

FREE

CityPULSE

a newspaper for the rest of us

www.lansingcitypulse.com

July 10 - 16, 2019



City Pulse's Summer of Art: "Sunburst," by Dennis Preston. See page 14 for story.



The fallacy of the cliché “no man is above the law” is that our country has had laws that discriminate based on race, religion, gender, sexual orientation and ethnicity. The law is not perfect. It is created by men and women who are imperfect. Don't hire a lawyer that cites clichés. Great lawyers help clients rise above the law and stand on principle.

– Andrew Abood

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ARTS NIGHT OUT

JULY 12 

- Absolute Gallery
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- Bad Annie's Sweary Goods
- Clark Hill PLC
- Cravings Popcorn
- Elderly Instruments
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- Katalyst Gallery
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Arts Night Out 2019

Arts Night Out returns to Old Town Lansing on July 12, 2019 from 5-8pm! Experience a variety of unique venues — from one block to the next — alive with music, art, demonstrations and a whole lot more. Come explore, meet the artists, wine and dine. Arts Night Out has something for everyone!

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Favorite Things

Fledge owner Jerry Norris and his free community garden



My favorite thing is our community garden and what we are starting to do with it. As things start to bloom and produce food, we are doing a summer of taking for the community. We have lettuce, strawberries, blueberries, herbs, tomatoes and sunflowers.

Anybody who walks by can pick anything they want to take home with them. That is surprising to most people. Everyone thinks we are just going to get mobbed, and people will steal and take everything, but I don't think that is what's going to happen. I think what will really start to happen is people are going to be respectful of it and take what they need, but not too much.

My grandmother and grandfather were Great Depression and World War Two people, "the Greatest Generation." They had "Victory Gardens," and my grandpa took a lot of pride in the gardens he grew. Our family actually used to have a grocery store on the west side called "Norris Groceries" where we grew and sold food. My grandfather always taught me the value of growing your own food, from money and a health perspective. Health, in this case, was the meditative part for him. He would get lost in his garden and when he had a problem, he worked at his garden.

I do that now. Whenever I'm

working in the garden, I feel like the mission is being accomplished. It is one of the very few things where I can look at a tomato plant and see it is a tangible result. I can pick and eat and smell it. When I am working on job creation, I can't taste that.

I like how a lot of people slow down in their cars to look at this, and a lot of employees from Sparrow are now walking on this side of the street to see the garden. The garden to us is very symbolic of what our mission is. We try to attract people and welcome them and include them. Then we go into the discovery and creation and sustainability process.

This project is not about trying to judge who is taking or not taking things. I want people comfortable with using abundance. We have so much abundance in this world that we can take care of everyone, but we choose not to. We store it away.

It is always because we are scared of running out, but when this garden pops, and we have all these tomatoes, I think we will be more at risk of having to throw all these things out.

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

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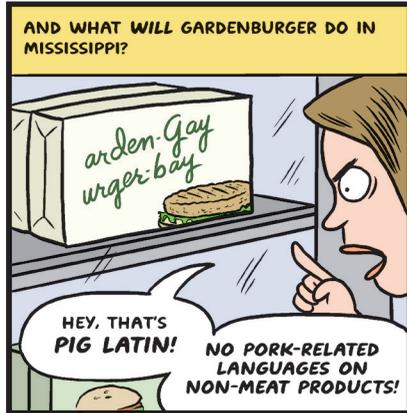
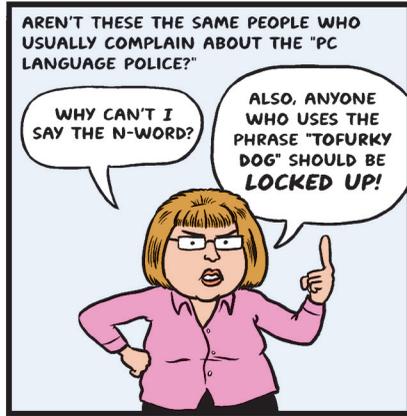
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City Pulse announces the annual Pulsar Award nominees

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Where to get shakes and teas with a nutritious punch

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Cover Art

"Sunburst," by Dennis Preston

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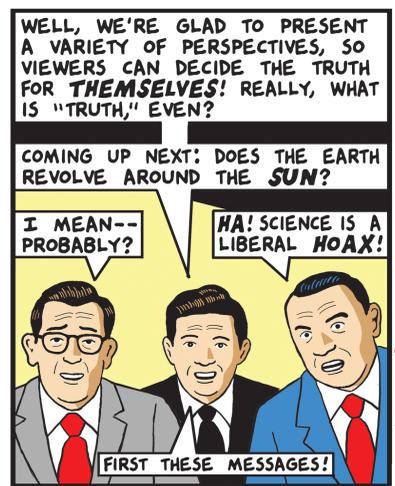
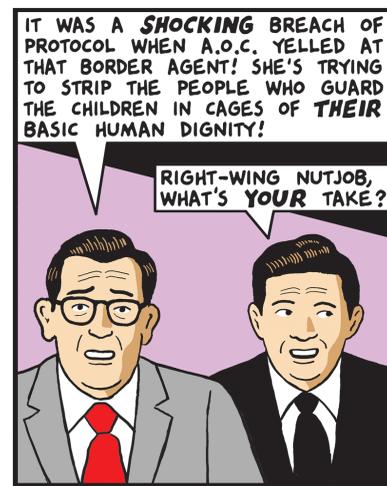
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PULSE

NEWS & OPINION

Boilers and beams

Massive new MSU STEM facility is a one of a kind project

This summer, truckloads of titanic timbers from Canada are rumbling across Michigan State University to be unloaded and assembled into a structure that will be unique on campus, and in the state, when it's finished in the fall of 2020.

Making their way around washouts from recent rains, workers are quickly muscling MSU's \$97.5 million STEM Teaching and Learning Facility into reality.

The building yokes two major projects together. At its heart is the 1946 Shaw Lane Power Plant next to Spartan Stadium. Idle for over 30 years, the stately brick and limestone pile will get a new life as a busy hub of classrooms, workshops and meeting spaces.

A shaky climb to the top of the power plant, where renovations are just beginning, affords a splendid view of two sprawling additions now going up to the north and south.

The additions are made of huge, handsome slabs of wood, called "mass timber," that will remain exposed and also bear the weight of the structure. It's the first building in the state to use this type of construction.

The new wings will add about 117,000 square feet to the old power plant's 40,000 square feet.

The north annex is a little more than a concrete pad right now, but the south annex is taking shape fast. Last week, workers were swarming over the site, hoisting the timbers into place and fastening them into place with giant turnbuckles.

About \$30 million of the project cost is coming from the state of Michigan. It's the first time in 50 years the state has helped fund a classroom building on campus, according to MSU. (The last MSU classroom building to get state help was Wells Hall, across the street, back in 1969.)

The design team plans to maximize the steampunk potential of the old power plant. Two of the three massive boilers in the plant have been hauled away. The remaining boiler will be



Lawrence Cosentino/City Pulse

Huge slabs of Canadian timber used for the additions look sleek, but also bear weight — the first structure in the state to be built this way.

cleaned up, hollowed out and kept in place.

Set in the center of MSU, the new facility is designed to foster creative, cross-disciplinary thinking in the fields of science, technology, engineering and math. Enrollment in STEM courses has gone up 40 percent at MSU in the last 10 years, and many of the students are non-majors. Five of MSU's colleges came together to come up with a matrix of unconventional, flexible spaces very different from the labs and classrooms of the past. Centralizing STEM classroom space at the new facility will have the added benefit of freeing up dozens of labs and classrooms scattered around campus for advanced research projects in agriculture, natural sciences, engineering and other fields.

Courses that require teamwork will have plenty of space on the old power plant's airy, open fourth floor. A massive, cylindrical ash silo, lined with shiny ceramic bricks, will be converted to conference rooms and seating areas for meetings and workshops. A labyrinthine pump and pipe assembly on the fourth floor, a fascinating

study in movement and stasis, will also stay in place.

"There's no reason to pull it out," project manager Ken Gottschalk said. "It's not affecting anything, so we leave as much as we can."

The industrial nuggets will be augmented by new art.

Unfortunately, the plant's old smokestack with the letters "MAC," for Michigan Agricultural College, didn't make the cut.

"We could have restored it, but it was not a functioning smokestack," Gottschalk said. "It was cool to have, but it was safest to bring it down."

While renovation of the plant has barely begun, the additions are going up fast. The new wings are made largely of "mass timber," a mix of solid and glued wood strong enough to bear the weight of the building and pretty enough to be left exposed. There are currently no mills that make mass timber in Michigan, so the slabs are being hauled from Canada.

But the U.S. Forest Service and MSU's Forestry Department are track-



MSU Alumni Memorial Chapel
636 Auditorium Drive, East Lansing

One of the few campus buildings that truly rests 'on the banks of the Red Cedar,' the non-denominational chapel was originally created to serve as a memorial to Spartans who had served and fallen in the Second World War. That purpose was expanded to acknowledge all who died during military service, reaching back as far as the Civil War. Following an extensive fund-raising campaign, the building was completed and dedicated in 1952, replacing the campus chapel that was lost in the 1918 collapse of College Hall.

Architect Ralph Calder employed Tudor styling in the common bond brick and carved limestone, most notably in the relief sculpture over the main entrance. Like Chicago's Tribune Tower, the building incorporates 'relic' stones from other famous buildings, including Westminster Abbey and Notre Dame cathedral.

The chapel's understated front belies an expansive interior, which can hold 190 occupants. Inside, natural wood furnishings and ceiling beams offer a restrained contrast to the collection of stained glass windows. Glass panels are arranged in groups of three and are thematically divided. Educational themes line the east wall. Notable events in MSU's history, including the Morrill Act and the college's admission of women, are at the west.

— Daniel E. Bollman, AIA

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

See Plant, Page 6

Plant

from page 5

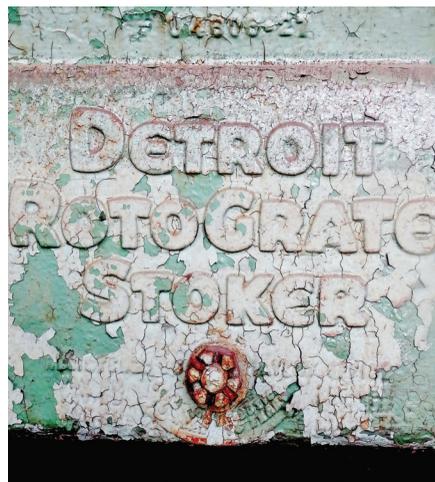


Lawrence Cosentino/City Pulse

New additions, seen her from the top of the old plant, are quickly rising to the north and south.

ing the STEM project closely, with an eye toward developing a mass-timber market in Michigan. Forestry Department Chairman Rich Kobe said mass timber is already in widespread use in Europe and the stuff is beginning to take off in the United States, with an 80-story structure planned in Chicago, and in Canada, where an 18-story tower in Vancouver, British Columbia, is already standing.

Designers love mass timber, with its warm feel and sleek look. Urban planners and some environmentalists speculate that the stuff may even rescue the world from a new round of



Lawrence Cosentino/City Pulse

Historic features of the power plant include a stoker, a mechanical device for supplying fuel to a furnace.

carbon-spewing construction expected by 2050, to house a global surge of two billion new city dwellers.

“Growing trees sustainably, using all of the harvested wood and incorporating it into a long-term structure, extends the carbon and climate benefits of forests,” Kobe said. Building from steel and concrete emits carbon dioxide, while mass timber sequesters the carbon in the wood.

But it’s not clear that the carbon used in the manufacturing of mass timber outweighs the benefits of sequestering it. Advocates point out that mass timber can be pressed together from smaller pieces of wood, lessening the pressure to cut down older trees, but skeptics fear a growing market will lead to more heedless clear cutting.

Helen Taylor, Michigan director of The Nature Conservancy, said sustainable management is key.

She praised mass timber as “a big carbon sink.”

“We’re hoping, by building a building like this, and others, it will create more demand and take us closer to inspiring people to do that here,” Taylor said.

Taylor said a domestic market for mass timber would create incentive for landowners to enroll their forests in Stewardship Council certified land.

“We have a lot of forest in Michigan,” she said. “If we’re going to have a timber industry, let’s do it right.”

The unresolved questions about mass timber make MSU’s STEM project — future home to many experiments and arguments — a grand experiment in itself.

— LAWRENCE COSENTINO



Courtesy photo



Lawrence Cosentino/City Pulse

(Above) MSU's new STEM facility, scheduled to be finished in fall 2020, is designed and built by Ellenzweig Architecture, IDEO Design, IDSD, Granger Construction and Isaki Design.

(Below) The heart of MSU's new STEM facility is the 1946 Shaw Lane Power Plant.

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‘Michigan’s always been a dream to me’

By **CHRIS GRAY**

(Editor’s note: Chris Gray recently joined City Pulse, replacing Kyle Kaminski, who is off to law school at Michigan State University.)

