breast of Turkey
\$16.95
Coral Gables
2838 Grand River Ave., East Lansing
11 a.m.-9 p.m. Monday-Friday
9 a.m.-9 p.m. Saturday
517-337-1311
coralgablesrestaurant.com

formed, and you can still sense this history in the restaurant's storied and hallowed atmosphere. Well, not really, but you can get a turkey dinner year-round, and to me, that's far more important.

I've written about my love for non-November turkey dinners before, and Coral Gables does it exceptionally well. The meal comes with cornbread stuffing, whipped potatoes and cranberry sauce — the perfect combination for a sweltering late July evening. All jokes aside,

with the air conditioning comfortably blasting and a gin and tonic in hand, conditions seemed just right for a Thanksgiving-esque feast.

The turkey breast was carved into thick, juicy slices and smothered in a peppery gravy. The cornbread stuffing was a touch salty, but it was balanced nicely by the mild and creamy whipped potatoes. As always, though, the best accompaniment was the cranberry sauce, and Coral Gables gave me a nice, healthy portion, ensuring I could enjoy a bit of that tart sweetness with every bite of turkey. It was the canned variety, which I prefer, and this is a hill I'm willing to die on.

Speaking of portions, not only are they huge, but the entrees also come with a choice of soup or salad. I went with the Greek salad and was not disappointed. It contained huge, creamy chunks of feta, cherry tomatoes, kalamata olives, pepperoncinis, red onion and an unexpected but welcome addition, diced green pepper. It was all bathed in a delicious Greek dressing. Served alongside the salad was a slice of toasted bread, which was even better when doused in pepperoncini juice. My companion had the gyro, and after stealing a bite, I can confirm it was ex-



Lizy Ferguson/City Pulse

At Coral Gables in East Lansing, you don't have to wait for Thanksgiving to order a turkey dinner with gravy, stuffing, mashed potatoes and cranberry sauce.

ceptionally meaty and tasty.

As someone who easily experiences sensory overload, I have to add that one of my favorite parts of my dining experience was the quiet. I was able to focus on my food and conversation rather than attempting to conclude the meal as quickly as possible to escape the hordes of people and din of loud music. I'm sure I would have made an exception for Duke Ellington, though.



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Voted #1 Top of the Town 2022
CityPULSE FOX47 NEWS

AirPort Tavern
FOOD LIQUOR

Events

from page 28

Summer in the Park: Joel Tacey with Mobile NERF Games - 11 a.m. Oak Park, corner of Clinton and Seminary streets, Charlotte. 517-543-8859. charlottelibrary.org.

Tillage Field Day - Learn about tillage implements, effects on soil health, farm safety and mental health through demonstrations and presentations. 9 a.m.-noon. Mason Research Farm, 1614 Okemos Road, Mason. canr.msu.edu/events/tillage-field-day.

Trivia at Lansing Shuffleboard & Social Club with DJ Trivia - 7:30-9 p.m. 325 Riverfront Drive, Lansing. 517-940-4619. lansingshuffle.com.

Wednesday, Aug. 9

Allen Farmers Market - 5-6:30 p.m. 1629 E. Kalamazoo St., Lansing. 517-999-3911. allenneighborhood-center.org/market.

Alluring Nature 2023 Art Show - Paintings by the En Plein Air group. 10 a.m.-5:30 p.m. Framer's Edge, 1856 W. Grand River Ave., Lansing. 517-347-7400. framersedge.net.

Book Group: "The Bright Side Running Club," by Josie Lloyd - Intended for adults. 11 a.m. Mark's Place, 238 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

Broadway Jazz Dance - All skill levels welcome. 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

See Events, Page 31

Appetizers WANT YOUR RESTAURANT LISTED? CALL 517-999-5064

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eloasisfood.com

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CROSSWORD SOLUTION
From Pg. 25

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SUDOKU SOLUTION
From Pg. 25

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

Events

from page 30

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

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

Improv Acting Class - 7:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Ingham County Democratic Party/Blue Brigade Picnic - Special guests Lt. Gov. Garlin Gilchrist, former state Sen. Curtis Hertel Jr. and more. Suggested donation \$30 per individual, \$50 per family. 5 p.m. Frances Park, 2701 Moores River Drive, Lansing. 313-936-0785. inghamcountydemocraticparty.net.

It’s Elementary: Pollinators - Discover science in the world around you with experiments, crafts, activities and more. Grades 3-6. Registration req. 3 p.m. Country Mill Orchard & Cider Mill, 4648 Otto Road, Charlotte. 517-543-8859. charlottelibrary.org.

“The Journey Continues: American Aboriginal Art,” by Brian Snyder - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansing-artgallery.org.

Karaoke at Lansing Shuffle - Sing your favorite tunes or bring a group and listen while enjoying drinks and food. 7-10 p.m. 325 Riverfront Drive, Lansing. 517-940-4619. lansingshuffle.com.

Kids’ Day at Sharp Park - Magic show, games, bounce house, double-lane slide, balloon twisting, balance-bikes course, trackless train, crafts, dance performances, obstacle course, concessions and more! 11 a.m.-3 p.m. 1401 Elmwood Road, Lansing. deltami.gov/residents/events/kids_days.php.

Lansing Concerts in the Park – Aldaco - 7 p.m. Frances Park, 2701 Moores River Drive, Lansing. 517-483-4000. lansingmi.gov/994/concerts-in-the-park.

“LET THE PAINTINGS TALK” - ART/5 is a group of five local artists. They enjoy rendering the beauty of Michigan as well as flowers, birds and still life. 9 a.m.-8 p.m. CADL - Okemos Library, 4321 Okemos Road, Okemos. 517-347-2021. cadl.org/about/our-locations/okemos.

MSU Mueller Summer Carillon Concert Series: Jim Fackenthal - Carillonneur at St. Chrysostom’s Church in Chicago. 6 p.m. Beaumont Tower, 375 W. Circle Drive, East Lansing. 517-353-5340. music.msu.edu.

PJ Storytime - Read stories about the night, sing songs and have a small snack. Come in your pajamas if you want! 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

“Shouldn’t You Be Working? 100 Years of Working from Home” - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

St. Johns Concerts in the Park – Detroit Retro Society - 7 p.m. St. Johns City Park, 801 W. Park St., St. Johns. clintoncountyarts.org/experience-the-arts/concert-in-the-park.

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

Wednesday Night Free Concerts – Garage Sale Band - 6-8:30 p.m. Marketplace on the Green, 1995 Central Park Drive, Okemos. 517-853-4000. meridian.mi.us/calendar.

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