Lansing has a feel both rough-around-the-edges and familiar, the kind of city where I might push back the shrubbery and find mulberries. A native Ohioan could see the city as a hybrid of Columbus and Toledo — a seat of state government adjacent to a Big Ten university, but with an economy still tied to turning out America’s cars. An up-and-coming town but also one where a more prosperous time hangs in the air that’s still waiting for its day to be restored.

Michigan’s always been kind of a dream to me. My family has a fishing cottage in Washtenaw County where I spent many a sunny summer day growing up. My grandpa worked on the brake line at Detroit Diesel both before and after the creation of the UAW; he died of mesothelioma when I was an infant and his Michigan landscape has long had the feel of the place I lived before I was born.

I’m coming here to provide an alter-



Gray

native angle on local Lansing news after six years as a healthcare reporter in Oregon and a more recent stint chucking cheese into the shredder at a frozen-pizza factory outside my hometown of Defiance, Ohio. I’ve navigated the fragile journalism landscape for 15 years, and it’s often been a circuitous course.

After a pair of internships in Pittsburgh and Columbus, the 2004 election led me to bolt from Ohio for the West Coast once I finished college at Miami U, looking for greener, more progressive pastures. I needed a place where the political mentality didn’t hinge on support for a bogus war and demagoguing against gay marriage. My first job in Oregon was at Wendy’s; the second as a night auditor at a boutique hotel in downtown Portland. Then I stayed in Oregon with a city-hall reporter job in Roseburg, an old timber town more conservative than anything in Ohio, if often with a dope-smoking right-wing libertarian bent.

A failed romance and Northwestern brought me to Chicago, and back to the Midwest. I fell in love with the city, hustling community news on the North Shore and writing stories for the alt weekly that weren’t being told on the city’s South Side, stories of foreclosure, food deserts and transportation apartheid, and grassroots efforts in the black community to address the problems.

I rode out the global economic depression in the city for three years

in this way, then left on a freight train from the Santa Fe yard with a grant to study modern hoboos, riding container trains to Oakland and then hitchhiking up 101 from San Francisco to Portland, and back east from Puget Sound on the High-Line through Montana. Like my subjects, who befriended me and let me into their underground culture, I soon couldn’t stop traveling, hitting the Atlantic Ocean at Rhode Island, picking apples in Vermont before trekking west till I reached Oregon again, in dire need of work and a dry place for the winter.

I cleaned up, acquired a reporter job at a healthcare news journal and was thrown into the staid and earnest atmosphere of the Oregon State Capitol, where I became a well-known presence in the building, and thorn in the side of the drug companies, insurers, hospitals and other money-oriented players in our American healthcare system.

Oregon has a lot of good things going for it and I enjoyed reporting healthcare policy and budget battles on weekdays and exploring its ample wilderness on the weekends, losing myself in the Cascades from Mt. Rainier to Mt. Shasta, where I picked up a cat companion in the woods. But the West Coast was never home, and it was hard to look at the whole adventure as anything but temporary.

The 2016 election had the opposite effect of an unhappy result 12 years before — instead of cleansing my hands

of my home region, I wanted to return and understand what the media and everyone else had gotten so wrong. Ohio had always been fickle, but Michigan? Wisconsin? Pennsylvania? What had happened to make my industrial heartland shift so starkly from coastal America?

It took me two years, but an eventual shakeup at work cost me my job and I floated back, living on the road for two months with my cat, looking for a new opportunity. Journalism and communications opportunities were few and far between and many were less than soul-satisfying. I took my time touring the Navajo Nation and Santa Fe, a buffalo chased my car in Oklahoma, and a dip into Mississippi allowed me to see some of the most potent civil rights locations of the 1960s with my own eyes.

Eventually my unemployment ran out, I moved back home and took factory work awaiting a more promising job. That came with an offer from Berl Schwartz and City Pulse. I could take a stab at Michigan, write serious stories, write them in-depth and fairly but without the false equivalency of so much of the mainstream media. I’m plunging headfirst into uncertain waters, but with the hope that with the good people of Lansing, I can make it work.

(You may reach Gray at chris@lansingcitypulse.com and (517) 999-6710.)

Schor joins other Democrats to back LGBTQ work protections

A set of landmark civil rights cases, including one involving a Michigan transgender woman, are on the U.S. Supreme Court’s docket, and Lansing Mayor Andy Schor has signed the city of Lansing on to support her and two gay men who were fired from their jobs because of their sexual orientation or gender identity.

The cases could determine whether existing civil rights law prohibits workplace discrimination against gay and transgender employees.

Schor signed an amicus brief before the U.S. Supreme Court along with 85 other mayors and county officials across the nation. In addition to Lansing, eight other Michigan local

governments are supporting LGBTQ rights, including Detroit, Grand Rapids and Jackson Mayor Derek Dobies.

“Lansing’s time is now, and as we grow Lansing we will do it together and for everyone. We are welcoming and diverse, and we will leave no one behind. Everyone must work together to move Lansing forward,” Schor said in a statement.

Separately, U.S. Rep. Elissa Slotkin, who represents Ingham County, signed onto a brief of support with other Democratic members of Congress, including U.S. Sen. Gary Peters of Michigan. Attorney General Dana Nessel has also signed on the state of Michigan.

On the other side, a number of Republican-led states are arguing that existing federal civil rights protections do not apply to sexual orientation or gender identity and the courts are bypassing Congress and overstepping their authority.

In the Michigan case, Aimee Stephens, an employee of Harris Funeral Homes in Garden City, near Detroit, was fired after she decided to transition from male to female and dress for work as a woman.

Her boss stated in his filing before the court that he’d be “violating God’s commands” if he allowed Stephens to dress for work as a woman.

In the other cases, a New York skydiving instructor was fired after he told a customer he was gay, something which made her uncomfortable, and a county child welfare official in Georgia claims he was fired because he is gay.

Lower courts have split, with fa-

vorable rulings for Stephens and the New York man and a dismissal of the Georgia man’s wrongful termination lawsuit.

Stephens’ case has a chance of succeeding even if the conservative Roberts court balks at applying the Civil Rights Act to gays and lesbians. In 1989, the high court decided on a 6-3 vote that a woman was wrongly fired for not dressing “feminine” enough, and employers could not compel employees to dress according to gender stereotypes.

But that 1989 court included only two arch-conservatives and still had liberal lions Thurgood Marshall and William Brennan. President Trump has also reversed the positions of the Obama administration, which had argued that the 1964 Civil Rights Act protected gay and trans workers.

— **CHRIS GRAY**

Teacher retirement system part of GOP road plan

Refinancing a portion of the state's roughly \$30 billion public teacher pension obligation will be part of the Republicans' road funding plan presented to Gov. Gretchen Whitmer, according to Senate Majority Leader Mike Shirkey, R-Clarklake.

Ideally, the Republican-led Senate and House will present a joint plan by the end of the month, Shirkey said, but those mechanics haven't been chiseled in stone. Shirkey only said the caucuses are working together on a plan and that "bonding is a small piece" of it.

"Since the beginning of the year, I've talked about 'funding and finance' when talking about the roads," Shirkey said. "This is part of the 'finance' piece."



KYLE MELINN

POLITICS

Asked if he's on-board, House Speaker Lee Chatfield, R-Levering, said, "I've said from day one that we need to be looking at all options

to ensure we are responsibly funding our roads."

Chatfield and Shirkey met in the Speaker's Office for more than three hours Tuesday to work out further details before they present the plan to the Governor's Office for the final negotiations.

The basic outline is similar to the concept the West Michigan Policy Forum briefed the House, Senate and administrative leadership on in weeks past, in which Michigan floats a 30-year, \$10 billion bond and then pays it back on a set schedule.

The state can invest the large influx of cash it would receive and pay it back over a longer period of time than what is currently planned. Between that and paying back the Michigan Public School Employees' Retirement System bonds on a set schedule, the bean-counters at PriceWaterhouse Coopers estimate the state could save roughly \$980 million a year.

The new revenue would more than fill the \$800 million hole the House Republicans created in their road-funding plan by eliminating the state's 6% sales tax on gasoline and then raising the gas tax penny-for-penny for nearly a \$1 billion in new road-funding money.

It's not as much as the nearly \$2 billion in new road revenue Whitmer would create with her 45-cent-a-gallon gas tax increase, but it gets the state halfway there.

Whitmer hasn't been opposed to bonding. "If there was a solution that actually got us to \$2.5 billion in new revenue," she said two weeks ago, "and prioritized things like the education of our kids and bonding was a piece of it, it'd be something I'd be open to."

"You'd need to bond off transportation funding. You couldn't do any other gimmick that would fix the roads on anyone's back."

When presented with this idea, she told reporters, "I think this is an idea maybe retrieved out of Gov. Snyder's trash can. This was something that was floated and he rejected because it was not a good idea."

Former House Speaker Jase Bolger,

'If there was a solution that actually got us to \$2.5 billion in new revenue and prioritized things like the education of our kids and bonding was a piece of it, it'd be something I'd be open to.'

— Gov. Gretchen Whitmer

who has been advancing the idea for the Western Michigan Policy forum, said Snyder needed to see reform in the teacher pension system before he would sign off on bonding against it.

In his words, "Before you start filling in the hole, you need to stop digging the hole."

First, this meant the retirement system needed to be closed, which Snyder moved the state toward in 2017. The second piece was legislation that

allowed locals to bond to cover their defined benefit plans as long as they were closed.

By the time these reforms were complete, Snyder was out of office, Bolger said.

Still, many in the education realm are skeptical about this scheme. They remember Detroit trying something along these lines back when Kwame Kilpatrick was in charge and question what will happen when the stock market goes south.

The Anderson Economic Group has been working with various school groups on analyzing the concept of making money by investing borrowed bonding money and presuming it will be more than the cost of the interest payments.

CEO Patrick Anderson sees the idea of paying off its \$29.4 billion in the retirement system's unfunded liability over 30 years as opposed to the current plan of 21 as costing Michigan billions more in the long run and "carries serious risk to taxpayers and future retirees."

If the bonds were paid off over 40 years, for example, taxpayers would be stuck paying an additional \$30 billion. Extending the schedule to 50 years would be \$45 billion, Anderson said.

"While the desire to consider many different options for funding our state's desperately needed road repairs is understandable, the concept of substantially increasing long-term costs by extended debt payment timelines to possibly obtain limited short-term funding resources is strongly ill-advised," said Macomb Intermediate School District Superintendent Michael DeVault.

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

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF INGHAM
PUBLICATION OF NOTICE
FILE NO. 19-684-GA

In the matter of Louise Summerville.
TO ALL INTERESTED PERSONS: Children and Siblings, whose address(es) are unknown and whose interest in the matter may be barred or affected by the following:
TAKE NOTICE: A guardianship hearing will be held on July 18, 2019 at 2:00 p.m. in front of Judge Dunnings to appoint a permanent guardian for Louise Summerville.

07/02/19

Mia Williams
5303 S. Cedar Street
Lansing, MI 48909
517-575-7280

CP#19-191

CITY OF LANSING NOTICE OF PUBLIC HEARING

Z-3-2019 & SLU-2-2019, 835 W. Genesee Street
Rezoning from "C" Residential District to "DM-1" Residential District
Special Land Use Permit – Community Center

The Lansing City Council will hold public hearings on Monday, July 29, 2019 at 7:00 p.m. in Council Chambers, 10th Floor, Lansing City Hall, 124 W. Michigan Avenue, Lansing, Michigan to consider the following requests by Mike Markey:

Z-3-2019 is a request to rezone the property at 835 W. Genesee Street from "C" Residential District to "DM-1" Residential District. The purpose of the rezoning is to permit the majority of the building at this location to be used for 36 residential efficiency apartments.

SLU-2-2019 is a request for a special land use permit to allow the, approximately 4,000 square foot gymnasium portion of the building at 835 W. Genesee Street to be utilized by the neighborhood for recreational/athletic purposes and community gathering space.

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/CMC
www.lansingmi.gov/Clerk
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CP#19-195

CHARTER TOWNSHIP OF LANSING SYNOPSIS OF PROPOSED MINUTES

A REGULAR MEETING OF THE BOARD OF TRUSTEES OF THE CHARTER TOWNSHIP OF LANSING WAS HELD AT THE TOWNSHIP OFFICES LOCATED AT 3209 WEST MICHIGAN AVENUE, LANSING, MICHIGAN ON TUESDAY, JUNE 25, 2019, AT 7:00 P.M.

MEMBERS PRESENT: Clerk Aten, Treasurer Rodgers
Trustees: Broughton, Harris, McKenzie, Bankson
MEMBERS ABSENT: Supervisor Hayes
ALSO PRESENT: Michael Gresens, Attorney

ACTION TAKEN BY THE BOARD:
Approved motion to appoint Trustee Harris Chair pro tem.
Meeting called to order by Chair pro tem Harris.
Minutes of the meeting held on June 11, 2019, approved.
Agenda approved.
Approved to remove SPR-19-2 from the table.
Approved SPR-19-2 with conditions
Claims approved.

Meeting adjourned.

Diontrae Hayes, Supervisor
Susan L. Aten, Clerk

CP#19-192

CityPULSE



LOCAL EXPERTS

BOOKS

Make a difference for the underserved and volunteer as a tutor

According to a report done by the U.S. Census, high school dropouts will earn \$200,000 less than a high school graduate and almost \$1 million less than a college grad in their lifetime. For workers without a diploma or GED, even entry level jobs like a dishwasher or server remain out of reach for most. The Capital Area Literacy Coalition addresses this problem by providing GED certification courses and high school diploma programs at no cost to students. But we need help.

For just two hours a week, you can volunteer at the coalition and make a difference in your community by becoming tutors to students of all ages in need of education. Love Lansing by volunteering for the less fortunate around you. We are a private, non-profit volunteer run organization serving Lansing for over 30 years. To inquire about GED, literacy tutoring or donations, feel free to give us a call.



CAPITAL AREA LITERACY COALITION

1028 E Saginaw St.,
Lansing, MI

(517) 485-4949
thereading
people.org

NEUROFEEDBACK

What is Neurofeedback?

Neurofeedback is biofeedback of the brain. Biofeedback measures heart rate, skin temperature and brain waves — the electrical rhythms of the brain. When brain waves are excessive in certain frequencies, we can have symptoms: Too many fast frequencies can produce trouble sleeping and anxious feelings. If the brain waves are too slow, it can affect focus and mood issues.

For a session, sensors are placed on someone's scalp to monitor brain waves. It is non-invasive and offers real time feedback. We are able to measure the brain waves through this way and gather information to us in the form of a brain map. Clients can learn how to slow down or speed up their brainwaves with the real time feedback we also gather from the procedure. Knowing how to change the speed of brainwaves can help in a variety of functions.

A recent client had come in who had tried multiple interventions for traumatic stress, without relief. Neurofeedback helped to settle down their nervous system response with triggers. This therapy can help ease your cognitive, emotional and physiological symptoms. After success with Neurofeedback, the brain is calmer to use tools from other therapies more effectively.

Gretchen Morse, DMA, BCNS, is a Board Certified Neurofeedback Specialist, Pain Management Coach and Stress Management Coach.



Mid-Michigan
Neurofeedback

Gretchen Morse, DMA,
BCNS

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517-290-4965

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Okemos, MI 48864

BANKING

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At Dart Bank, it is not just about providing financial services. We strive to serve our communities, and build relationships that influence them. We pride ourselves with being authentic, with a longstanding history of caring about what matters most. At Dart Bank, we're not just in the banking business; we are in the people business. Getting to know our customers is truly a privilege and serving them is an honor.

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We got your back when you call. Now we challenge you, dear reader, to call your insurance company and ask for your insurance agent. By the time an agent answers the phone, we would've already helped our interstellar traveler make it home light years away. Whether it is a question on insurance in general or our rates, call today for human contact. Our agents are ready to assist you.



Scott Harris

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ART SUPPLIES

Now offering glass blowing and borosilicate classes

It turns out "It's Getting Hot in Here" isn't just a Nelly reference nowadays. That's right—Delphi Glass is turning up the heat (literally, to about 2,400 °F) this July with our hot glass classes. Think glass blowing is something only hippies and colonial pilgrim reenactors do? Think again with our Blown Glass Bulbs course, in which students create delicate custom ornaments. If the thought of ten-plus people wielding torches doesn't scare you, then you're definitely ready to start. Note: even if it does scare you a little, just know that Delphi Glass makes safety our first priority! Our hot glass classes are beginner-friendly and a great time, especially if you're still craving fire after the 4th.

If glass blowing isn't quite your style, check out our Intro to Borosilicate class, in which you'll create contemporary sculptures and pendants. You'll be using a mixture of propane and oxygen to heat your work up to several thousand degrees and manipulate glass into the perfect, Nelly-shaped pendant you've always wanted. While we can't say we've purchased the rights to "It's Getting Hot in Here," we can assure you we'll request it from the DJ during class.



Delphi Glass
DELPHI GLASS
(517) 394-4685

3380 E Jolly Rd
Lansing, MI 48910
www.delphiglass.com

Watching democracy die, part 2

When the ends justify the means, anything goes

Last week, I wrote that there were two recent events that made me think America's unraveling had reached a point of no return.

The more I thought about it, though, I realized there was a third: the blasé reaction to a credible allegation of sexual assault made against the president of the United States by a well-known New York media personality.

Writer E. Jean Carroll's accusation that Donald Trump forcibly penetrated her two decades ago wouldn't be enough to convict him. But beyond-reasonable-doubt shouldn't be the standard for the putative leader of the free world, especially since Carroll joins about two dozen other women who have accused Trump of sexual misconduct — harassment, groping, ogling, assault.

Trump, a serial fabulist, says every single one of them is lying. The alternative explanation is that the president is a serial predator.



JEFFERY C. BILLMAN

INFORMED DISSIDENT

Beyond Sen. Mitt Romney, no high-ranking Republican has called for an investigation or voiced more than mealy-mouthed concern. The national media, sensing Republican disinterest (and fearful of being labeled partisan), has all but dropped it. Democrats, forever pusillanimous, won't press the issue.

We've all moved on. And just like that, another guardrail has collapsed.

Through indifference, the president's party once again protected its leader — just as it has from mountains of evidence that he repeatedly sought to obstruct an investigation into a foreign adversary's interference in the 2016 U.S. election.

In so doing, it protected its own power. I suppose that's the only thing that matters.

That brings us to Oregon.

In 2018, Oregon voters gave Democrats supermajorities in both legislative chambers. This session, the state House has passed a slew of progressive legislation — most controversially, a cap-and-trade bill. Democrats made concessions to conservatives and industry leaders, but they weren't considered good enough.

It shouldn't have mattered. Republicans hated the bill, but voters had spoken, and overwhelmingly. By rights — and by votes — Republicans had no legitimate way to stop it.

So they chose an illegitimate way.

They fled the state and went into hiding, denying the Senate a quorum as the session neared its end, with critical legislation pending. They were betting that the Democrats — who aren't yet so nihilistic as to want to intentionally make government dysfunctional — would blink first. Guess what: Democrats blinked. A few days later, Oregon Dems said they no longer had the votes to pass cap-and-trade.

This was the tyranny of a minority unwilling to recognize the legitimacy of the other side — a way of saying that some votes, their votes, matter more than others. It's exactly the mentality "How Democracies Die" warns of: When the other faction is viewed as illegitimate and dangerous, the ends always justify the means.

Our system wasn't designed for a perpetual turf war. Mechanisms that were designed to inhibit majoritarian rule and foster deliberation now render government impotent and enable minority parties to maintain power despite what voters think.

And that brings us to *Rucho v. Common Cause*, a Supreme Court decision that will do more damage to our democracy than *Citizens United* ever could.

Here, the court's conservative majority threw up its hands and decided there was nothing it could do to stop extreme partisan gerrymandering. Come 2021, when the next round of reapportionment takes place, state legislatures have the green light to do their damndest.

Rucho involved cases in two states, Maryland and North Carolina. Maryland's gerrymander spread out black voters to help Democrats go from a 6–2 congressional advantage to 7–1.

North Carolina's gerrymander was a whole different kind of monster. A few years earlier, the Supreme Court had ordered the state to redraw its 2011 maps, which it deemed unconstitutional racial gerrymanders. The do-over maps at issue in *Rucho* had accomplished the same goal: a 10–3 GOP lean in all but the biggest of blue waves.

The court's five Republican appointees ruled that this is fine. Or maybe not fine, but at least not their problem. The courts lacked the authority and/or couldn't figure out a fix, Chief Justice John Roberts shrugged.

Justice Elene Kagan shredded him

in her dissent: "For the first time ever, this Court refuses to remedy a constitutional violation because it thinks the task beyond judicial capabilities. ... In so doing, the partisan gerrymanders here debased and dishonored our democracy, turning upside-down the core American idea that all governmental power derives from the people."

Roberts suggested that people take matters into their own hands, through ballot initiatives or by pressure legislatures or Congress into taking action.

He's not that naïve, of course. Nearly half of states, including North Carolina and Maryland, don't allow ballot initiatives. What's more, state lawmakers aren't about to give up a system that lets them choose their own voters. And so long as the GOP runs the U.S. Senate, federal action is similarly unfathomable.

To put it simply, gerrymandering keeps Republicans in power.

Look no further than Wisconsin, where Republicans maintained nearly 2–1 legislative majorities while losing every statewide election and the statewide popular vote in November. Or North Carolina, where a popular-vote split gave Republicans 10 of 13 congressional seats (one race is being re-run after an election fraud scandal), and Republicans won fewer votes for the General Assembly but ended up with large majorities.

Unless North Carolina Democrats reclaim the legislature in 2020 — unlikely, unless Common Cause prevails in a gerrymandering lawsuit moving through the state courts — those same Republicans will redraw districts for the next ten years, this time with the Supreme Court's blessing to gerrymander with gusto.

As Harvard political scientist Ryan D. Enos wrote on Twitter: "The court's gerrymandering decision seems to lock in an essentially non-democratic feature of American politics. Elected representatives can rig the system to remain in power indefinitely and this cannot be challenged. Combine this with the other increasingly consequential non-democratic features of the American system, i.e., the Electoral College and the Senate, and the long-term stability of the system seems worryingly compromised."

In other words, America has a democracy problem — and it's only getting worse.

What the hell. I'm not done yet. Part 3 coming up.

(Jeffrey Billman is the editor of INDY Week, in Durham, North Carolina.)

City of Lansing Notice of Public Hearing

The Lansing City Council will hold a public hearing on Monday, July 22, 2019 at 7:00 p.m. in the 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 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 700 May St., Lansing, Michigan, but more particularly described as follows:

COM AT THE SW CORNER OF SECTION 10, TH N00D31'32"W 390.58 FT (RECORDED AS N00D35'41"W 392.72 FT) TO POB: TH N00D31'32"W 121.20 FT; TH N82D26'00"E 86.98 FT; NO 82D58'07"E 15.01 FT; S89D51'56"E 140.63 FT; S89D44'56"E 55.83 FT ; S00D28'26"W ALONG A BLDG WALL LINE 398.36 FT TO NORTH LINE OF MOTOR WHEEL LOFTS; TH N89D39'09"W 14.74 FT, S00D20'51"W 3.70 FT, N89D39'09"W 120.70 FT, N00D20'51"E 182.13 FT AND N89D39'09"W 50.84 FT; N00D20'51"E 84.23 FT; N89D39'09"W 108.50 FT TO POB, CONTAINING 1.83 ACRES, MORE OR LESS, SUBJECT TO ALL EASEMENTS AND RESTRICTIONS, IF ANY. SPLIT/COMBINED ON 02/01/2018 FROM 33-01-01-10-353-006 – PARCEL NUMBER: 33-01-01-10-353-008

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 Karl Dorshimer, Lansing Economic Area Partnership (LEAP), 1000 S. Washington Ave., Suite 201, Lansing, MI 48910, 517-702-3387.

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

CP#19-193

ARTS & CULTURE

ART • BOOKS • FILM • MUSIC

ScrapFest 11 cuts auction, honors artists' labor

By **AUDREY MATUSZ**

ScrapFest 11 marks the repurposed-material art festival surpassing the 10-year hump. On the same night as Arts Night Out in Old Town, Turner Street will be lined with metal sculptures submitted by artists for the festival's annual competition — the cherry on top to the niche collections stuffed inside the surrounding store fronts. In years past, the free, open-air exhibit invited people to bid on their favorite pieces, but due to feedback from artists, the festival has steered in a new direction.

After hosting the weekend pop-up for over a decade, Mike Bass, the director of ScrapFest and local artist, said some participants were leaving with empty bellies. In past years, a few collectors would bid on a handful of high-value sculptures, but many artists were forced to sell their work for drastically less than anticipated. After consulting with veteran sculptors, Bass and his organizing committee decided to forgo the auction this year.

“The auction — while exciting in its own way — was the most deflating experience for the artists and us,” Bass said. “It was common to see pieces that could be sold for thousands of dollars — given enough time and marketing — going for hundreds.”

One horror story from ScrapFest involved a team that built a sculpture with an estimated retail value of

\$3,000 — and selling it for around \$200. Andrew Sandstedt, ScrapFest veteran and artist, said most artists didn't complain about not making a profit — knowing that a portion of the proceeds went to the Old Town Commercial Association as well as a designated charity. What stung was witnessing patrons get a steal of a deal on a sculpture, only to flip it on Ebay for quadruple the price.

Without an auction to generate the excitement around each piece, Bass said he contacted local businesses to garner interest, including zoos, animal rehabilitation centers and commercial landscaping companies.

As part of the new sales model, sculptures will go for a reduced price on Friday. After the festival, the artwork will be sold at a higher rate based on a price range generated from past years' art sales. Bass said that potential buyers are “welcome to make other offers,” leaving it up to the artists to accept.

“At least then, if an artist's price goes for lower, it's their decision, rather than something that happened to them,” Bass said.

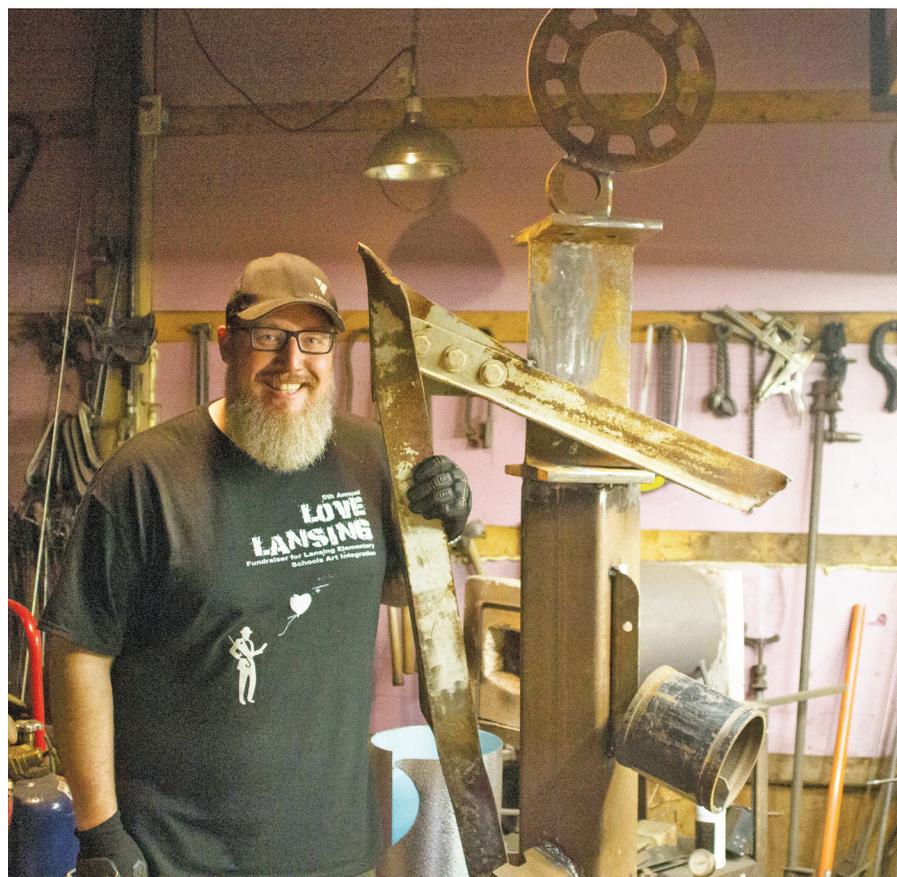
ScrapFest is now its own business entity and will put 40% of artists' sales toward producing next year's event. Fifty percent of the sculpture sales will go to the individual artist, with the rest to be donated to Small Talk Children's Advocacy Center — which works with young survivors of sexual abuse during the investigation process.

A labor of love

Sandstedt, 45, has participated in ScrapFest every year either as a solo artist, or with his friends Manny Lopez and Jeff Seelye. This year, Sandstedt, Lopez and Seelye created a decadent bouquet of lilies and cattails called “Bloom,” inspired by the local flower boutique, Where the Wild Things Bloom.

“If we want to drive and change that culture in the Greater Lansing Area to get people to spend money on art,” Sandstedt said, “let's sell it for what it's worth.”

This year, the festival extended the competition timeline from two weeks



Audrey Matusz/City Pulse

Mixed-media artist Andrew Sandstedt took four days off from work last week to build trophies and this sculpture for ScrapFest 11.

to four. That's a relief to artists such as Sabrina Egeler, 41, who works full-time as a marketing manager and has two pre-teen daughters.

Egeler and her boyfriend, Andy Leiber, spent 98 hours over three weeks building “What About Bob?” a 6-foot-by-6-foot sculpture inspired by one of their foster dogs. With two years of ScrapFest under their belts, the couple has grown closer while working in the tight confines of a garage. However, her 12-year-old daughter is less enthused about the three weeks during which she hardly sees her mom, Egeler added.

In addition to giving up time with her kids, Egeler purchased a tig machine for gas tungsten arc welding — a device which can cost around \$2,500 — specifically for this project. However, she said what makes up for the time and money she devotes to

competing “is the reward of conquering a new challenge.”

Lansing is for artists

Another first this year is a team from Chicago that drove to Lansing in June to participate in the scrap metal haul at Friedland Industries in Old Town, a longtime sponsor of ScrapFest. The scrap metal haul is the traditional beginning of the competition. Sandstedt said he hopes that out-of-towners traveling to Lansing to compete or buy work from the festival continues to trend and serve as a “wake-up call” for locals.

Bass said he hopes to extend the festival to other parts of the city and include non-visual artists that utilize scrap materials as part of their craft. Bass added that the ScrapFest committee is “committed to collecting the data from this year” to determine if the new format was the best solution.

ScrapFest 11

Friday, July 12 – Saturday, July 13

Friday: 6 – 10 p.m.

Saturday: 10 a.m. – 7 p.m.

E. Cesar E. Chavez Avenue

and Turner Street, Lansing

Scrapfest.com

Info@scrapfest.com

Performance Schedule

Friday, July 12

6 – 10 p.m.: All of the Above Hip Hop Academy

Saturday, July 13

10-10:45 a.m.: Alex Mendenall

11-1:45 a.m.: Kendall Cassella

12-12:45 p.m.: Deacon Earl

1-2:15 p.m.: The Dangling Particles

2:45-4:45 p.m.: Creature of One

5-6:30 p.m.: The Appleseed Collective

Activity Schedule

Friday, July 12

6 – 10 p.m.: LCC Welding

Department Showcase

Saturday, July 13

10am – 7pm: LCC Creative Welding

12pm – 5pm: Reach Studio Art Center

2019 PULSAR AWARDS



The 2018-2019 nominees are in



The curtain has closed momentarily on Lansing's community theater

Pulsar Awards

Monday, July 22
5:30 p.m.
\$20
UrbanBeat Event Center
1213 Turner St, Lansing
urbanbeatevents.com
(517) 331- 8440

scene, signaling the beginning of the 2019 Pulsar Awards. Hosted by City Pulse, this annual event recognizes Lansing area's communi-

ty, professional or college theater programs.

Leading the ballots this year were Riverwalk Theatre with 36 nominations and the MSU Department of Theatre with 30 nominations. On their heels were Williamston Theatre and Peppermint Creek Theatre Co. with several nominations for their work on "Silent Sky" and "Shakespeare in Love,"

respectively, to name a few.

Owosso Community Players, although with fewer nominations, is a heavy contender this year for its attention to detail in the staging of "Mamma Mia!" Other standouts this year included Riverwalk's "Chitty Chitty Bang Bang" and MSU Department of Theatre's "Oklahoma!"

The Pulsars do not cover children

or high school theater, gala presentations, student showcases or workshop shows. To have been nominated, each play/musical was required to have been viewed and scored by three judges. This year's judges were: Tom Helma, Kathy Helma, David Winkelstern, Sue Winkelstern, Paul Wozniak, Mary Cusack, Ute von de Hayden, Erin Buitendrop and Megan Holland.

Best Director (Musical)

Chelle Peterson, Lansing Community College — "Hair"
Garrett Bradley, Owosso Community Players — "Mamma Mia!"
Brad Willcuts, MSU Department of Theatre — "Oklahoma!"
Ben Cassidy, Peppermint Creek Theatre Co. — "The Wild Party"
Brian Farnham, Riverwalk Theatre — "Chitty Chitty Bang Bang"

Best Director (Play)

Tony Caselli, Williamston Theatre — "Silent Sky"
Susan Chmurynsky, Riverwalk Theatre — "These Shining Lives"
Rob Roznowski, Riverwalk Theatre — "Freud's Last Session"
Vanessa Sanders, Riverwalk Theatre — "Jitney"
Ann Folino White, MSU Department of Theatre — "Men on Boats"

Music Direction

Matt Meeuwse, Owosso Community Players — "Mamma Mia!"
Dave Wendelberger, MSU Department of Theatre — "Oklahoma!"
Angie Constien-Schwab, Riverwalk Theatre — "Chitty Chitty Bang Bang"
Jillian Boots, Owosso Community Players — "Disney's Tarzan"
Angie Constien-Schwab, Riverwalk Theatre — "Hairspray"

Best Set Design

Kirk A. Domer, MSU Department of Theatre — "Oklahoma!"
Meredith Wagner, MSU Department of Theatre — "The Bacchae"
Dirk Rennick and Dan Wenzlick, Owosso Community Players — "Mamma Mia!"
Chad Swan-Badgero, Peppermint Creek Theatre Co. — "Shakespeare in Love"
Leroy Cupp, Riverwalk Theatre — "Noises Off"

Best Choreography

Erica Duffield, Owosso Community Players — "Mamma Mia!"
Alisa Hauser, MSU Department of Theatre — "Oklahoma!"
Amanda Tollstam, Riverwalk Theatre — "Hairspray"
Erica Duffield, Owosso Community Players — "Disney's Tarzan"
David Furumoto, MSU Department of Theatre — "The Bacchae"

Best Property Designer

Michelle Raymond, Williamston Theatre — "To Quiet the Quiet"
Michelle Raymond, Williamston Theatre — "Silent Sky"
Michelle Raymond, Williamston Theatre — "New Releases"
Jean Burk, Alaina Humphrey and Gloria Vivalda, Riverwalk Theatre — "Chitty Chitty Bang Bang"
Grace Foiles, MSU Department of Theatre — "A View from the Bridge"

Best Original Script

Christy Hall, Williamston Theatre — "To Quiet the Quiet"
Jonathan Wei, Peppermint Creek Theatre Co. — "The Same Moon"

Best Sound

Griffin Irish, MSU Department of Theatre — "The Bacchae"
Quintessa Gallinat, Williamston Theatre — "Silent Sky"
Beth Lake, Riverwalk Theatre — "Freud's Last Session"
Jason Painter Price, MSU Department of Theatre — "Oklahoma!"
Jason Painter Price, Williamston Theatre — "To Quiet the Quiet"

Best Lighting Design

James Thomason, MSU Department of Theatre — "Men on Boats"
Joseph Dickson, Peppermint Creek The-

atre Co. — "Indecent"

Ray Kelley, MSU Department of Theatre — "The Bacchae"
Rachel Aho, MSU Department of Theatre — "Oklahoma!"
Daniel Huston, Williamston Theatre — "Silent Sky"

Best Costume Design

Lark Burger, Peppermint Creek Theatre Co. — "Indecent"
Karen Kangas-Preston, Williamston Theatre — "Silent Sky"
Alissa Britten, Owosso Community Players — "Mamma Mia!"
Jenna Light Gove, MSU Department of Theatre — "The Bacchae"
Chanae Houska, Peppermint Creek Theatre Co. — "Shakespeare in Love"

Best Hair & Makeup

Lori Bailey-Smith, Riverwalk Theatre — "Hairspray"
Sadonna Croff, Ixion Theatre Ensemble — "Fight Girl Battle World"
Erica Duffield, Owosso Community Players — "Mamma Mia!"
Daniel Moore, Peppermint Creek Theatre Co. — "Shakespeare in Love"
Ketura Le'Audrey, MSU Department of Theatre — "The Bacchae"

Best Specialization

John Lennox and Paul Schmidt, Ixion Theatre Ensemble — "Fight Girl Battle World"
David Schwab, Riverwalk Theatre — "Chitty Chitty Bang Bang"
Bradley Branam, Williamston Theatre — "Silent Sky"
Julian Hendrickson, Lansing Community College — "Student Body"
Alexis Black, Williamston Theatre — "To Quiet the Quiet"

Best Lead Actor (Musical)

Kameron Going, Peppermint Creek Theatre Co. — "The Wild Party"
Ryan Adolph, MSU Department of Theatre — "Oklahoma!"
Chase Cain, MSU Department of Theatre — "Oklahoma!"
Drew Doman, Riverwalk Theatre — "Hairspray"
Ben Holzhausen, Riverwalk Theatre — "Chitty Chitty Bang Bang"

Best Lead Actor (Play)

Spencer Smith, Peppermint Creek Theatre Co. — "Every Brilliant Thing"
Jeff Magnuson, Riverwalk Theatre — "The Elephant Man"
Kevin Craig, MSU Department of Theatre — "A View from the Bridge"
Alex Doerr, MSU Department of Theatre — "A View from the Bridge"
Brian de Vries, Riverwalk Theatre — "Freud's Last Session"

Best Lead Actress (Musical)

Amanda DeKatch, Owosso Community Players — "Mamma Mia!"
Isa Rodriguez, Owosso Community Players — "Mamma Mia!"
Isa Rodriguez, MSU Department of Theatre — "Oklahoma!"
Sharon Combs, MSU Department of Theatre — "Oklahoma!"
Sally Hecksel, Peppermint Creek Theatre Co. — "The Wild Party"

Best Lead Actress (Play)

Katherine Banks, Williamston Theatre — "Silent Sky"
Taylor Rupp, Riverwalk Theatre — "These Shining Lives"
Brenda Lane, Williamston Theatre — "To Quiet the Quiet"
Sandra Birch, Williamston Theatre —

Nominees

from page 12

"New Releases"

Hanna Feuka, Peppermint Creek Theatre Co. — "Shakespeare in Love"

Best Supporting Actor (Play)

Phineas Reed, Peppermint Creek Theatre Co. — "Shakespeare in Love"
Dale Wayne Williams, Peppermint Creek Theatre Co. — "Shakespeare in Love"
Raied Jawhari, MSU Department of Theatre — "A View from the Bridge"
Steve Wojtas, Williamston Theatre — "To Quiet the Quiet"
John Lepard, Williamston Theatre — "To Quiet the Quiet"

Best Supporting Actor (Musical)

Rusty Broughton, Owosso Community Players — "Mamma Mia!"
Chad DeKatch, Owosso Community Players — "Mamma Mia!"
Robert Mueller, Riverwalk Theatre — "Hairspray"
Sean Holland II, Riverwalk Theatre — "Hairspray"
Brennan Hattaway, Peppermint Creek Theatre Co. — "The Wild Party"

Best Supporting Actress (Play)

Sarab Kamoo, Williamston Theatre — "Silent Sky"
Annie Dilworth, Williamston Theatre — "Silent Sky"
Laura Croff, Riverwalk Theatre — "The Elephant Man"
Jillian Tosolt, Ixion Theatre Ensemble — "Fight Girl Battle World"
Kathleen Egan, Peppermint Creek — "Shakespeare in Love"

Best Supporting Actress (Musical)

Anna Birmingham, MSU Department of Theatre — "Oklahoma!"
Anasti Her, Riverwalk Theatre — "Theses Shining Lives"
Erin Barger, Riverwalk Theatre — "These Shining Lives"
Erin Hoffman, Riverwalk Theatre — "These Shining Lives"
Isabella Edmond, Riverwalk Theatre — "Chitty Chitty Bang Bang"

Best Featured Actor (Play)

Heath Sartorius, Riverwalk Theatre — "Theses Shining Lives"
Chad Swan-Badgero, Peppermint Creek Theatre Co. — "Shakespeare in Love"
DJ Shafer, MSU Department of Theatre — "The Bacchae"
Richard Kopitsch, Ixion Theatre Ensemble — "Fight Girl Battle World"
Charles Sartorius, Riverwalk Theatre — "These Shining Lives"

Best Featured Actor (Musical)

Robert Mueller, Peppermint Creek Theatre Co. — "The Wild Party"
Jimmy McCormick, Peppermint Creek Theatre Co. — "The Wild Party"
Boris Nikolovski, Riverwalk Theatre — "Chitty Chitty Bang Bang"
Jimmy McCormick, Riverwalk Theatre — "Chitty Chitty Bang Bang"
Charlie Hoch, Owosso Community Players — "Mamma Mia!"

Best Featured Actress (Play)

Jlor Zjor, Ixion Theatre Ensemble — "Fight Girl Battle World"
Eve Davidson, Riverwalk Theatre — "The Elephant Man"
Laura Croff, Peppermint Creek Theatre Co. — "Shakespeare in Love"
Karen Sheridan, Williamston Theatre — "Silent Sky"

Best Featured Actress (Musical)

Janell Hall, Riverwalk Theatre Co. — "Hairspray"
Alissa Britten, Owosso Community Players — "Mamma Mia!"
Stephanie Banghart, Owosso Community Players — "Mamma Mia!"
Zaria Aikens, MSU Department of Theatre — "Oklahoma!"
Jean Burk, Riverwalk Theatre — "Chitty Chitty Bang Bang"

Best Ensemble (Play)

"Indecent" — Peppermint Creek Theatre Co.
"Men on Boats" — MSU Department of Theatre
"Memory of Two Mondays" — MSU Department of Theatre
"Student Body" — LCC Theatre Program
"Noises Off" — Riverwalk Theatre

Best Musical

"Mamma Mia!" — Owosso Community Players
"Oklahoma!" — MSU Department of Theatre
"Hairspray" — Riverwalk Theatre
"The Wild Party" — Peppermint Creek Theatre Co.
"Chitty Chitty Bang Bang" — Riverwalk Theatre

Best Play

"To Quiet the Quiet" — Williamston Theatre
"These Shining Lives" — Riverwalk Theatre
"Freud's Last Session" — Riverwalk Theatre
"A View from the Bridge" — MSU Department of Theatre
"Memory of Two Mondays" — MSU Department of Theatre

Presented by
CityPULSE
Honoring Local Theater

5:30 p.m., Monday, July 22, at

UrbanBeat
EVENT CENTER

1217 Turner Street

\$20 per person,
\$10 for 12 and under
Includes dinner and live
entertainment by Kelly Stuitable-Clark
Tickets must be purchased by
Noon, Tuesday, July 16

**Purchase tickets online at
www.lansingcitypulse.com**

Look at this 39-year-old Victorian-style playhouse

By DENNIS BURCK

With its three forms of siding, balcony and turret tower, this two-level Victorian-style playhouse is any kid's dream. Residing in the backyard of Lansing couple Dick and Linda Williams, the "Maple Shade Manor" saw generations of neighborhood youngsters pass through its doors that are now well into middle age. It resides underneath a fully grown maple tree.

"I think you can tell who is the biggest kid on the block," Linda Williams said.

The couple got the idea to build it after seeing a 1977 Century 21 commercial about a real estate agent, played by a young girl, with a miniature home. Dick Williams called Century 21 and eventually got the blueprints to the tiny home to replicate.

"They were very sketchy plans," Linda Williams said. "Dick did wonders. For a Queen Anne Victorian house, it has to qualify with three different types of siding."

But it was more than just a playhouse, it was a place of teaching children life skills, Linda Williams added.

"This mailbox was to help the children read. If children got mail addressed to them, they would want to read it," Linda Williams said.

"When you give children metal or plastic dishes, they will throw them, step on them and treat them with disrespect. If you give them Victorian China, they'll learn to take care of things," she remarked.

The Victorian theme extends to the inside with a dinner table, full dinnerware set, children's furniture and a repurposed spice rack to hold miniature fine chinaware. Despite generations of children playing in the house, the only thing missing from the set is one sugar container.

"You got to tell them, 'If you break these dishes, you aren't going to have lunch out here.' They listen after that," she said.

The house is part of the greater lifetime passion for all things Victorian for Linda Williams. She used to teach Victorian etiquette classes and orchestrated the Civil War ballroom dance at the Central United Methodist Church each year.



Dennis Burck/City Pulse

(Left) Three types of siding make this an authentic miniature Queen Anne Victorian house. Indoors, the house is stocked with Victorian fine dishware.

One time, Linda Williams made the children a four-course Victorian dinner for the children inside. In line with Victorian etiquette, the first course is fish. But Linda Williams gave them all Goldfish crackers instead.

She said the children had no trouble following her list of rules. If they acted up, she would simply say, "I'm surprised you'd do that because you are such a nice person. See you tomorrow."

That was the end of it.

Besides being a Victorian house, the "Maple Shade Manor" could become the Grand Hotel on Mackinac Island, a Cedar Point concession stand and a theater for plays.

"When we pass we hope a couple comes, buys it and uses it for their kids," Dick Williams said. "I hope they take care of it like we did."

Cover artist: Dennis Preston

By DEONA THOMAS

Dennis Preston is known for his work throughout Lansing — from doodling on coffee shop napkins to painting murals. He was first introduced to art at a very young age. From then on, he became consumed by art, with the help of teachers, cartoons and his older brother, Bill.

After graduating from Eastern High School, Preston, 67, kicked around the idea of moving to Australia and said if he hadn't got into art, he envisioned doing "monster makeup and special effects for movies."

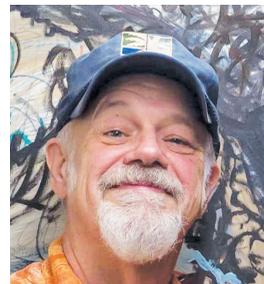
The market housed an array of niche oddities, including a record store called Sounds & Diversions, where Preston painted murals and designed posters for local concerts and bands.

In 2013, The City Pulse wrote an article on Preston about a series of napkin-doodles he made at area Biggys. The artist has also done several covers for The Pulse over the years.

The following Q&A with Dennis Preston has been edited for clarity.

When did you first discover your love of art?

I've been drawing since first grade. One day a classmate brought a book to school that showed how to draw Woody



Preston

Woodpecker. It showed how to build him out of shapes and then add details. From then on, I started drawing cartoon characters

that I saw on TV. My older brother, Bill, also had an influence on me. He could draw really well. He drew Ed "Big Daddy" Roth-type monsters.

Where do you get the inspiration for most of your art?

Listening to music, I guess. I like to draw to music that I enjoy. When I used to doodle on napkins at the area Biggys, I would sometimes be influenced by what somebody said or how a

person looked. Most of the time when I'm doodling, I just let loose and let the drawing grow into something. Sometimes that can get pretty weird.

What is your main medium for the art you create?

My main medium is either a black fine tip, ballpoint pen or a black Tombow brush pen. I hardly paint anymore. When I do, they are things that are requested in certain styles and subject matter. A long time ago, I used to paint to relax a little and to be creative, but it got to be that I was doing too much art. Even the painting began to feel like work too. So, I got more into making music and still do presently. It's another outlet for me to be creative and have fun.

Who is your favorite artist?

There are quite a few, but early on, these were the ones during high school and right after: Dali, Magritte, Mucha, Rick Griffin, "Big Daddy" Roth. Dali and Magritte for Surrealism. Especially Dali, a lot of his work had amazing shading and exaggeration. Rick Griffin made amazing pen and ink work. His cross hatching was top quality and his shading skills really gave dimension to his characters and scenes. "Big Daddy"

Roth, I was more into his monsters than the cars he drew. He has a very unique style.

What was your inspiration for "Sunburst"?

We've been getting a lot of rain lately and not enough sunny days. There's flooding, farmers' crops getting messed up and basically it wasn't feeling like summer. So that's why I have the sun ripping through the cloud. It's time for the sun to be out.

Call for submissions

This summer, City Pulse, as it has done for the last three years, will feature work from local artists on the cover for the next eight issues. Anyone who lives in Ingham, Eaton and Clinton counties may submit to the "Summer of Art" contest. Individuals will be notified if their work has been selected. Additionally, the cover artist must donate their original artwork to the Arts Council's Young Creatives Program. Artists will be compensated 30% of the auction price.

Pieces submitted must be scalable to 9.5 inches by 6.5 inches. Artwork will be accepted on a rolling basis up to Aug. 15. Original artwork can be submitted to lansingarts.slideroom.com. For more information, please call (517) 372-4636.

A lifetime of rides in 'The Amusement Park'

By **BILL CASTANIER**

Anyone growing up in Essexville, Michigan between the '30s and '60s, like I did, was doubly blessed with two amusement parks, Tony's and Wenonah Beach — both with a carousel, a roller coaster and an arcade.

At the end of each school year, everyone raced to be the first in line at the Jack Rabbit — a wooden roller coaster that made you hold on for your life. It was a magical time, one replicated across Michigan at dozens of amusement parks with names such as Ramona Park, Edgewood and Silver Beach.

Fans of amusement parks will find similar stories in author Stephen M.

Silverman's new book, "The Amusement Park: 900 Years of Thrills and Spills and the Dreamers and Schemers Who Built Them," a 432-page tome on the fascinating history of the world's favorite locations for summertime fun — seriously, what else garnered a top 40 song like Freddie "Boom Boom" Cannon's "Pallisades Park?"

By the dawn of the '80s, almost all of the parks — including Tony's and Wenonah Beach — had fallen to changing times and the rise of mega-park Cedar Point. Silverman traces the summertime tradition of amusement parks back to 1133 when King Henry I established Bartholomew Fair. Named after the revered saint, the attraction was suitable for a holy entity — except for maybe the prostitutes, who seem to be a common feature of the early amusement parks.

In its earliest days, the fair featured musicians, magicians, stage craft, games of chance, puppet shows and of course, food. It wouldn't be until the 1800s that rides using gravity to power them, such as snow slides and switchback railroads, would transition into what we now consider thrill rides.

This would be followed by an era of mechanization, using steam power to make even more complex and hair-raising drops and turns. By the dawn of the 20th century, all these elements, according to Silverman, would form the base for what would become amusement parks.

During the late 19th century, Lansing had its own romance with amusement parks. First on the scene in the 1890s was Waverly Park, formerly referred to as Leadley Park. Waverly Park, located on the banks of the Grand River near Waverly Road, featured a three-story,



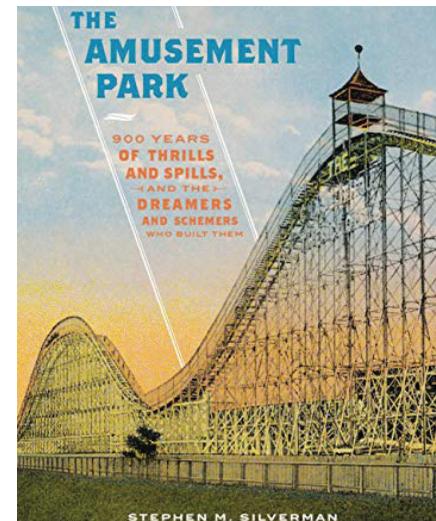
Roger Boetcher/Leavenworth Photo

Rollercoaster riders at Lake Lansing Amusement Park.

300-room hotel. The spacious building was also equipped with a 3,000-seat auditorium, baseball fields and of course, a carousel and a roller coaster. An early photograph showed the park's midway — a place in a fair with a high concentration of activities — which featured a shooting gallery, among other games.

Guests made their way to Waverly Park by wagon and steamboats — which would leave from the Logan Street Bridge. Years later, locals traveled by streetcars whose parent company, Lansing & Suburban Tracking Co., also owned the park. "Trolley Parks" like these were a common occurrence in the United States. Eventually, streetcar companies consolidated to become Michigan United Railways. The trolley company built another railway from Lansing to Pine Lake in Haslett which, in essence, cannibalized the Waverly Park crowd — causing it to close in 1917.

Another reason Pine Lake was more attractive to guests was its proximity to a natural lake which allowed for boating and swimming. The major attraction was the aptly named roller coaster, Jack Rabbit, for its abrupt ups and downs at speeds reaching 75 mph. By 1929,



the site was renamed Lake Lansing Amusement Park.

In 1942, a Coney Island like carousel was added where a lucky rider could grab a brass ring to win a free ride. In 1972, the carousel was sold to Cedar Point and operated in Frontier Land until it was moved to another Ohio amusement park.

Silverman's book traces the history and evolution of the elaborately carved carousels which have mostly been lost to history — and in some cases greed — where carousels were dismantled and the animals sold piecemeal at exorbitant prices to collectors.

Michigan is fortunate to have seven restored carousels across Greenfield Village in Dearborn, Crossroads Village in Flint, Silver Beach in St. Joseph, Michigan Adventure in Muskegon, the Grand Rapids Public Museum, the Detroit Riverfront-Cullen Plaza and Comerica Park.

There is a long shot that an eighth site could be added to the list if Michigan State University decides to sell, rent or loan the carousel that is languishing in storage in Ohio. The carousel, a 1916 Herschell Spillman, was originally located at Crystal, Michigan — north of Carson City — until it was donated to MSU in 1979. In the mid-80s, the carousel was restored and briefly operated at Six Flags Auto World in Flint, which turned into one of the largest public boondoggles in Michigan history. When Auto World closed, the carousel was shipped out of state for storage and awaits a \$1 million restoration.

Readers of "The Amusement Park" will find similar stories from across the globe and across history as entrepreneurs and dreamers sought fame and money.

SCHULER BOOKS

UPCOMING EVENTS

WHERE'S WALDO?

July 1 - 27

Find Waldo around town, fill your passport and be entered to win our summer reading gift pack and other prizes. We'll celebrate finding Waldo with an in-store event on July 27 at 11am. Stop in the store to grab your passport today!

MAGIC / KEYFORGE GAME NIGHT

July 16 - 6pm

Come play Magic or KeyForge in a casual, friendly environment. Commander is the most popular Magic format these nights. All Magic products are 20% for those who attend the event.

KID'S STORY TIME

Saturdays - 11am

We will read great books for great kids and guide your preschooler in a small art project or related make and take activity. You won't want to miss our 50th Anniversary of the Moon Landing Story Time on July 20!

FIND MORE INFO ON OUR WEBSITE AND FACEBOOK PAGE

SchulerBooks.com/Event

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1982 W. Grand River Ave.

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OUT ON THE TOWN

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

Wednesday, July 10

CLASSES AND SEMINARS

ALIVE Mini Camp: Come Explore With Me. 1-3 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Bookbinding - Learn how to hand-stitch and case-bind a notebook. 6:30-9 p.m. Lansing Makers Network, 2400 W. St. Joe, Lansing.

Charlotte Area Sports Performance Training - Learn the fundamentals. 10 a.m.-12:30 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Future Historians Camp - 9 a.m. Michigan History Center, 702 W Kalamazoo St, Lansing. seekingmichigan.org/camps

Group Guitar: Beginner. 5:45-6:45 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Hawk Hill Raptors - earn about live raptors at Veterans Memorial Gardens. 1-2 p.m. CADL Holt-Delhi, 2078 N. Aurelius Rd., Holt. 517-694-9351.

Solar System Stroll - 2-3 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014.

What's So Funny - Learn about humor. 11 a.m.-12 p.m. Hannah Community Center, 819 Abbot Rd., East Lansing. 517-337-1113.

EVENTS

Allen Farmers Market - 2:30-7 p.m. Allen

Market Place, 1629 E. Kalamazoo, Lansing. 517-999-3911.

Eaton County Fair - July 8-13. 1025 Cochran Avenue, Charlotte. michigan.org.

Food Frenzy -Enjoy food from 10+ vendors. 5-8 p.m. Holt Farmers Market, 2150 Cedar St, Holt. delhitownship.com.

Great Lakes Track & Field Community Fun Run - Mon., Tues. Thurs. 6-8 p.m. Waverly High School, 160 Snow Rd., Lansing. 517-388-3862. gltrackandfield.wordpress.com.

Grief and Loss - Drop in sessions. 2:30-3:30 p.m. Hannah Community Center, 819 Abbot Rd, East Lansing. 517-337-1113.

Lansing Area Mindfulness Community weekly practice, 7 p.m. Chua Van Hanh Temple, 3015 S. MLK, Lansing.

Ocean Exploration - 9:15 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Post-Polio Support Group Meeting - 1:30-3 p.m. Edgewood UCC, 469 N Hagadorn Rd., East Lansing.

Social Hour at Michigrain presented by Thought Club, a social club for queers. 6-9 p.m. Michigrain Distillery, 523 E Shiawassee St, Lansing. 517-220-0560. thethoughtclub.com.

Zoo Days! (July 9 & 10) - Enjoy admission for only \$1 with a voucher. 9 a.m.-5 p.m. Potter Park Zoo, 1301 S Pennsylvania Ave, Lansing. 517-483-4222. potterparkzoo.org.

ARTS

Answers In The Dark- Jordyn Fishman & Curt LaCross Exhibition July 9-Aug. 29 11 a.m.-6 p.m. Lansing Art Gallery, 119 N Washington Sq, Ste 101, Lansing. 517-374-6400.

Basic Beading 101 - Supplies included. 1-3 p.m. Hannah Community Center, 819 Abbot Rd., East Lansing. 517-337-1113.

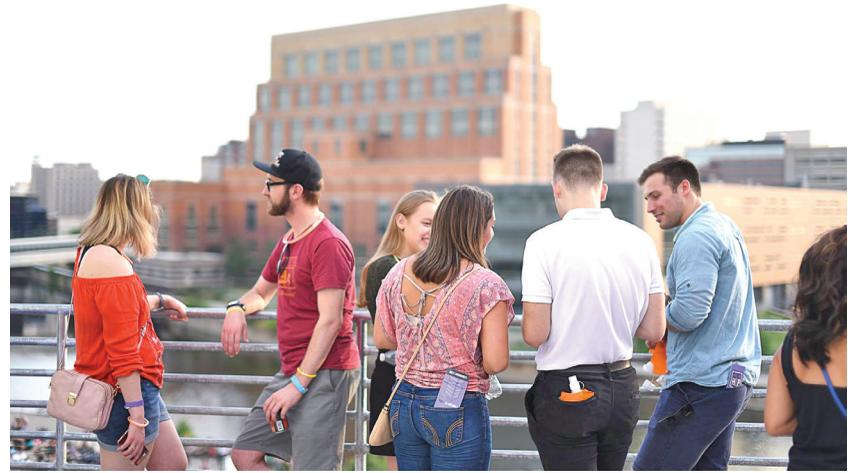
Clay on the Pottery Wheel - 4:30-6 p.m. Reach Studio Art Center, 1804 S Washington Ave, Lansing. 517-999-3643. reachstudioart.org.

Couples and Families - Hand-carved stone sculptures from Zimbabwe. 10 a.m.-6 p.m. Saper Galleries and Custom Framing, 433 Albert Ave, East Lansing. 517-351-0815. sapergalleries.com.

Feel The Rain - 6:30-9 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

Painting Outside the Lines Art Exhibit 12-4 p.m. The Peoples Church, 200 W. Grand River Ave., East Lansing.

Teen Open Studio: 4:30-6 p.m. Reach Studio Art Center, 1804 S Washington Ave, Lansing. 517-999-3643. reachstudioart.org.



Alley Affair

Lansing 5:01 is an organization geared toward emerging professionals interested in music, art and learning more about the work of local nonprofits.

Alley Affair

Thursday, July 11
5:01 – 8:30 p.m.
The Pere Marquette Alley
Pere Marquette Dr.
Lansing
Claim your free ticket at:
www.lansing501.com

be a pop-up pub event that gives all its profits away. Food and beverage will be provided by nearby businesses, American Fifth and Lansing Brewing

Co., and guests choose which non-profit proceeds go to. Representatives from the nonprofits will be at the event to answer questions and chat about their project's mission. Musical performances include DJs Ess Be And Monk Mattheus of All of the Above Hip Hop Academy – one of the participating nonprofits. Other organizations accepting donations include the Arts Council of Greater Lansing, Capital Area Housing Partnership, Greater Lansing Food Bank, Helping Women Period, Impression 5 Science Center, Michigan Alliance for Latino Education and Culture (MALEC), One Love Global and Salus Center.

Textscape: MSU Union Art Gallery Exhibition - 12 p.m. MSU Union Art Gallery, 40 Abbott Rd, RM 230, East Lansing. art.msu.edu.

MUSIC

23rd Annual Muelder Carillon Series: 6 p.m. East Lansing. music.msu.edu.

Concert in the Park - Starting at 4 pm. St. Joseph Park, 2125 W. Hillsdale, Lansing.

Concert in the Park - The Sea Cruisers - William E. Tennant Performance Shell, St. Johns City Park. 7-9:30 p.m. cityofstjohnsmi.com.

Concerts in the Park - 4-9 p.m. St. Gerard Catholic School 4433 W Willow Hwy, Lansing. lansingmi.gov.

Thursday, July 11

CLASSES AND SEMINARS

Bookbinding - Learn how to hand-stitch and case-bind a notebook. 6:30-9 p.m. Lansing

Makers Network, 2400 W. St. Joe, Lansing.

Charlotte Area Sports Performance Training - Learn the fundamentals. 10 a.m.-12:30 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Group Guitar: Beginner. 5:45-6:45 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Heart Healthy Cooking - Learn while enjoying delicious, flavorful food. 12-1 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Holistic Health in the Home: Learn how crystals really work. 5:30-6:30 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Thornapple Woodlands - The Amazing Life of Honey Bees and make and take a beeswax candle. 6:30-7:30 p.m. CADL Mason, 145 Ash St., Mason. 517-676-9088.

LITERATURE AND POETRY

Queer Poetry of Color Discussion Group - 5:30-7 p.m. Salus Center, 408 S Washington Sq.,

See Out on the town, Page 19



SUMMER EARLY CHILDHOOD CLASSES: BEGINS JULY 29

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Community Music School
College of Music
MICHIGAN STATE UNIVERSITY

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WEDNESDAY, JULY 10 >> MURALS ON FRANDOR UNVEILING



The Frandor Shopping Center is getting a facelift by Art in the Wild, transforming a barren retaining wall into a mural display. Lansing Mayor Andy Schor will be in attendance to unveil. It will be the first installation of a \$10 million development for Lansing as an art destination.

Noon
Frandor Shopping Center
300 Frandor Ave., Lansing
(517) 333-5300
[facebook.com/ArtWildMidMichigan](https://www.facebook.com/ArtWildMidMichigan)

Jonesin' Crossword

By Matt Jones

"The Secret Ingredient"-time to rack your brain.

by Matt Jones

Across

- 1 American realist art school
- 7 Former "Tonight Show" host Jack
- 11 "What Do You Do With ___ in English?" ("Avenue Q" song)
- 14 BLAT ingredient
- 15 Entr' ___ (play interlude)
- 16 Carson Daly's old MTV show
- 17 Get a message across
- 19 Day of the week Uranus was discovered (abbr.)
- 20 Location of Ball State University

1	2	3	4	5	6		7	8	9	10		11	12	13
14							15					16		
17			○	○	○	○	18	○				19		
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60				61						○	○	○	62	63
64				65				66						
67				68						69				

- 22 Future viewer
- 23 Farm habitats
- 24 Not worth a ___ (without value)
- 27 Classic (and, today, problematic) comic strip character Andy
- 31 Peevish mood
- 32 Went on an unfriending spree, maybe
- 36 "Old MacDonald" sounds
- 38 It's equal to the sum of the two before it
- 42 Made up (for)
- 43 "A Streetcar Named Desire" shout
- 44 Sea eagles
- 46 Leaves town
- 48 Figure on Fox's "First Responders Live", e.g.
- 49 "... and Bingo was his ___"
- 51 Remove the rind from
- 55 Durational patterns in music
- 60 Gallery showing
- 61 And your secret ingredient is ...
- 64 "Why would this even happen?!" cry
- 65 "___ kleine Nachtmusik"
- 66 "Red Rocks" city of Arizona
- 67 Stereotypically Canadian interjections
- 68 Those things, in Tijuana
- 69 Setting of Hulu's "Shrill"
- Down**
- 1 Gp. that keeps planes from hitting each other
- 2 The Great Lakes' ___ Canals
- 3 "Let me think ..."
- 4 "The Stranger" author
- 5 "Can you carry ___?"
- 6 Present time, poetically
- 7 Running speed
- 8 Trendy berry that will probably outlive its popularity thanks to crosswords
- 9 Fax cover sheet abbr.
- 10 Oboists need them
- 11 Like some goals
- 12 Sultanate on the South China Sea
- 13 Orioles' div.
- 18 "If memory serves," in text shorthand
- 21 "___, Mario!" (Nintendo catchphrase)
- 24 Abbr. on a sunscreen bottle
- 25 Yes, to Pierre
- 26 Snopes debunks them
- 28 Multiple-choice question choices, perhaps
- 29 ___ gow poker
- 30 "Chopped" props
- 33 Prepped
- 34 Brian who produced several U2 albums
- 35 "Aw, shoot!"
- 37 Cautionary connector
- 39 Head boss
- 40 State tree of Massachusetts
- 41 Sewer rodent
- 44 Fill with fury
- 45 Overtly enthusiastic
- 47 Made, like cotton candy
- 50 "Well, golly"
- 52 ___ forth
- 53 Kitchen tool for potatoes
- 54 Chopin practice piece
- 56 3-D scans
- 57 College in New Rochelle, N.Y.
- 58 Pool props
- 59 City pollution
- 62 Suffix for a particle
- 63 Photographer Goldin

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Answers Page 19

SUDOKU

Advanced

		3						
	7		2					
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9		6					8	2
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8								
		2	4				6	

TO PLAY

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

Answers on page 19

Free Will Astrology

By Rob Breznsy

July 10 - July 16, 2019

ARIES (March 21–April 19): You're in the Land of Green Magic. That's potentially very good news, but you must also be cautious. Why? Because in the Land of Green Magic, the seeds of extraneous follies and the seeds of important necessities both grow extra fast. Unless you are a careful weeder, useless stuff will spring up and occupy too much space. So be firm in rooting out the blooms that won't do you any good. Be aggressive in nurturing only the very best and brightest.

TAURUS (April 20–May 20): Eight years ago, researchers in Kerala, India went to the Padmanabhaswamy Temple and climbed down into centuries-old vaults deep beneath the main floor. They found a disorganized mess of treasure in the form of gold and precious gems. There were hundreds of chairs made from gold, baskets full of gold coins from the ancient Roman Empire, and a four-foot-high solid statue of a god, among multitudinous other valuables. I like bringing these images to your attention, Taurus, because I have a theory that if you keep them in your awareness, you'll be more alert than usual to undiscovered riches in your own life and in your own psyche. I suspect you are closer than ever before to unearthing those riches.

GEMINI (May 21–June 20): Children need to learn certain aptitudes at certain times. If they don't, they may not be able to master those aptitudes later in life. For example, if infants don't get the experience of being protected and cared for by adults, it will be hard for them to develop that capacity as toddlers. This is a good metaphor for a developmental phase that you Geminis are going through. In my astrological opinion, 2019 and 2020 are critical years for you to become more skilled at the arts of togetherness and collaboration; to upgrade your abilities so as to get the most out of your intimate relationships. How are you doing with this work so far?

CANCER (June 21–July 22): Vantablack is a material made of carbon nanotubes. According to the "Guinness Book of World Records", it is the darkest stuff on the planet. No black is blacker than Vantablack. It reflects a mere 0.036% of the light that shines upon it. Because of its unusual quality, it's ideal for use in the manufacture of certain sensors, cameras, and scientific instruments. Unfortunately, an artist named Anish Kapoor owns exclusive rights to use it in the art world. No other artists are allowed to incorporate Vantablack into their creations. I trust you will NOT follow Kapoor's selfish example in the coming weeks. In my astrological opinion, it's crucial that you share your prime gifts, your special skills, and your unique blessings with the whole world. Do not hoard!

LEO (July 23–Aug. 22): Hi, my name is Rob Breznsy, and I confess that I am addicted to breathing air, eating food, drinking water, indulging in sleep, and getting high on organic, free-trade, slavery-free dark chocolate. I also confess that I am powerless over these addictions. Now I invite you to be inspired by my silly example and undertake a playful but serious effort to face up to your own fixations. The astrological omens suggest it's a perfect moment to do so. What are you addicted to? What habits are you entranced by? What conditioned responses are you enslaved to? What traps have you agreed to be snared by? The time is right to identify these compulsions, then make an audacious break for freedom.

VIRGO (Aug. 23–Sept. 22): When cherries are nearing the end of their ripening process, they are especially vulnerable. If rain falls on them during those last few weeks, they can rot or split, rendering them unmarketable. So cherry-growers hire helicopter pilots to hover over their trees right after it rains, using the downdraft from the blades to dry the valuable little fruits. It may seem like overkill, but it's the method that works best. I advise you to be on the lookout for similar protective measures during the climactic phase of your personal ripening process. Your motto should be to take care of your valuables by any means necessary.

LIBRA (Sept. 23–Oct. 22): Please don't try to relax. Don't shy away from challenges. Don't apologize for your holy quest or tone down your ambition or stop pushing to get better. Not now, anyway, Libra. Just the opposite, in fact. I urge you to pump up the volume on your desires. Be even bigger and bolder and braver. Take maximum advantage of the opportunities that are arising, and cash in on the benevolent conspiracies that are swirling in your vicinity. Now is one of those exceptional moments when tough competition is actually healthy for you, when the pressure to outdo your previous efforts can be tonic and inspiring.

SCORPIO (Oct. 23–Nov. 21): I can't decide whether to compare your imminent future to a platypus, kaleidoscope, patchwork quilt, or Swiss army knife. From what I can tell, your adventures could bring you random jumbles or melodic mélanges—or a blend of both. So I'm expecting provocative teases, pure flukes, and multiple options. There'll be crazy wisdom, alluring messes, and unclassifiable opportunities. To ensure that your life is more of an intriguing riddle than a confusing maze, I suggest that you stay closely attuned to what you're really feeling and thinking, and communicate that information with tactful precision.

SAGITTARIUS (Nov. 22–Dec. 21): Every year, thousands of people all over the world go to hospital emergency rooms seeking relief from kidney stones. Many of the treatments are invasive and painful. But in recent years, a benign alternative has emerged. A peer-reviewed article in a scientific journal presented evidence that many patients spontaneously pass their kidney stones simply by riding on roller coasters. I doubt that you'll have a literal problem like kidney stones in the coming weeks, Sagittarius. But I do suspect that any psychological difficulties you encounter can be solved by embarking on thrilling adventures akin to riding on roller coasters.

CAPRICORN (Dec. 22–Jan. 19): In his book "The Histories", ancient Greek historian Herodotus told the story of a six-year war between the armies of the Medes and the Lydians in an area that today corresponds to Turkey. The conflict ended suddenly on a day when a solar eclipse occurred. Everyone on the battlefield got spooked as the light unexpectedly dimmed, and commanders sought an immediate cease to the hostilities. In the spirit of cosmic portents precipitating practical truces, I suggest you respond to the upcoming lunar eclipse on July 16-17 with overtures of peace and healing and amnesty. It'll be a good time to reach out to any worthwhile person or group from whom you have been alienated.

AQUARIUS (Jan. 20–Feb. 18): My astrological colleague Guru Gwen believes that right now Aquarians should get scolded and penalized unless they agree to add more rigor and discipline to their rhythms. On the other hand, my astrological colleague Maestro Madelyn feels that Aquarians need to have their backs massaged, their hands held, and their problems listened to with grace and empathy. I suppose that both Gwen and Madelyn want to accomplish the same thing, which is to get you back on track. But personally, I'm more in favor of Madelyn's approach than Gwen's.

PISCES (Feb. 19–March 20): As a self-taught rebel poet with few formal credentials, I may not have much credibility when I urge you to get yourself better licensed and certified and sanctioned. But according to my analysis of the astrological omens, the coming months will be a favorable time for you to make plans to get the education or training you're lacking; to find out what it would mean to become more professional, and then become more professional; to begin pursuing the credentials that will earn you more power to fulfill your dreams.

TURN IT DOWN!

A SURVEY OF LANSING'S MUSICAL LANDSCAPE BY RICH TUPICA

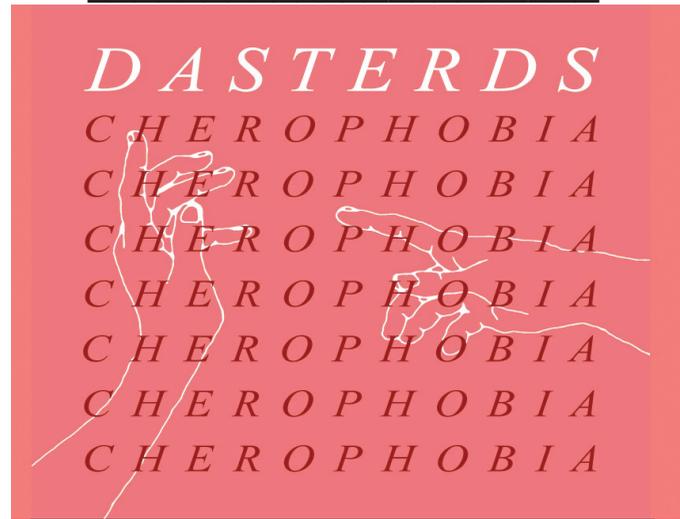
Sat. July 13

DASTERDS RELEASE ITS NEW ALBUM SATURDAY AT THE AVENUE CAFÉ



Cody Hobbins of Dasterds Q&A

“CHEROPHOBIA” ALBUM ART



Cherophobia' unveiled at The Avenue Café

Saturday, July 13 @ 2021 E. Michigan Ave., Lansing. 21+, Free, 9 p.m

After releasing a small stack of EPs over the past few years, Dasterds are finally issuing a full-length LP, “Cherophobia.” The Lansing-based band masterfully unifies alt-rock with post hardcore and throwback metal into one eclectic blast of punk rock — and this new album showcases that mixture in all of its guitar-shredding glory. Think Weezer meets Mötley Crüe.

This weekend, the band — Cody Hobbins (lead vocals and guitar), Myke Shaw (guitar and vocals), Ari Žanoni (bass and vocals) and John Thompson on drums — releases the new disc at The Avenue Café. The Saturday evening bill also includes The Quirk, Alright, Singing Lungs and Scary Women.

Hobbins, 28, Dasterds’ chief

songwriter, just returned from a mini tour spanning Wisconsin, Minnesota and Illinois. Over the years, the Lansing music scene vet has also spent time gigging in a few other local bands, including past stints in Banned & Burned and Dead Hour Noise. The Eaton Rapids native also moonlights as bassist in The Hat Madder. Here, he discusses his new Dasterds record and how it came to life.

The new album, “Cherophobia,” is finally here — any favorite tracks?

Cody Hobbins: Mine, personally, is “Spoiled Rotten.” It has a super fun hook to sing, the flow is great and that Thin Lizzy-sounding guitar harmony towards the end is easily my favorite part on the record.

That old-school, hard-rock sound looms over many of your songs, especially in the guitar solos — was that on purpose?

Heavy metal has definitely been the biggest influence on my playing. Myke and I cut our teeth on all that new wave of British heavy metal stuff, so we’re big time on the guitar harmonies. Almost every band I’ve been in has been a heavy metal act. Dasterds is the first band I’ve been in that hasn’t been at all heavy, but I try and slip in as much of that as I can. From my guitar amp choice to my choice in guitar pickups, it’s all influenced by heavy metal. I really like tweaking that stuff to fit within a more punk and pop context.

Would you say you’re meticulous about the entire songwriting process?

I’m constantly writing and getting rid of songs. I feel like you almost have to dig through the bad stuff until you come across something special. I’ll know if something is worth keeping and working on if John, Myke, and Ari get really stoked about a song, otherwise

we’ll practice a song once or twice and dump it if there isn’t a certain feeling in the room about it.

Since Dasterds formed in 2015, you’ve released three EPs, a bunch of singles and have been a part of some compilations — how was it working on the new full-length album?

“Cherophobia” was recorded at Smog Moon Recordings in Lansing. Recording this record was really fun, but I was stressed the whole time. It’s a departure in a lot of ways from what we were doing, so we did our absolute best to get every little detail right. Thankfully, [producer] Nate Iversen was incredible to work with and brought this record to life beyond any of our expectations. This album is also John and Ari’s first record with the band and they did an incredible job, given we hadn’t even been playing together for one full year yet.

LIVE AND LOCAL

Upcoming show? Contact Suzi@lansingcitypulse.com

DESTINATION	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Avenue Café, 2021 E. Michigan Ave.	Trivia Night: Parks & Rec 10PM	DJs Ruckus/Ess Be 9PM	Karaoke, 9PM	Free GTG Show 9PM
Crunchy's, 254 W. Grand River Ave.	Live with North of Five 8PM	Karaoke, 9PM	Karaoke, 9PM	Karaoke 9PM
The Exchange, 314 E. Michigan Ave.		Old School with DJ Jaiese 8:30PM	Tony Thompson 9:30PM	Tony Thompson 9:30PM
Green Door, 2005 E. Michigan Ave.		Karaoke Kraze	Mix Pack	Jessie & the Downbeat Groove
Lansing Brewing Co., 518 E. Shiawassee	Trivia with Sporcle 9 PM		Live Music with Ma Puckett 8PM	Live Music w/ Nadim Azzam 8PM
The Loft, 414 E. Michigan Ave.			The Rock Show 8PM	Old Skool w/DJ Hollywood 10PM
Macs Bar, 2700 E. Michigan Ave.	As Cities Burn 8PM	Flops Ego 7PM		Warforged and Boreworm 7PM
Robin Theatre, 1105 S. Washington		Loudspace Songwriter Showcase 8PM	Aaron Jonah Lewis 8PM	They're Dead 8PM
Unicorn, 327 Cesar E. Chavez			Live Music with The Rotations 9PM	Live Music with Ma Puckett 9PM
Urban Beat, 1213 Turner			Arts Night Out Live Music 5PM	Skyward Fusion 7PM

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Lansing. 517-580-4593. thethoughtclub.com.

Wacousta Picnic Storytime - 11-11:30 a.m. Wacousta United Methodist Church, 9180 Herbison Rd, Eagle.

EVENTS

Alley Affair - Do you have a favorite charity you like to support? 5:01-10 p.m. Pere Marquette Drive, Lansing.

Bath Township Farmers Market - 3-7 p.m. James Couzens Memorial Park, 13751 Main St., Bath. shopbfm.org.

Clinton County Open Food Distribution - 8-10 a.m. Bath Community Center, 5959 Park Lake Rd, Bath. bathtownship.us.

Country Line Dancing & Lessons at VFW Post #7309 - 7-9 p.m. 1243 Hull Rd., Mason. business.masonchamber.org.

Eaton County Fair 4-H & FFA Livestock Auction - 10 a.m.-5 p.m. Eaton County Fair Grounds, 1025 Cochran Ave, Charlotte.

Moonlight Film Festival - 9:30 p.m.-12 a.m. Valley Court Park, 300 Valley Court, East Lansing. cityofeastlansing.com.

Ocean Exploration - 9:15 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

State 4-H/FFA Livestock Judging Contest - 8 a.m.-7 p.m. MSU Pavilion, 4301 Farm Ln, Lansing. 517-432-5566. canr.msu.edu.

Thursday Night Dance Exchange - Calling all Detroit Ballroomers, Chicago Steppers, Hustlers (Line Dancing), and Two Steppers! 7-10 p.m. Lucky's, 400 Baker St., Lansing.

ARTS

Art in the Park - 1pm - Create your own artists' trading cards. The Marquette, 5968 Park Lake Rd., East Lansing. retreadart.com

Comics & Zines - Summer - 4:30-6 p.m. Reach Studio Art Center, 1804 S Washington Ave, Lansing. 517-999-3643. reachstudioart.org

Kids Clay: Beginners - 4:30-5:30 p.m. Reach Studio Art Center, 1804 S Washington Ave, Lansing. 517-999-3643. reachstudioart.org.

OOh LA LA Enchanting Eiffel - 7-9 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

Print and Sip Make and Take Workshop - 6-8 p.m. ALT Printing Co, 1139 S. Washington Ave., Lansing. 517-388-3558. altprintingco.com.

MUSIC

Grand Concert Series - 6-8 p.m. Lansing Center Riverfront Plaza, 333 E. Michigan Ave., Lansing.

Music in the Garden - 7-9 p.m. Veterans Memorial Gardens, 2074 N Aurelius Road, Holt. delhitownship.com.

Music in the Garden: Piano and Voice - Pull up a blanket or chair at the W.J. 7 p.m. East Lansing. music.msu.edu.

Pops Concert - East Lansing Kiwanis Community Band. 7-8 p.m. MSU Summer Circle Courtyard, 600 Auditorium Rd., East Lansing. 517-641-4264.

Friday, July 12

CLASSES AND SEMINARS

Argg! Pirate Science - 4 p.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Group Guitar: Beginner 5:45-6:45 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Workout Tank Top Make and Take Workshop - 6-8 p.m. ALT Printing Co, 1139 S. Washington Ave., Lansing. 517-388-3558. altprintingco.com.

EVENTS

4-H Healthy U at MSU Camp - East Lansing. canr.msu.edu.

Chemistry Challenge - 4 p.m. Impression 5

Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Escape Artist - 4 p.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Holt Farmers Market Mini-Market - 2-6 p.m. Holt Farmers Market, 2150 Cedar St, Holt. delhitownship.com.

LEGO® Robotics - 4 p.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Lights for Liberty Candlelight Vigil For ALL Kids Who Died Seeking Peace. 9 pm. at State Capitol. lightsforliberty.org

Movies on the Ball Field! - Family friendly movies and games. 9-10 p.m. Fitzgerald Memorial Ball Field, 110 S Bridge St, Grand Ledge. grandledge.lib.mi.us.

Ocean Exploration - 9:15 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

TGIF Dance Party - 7 p.m.-12 a.m. Hawk Hollow, 15101 Chandler Rd., Bath. 734-604-5095. tgifdance.com.

Wake Up Old Town!! - 1232 Turner St. 8:30-10 a.m. Preuss Pets, Lansing. iloveoldtown.org.

ARTS

Amazing Art - 12 p.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Arts Night Out Old Town - Live music, art demos, exhibit, street performances, so much more! 5-8 p.m. Arts Council of Greater Lansing, 1208 Turner St, Lansing.

Arts Night Out with Pooh Stevenson - 5-8 p.m. Absolute Gallery, 307 E Grand River Ave, Lansing. 517-482-8845.

Old Town Scrapfest - 1232 Turner Street, Lansing. michigan.org.

Polymer Buttons - Use polymer clay to create buttons.. 10 a.m.-12 p.m. Hannah Community Center, 819 Abbot Rd., East Lansing. 517-337-1113.

MUSIC

Arts Night Out! Ramirez USA Tour w/ Luis Regidor Pain! - 5-8 p.m. Elderly Instruments, 1100 N. Washington Ave., Lansing.
Summer Concert Series - 7-9 p.m. Ann St. Plaza, East Lansing. cityofeastlansing.com.

Summer Concert Series - Courthouse Square Museum, 100 W Lawrence Ave., Charlotte.

Saturday, July 13

CLASSES AND SEMINARS

Everything You Need to Know About Parenting - 2:30-5 p.m. East Lansing Public Library, 950 Abbot Rd, East Lansing. 517-351-2420. bestbabykit.com.

Group Guitar: Beginner - 5:45-6:45 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Intermediate Beekeeping -12-2 p.m. Hunter Park GardenHouse, 1400 E. Kalamazoo St., Lansing.

Reiki Levels 1 & 2 - 10 a.m.-3 p.m. Willow Stick Ceremonies & Healing Arts, 335 Seymour Ave, Ste D, Lansing. 517-402-6727.

Second Saturdays for Families: Movies and Optical Illusions. 11 a.m. The Library of Michigan, 702 W. Kalamazoo, Lansing. michigan.org.

EVENTS

A Consort of Delights - Time-traveling trip across the pond to England, France, and Italy. 7:30-9:30 p.m. Martin Luther Chapel, 444 Abbot Rd., East Lansing.

Barbara J. Brown Family History Day - Free. 10 a.m.-4 p.m. Michigan History Center, 702 W. Kalamazoo, Lansing. michigan.gov.

Environmental Stewardship Work Day - Volunteer for one or more of a series of natural area work days. 10 a.m.-12 p.m. East Lansing. cityofeastlansing.com.

Fine Chocolate Tasting Experience - 2-3 p.m. Williamston Wellness, 1235 E Grand River, Williamston.

See Out on the town, Page 20

THURSDAY, JULY 11 >> GREEN DOT COMEDY NIGHT



An assortment of Michigan's best comedians will come to Green Dot Stables for its second comedy night event. Hosted by Osa W. Basal, the free event will see over 10 comics perform.

9 to 11 p.m.
Green Dot Stables
410 S. Clippert St., Lansing
(517) 574-4214
greendotstables.com

FRIDAY, JULY 12 >> ARTIST MATT MULFORD'S OPENING EXHIBITION AND RECEPTION



Matt Mulford explores nature and contrasts with his latest exhibition. The artist is fluent in wildlife, fantasy, pin-up and comic book styles. Light refreshments will be served.

5 to 8 p.m.
Arts Council of Greater Lansing
1208 Turner St., Lansing
(517) 372-4636

SUDOKU SOLUTION

From Pg. 17

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CROSSWORD SOLUTION

From Pg. 17

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SATURDAY, JULY 13 >> THEY'RE DEAD AT THE ROBIN THEATRE



Armed with theremins, vintage electronics and eccentric instruments, local experimental group They're Dead performs a live score alongside Ukranian indie filmmaker Maya Deren's films. Special guests Viking Moses and Cat Midway will open.

7:30 p.m., \$15
The Robin Theatre
1105 S. Washington Ave., Lansing
(989) 878-1810
therobintheatre.com

From Page 19

Free Airplane Rides for Kids - age 8 to 17. 10 a.m.-12 p.m. Mason Jewett Field, 643 Aviation Drive, Mason. business.masonchamber.org.

Grand Ledge Garden Club Saturday Meeting - 1 p.m. Grand Ledge Area District Library, 131 E Jefferson St. grandledge.lib.mi.us.

Insane Inflatable 5K - 8:30 a.m.-12 p.m. Uncle John's Cider Mill, Saint Johns. ujcidermill.com.

Lansing Ignite FC vs. FC Tucson - 7 p.m. Cooley Law School Stadium, 505 E Michigan Ave, Lansing. 517-483-7400.

Lansing Record and CD Show - 11 a.m.-4 p.m. 3121 E. Grand River, East Lansing. 734-604-2540.

Mason "Sunshine" Farmers Market - 9 a.m.-1 p.m. Mason. business.masonchamber.org.

MBAA District Michigan Summer Social 2019 - 12-6 p.m. Fitzgerald Park, 133 Fitzgerald Park Dr, Grand Ledge.

Michigan Walk to the Lake - 4-6 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

Red Cedar River Clean-up - 9 a.m. to 2 p.m. MSU campus near IM Sports Circle by river, East Lansing. ipf.msu.edu.

The Second Annual Williamston International Festival of Lagers - 1-6 p.m. McCormick Park, 123 High St., Williamston.

Tompkins Freedom 5K Run/Walk - 8:30-11:30 a.m. Stewart Farm Museum, 10138 Tompkins Rd., Rives Junction.

Youth Outdoor Adventure Day - Come explore the outdoors! 10 a.m. 7835 E. Price Road, Laingsburg. michigan.org.

ARTS

Art Opening - 12-2 p.m. East Lansing Public Art Gallery in the Hannah Center, 819 Abbott Rd, East Lansing. 517-333-2580.

Taste of Jewelry: Learn the basics of jewelry making. 10:30 a.m.-1:30 p.m. Lansing Makers Network, 2400 W. St. Joe, Lansing.

Mount Hope Quilters - 10 a.m.-5 p.m. 5676 Okemos Rd, Okemos.

Old Town Scrapfest - Food, music, beverages and more! . 1232 Turner Street, Lansing. michigan.org.

Open Studio and Maker Sale! - 11 a.m.-4 p.m. Debbie Carlos Studio, 2001 Alpha St, Lansing. 773-860-0559.

Twisted Midnight - 7:30-9:30 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

Using the Art of Improv to Save the World - 2-4 p.m. Eli and Edythe Broad Art Museum, 547 E Circle Dr, East Lansing. 517-884-4800.

Sunday, July 14**CLASSES AND SEMINARS**

Juggling - Learn how to juggle! 2-4 p.m. Orchard Street PumpHouse, 368 Orchard St.,

East Lansing.

Reiki Levels 1 & 2 - 9 a.m.-4 p.m. Willow Stick Ceremonies & Healing Arts, 335 Seymour Ave, Ste D, Lansing. 517-402-6727.

EVENTS

East Lansing Farmers Market - 10 a.m.-2 p.m. Valley Court Park, 300 Valley Court, East Lansing. cityofeastlansing.com.

ARTS

Celebration of Birds Art Event - 4-8pm Eggleston Gallery and Studio, 14035 Webster Rd., Bath.

Colors in the Wind - 6-8:30 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

Run for Fame (5K & 10K) - Start and finish in front of the Lansing Center on Michigan Avenue. 9 a.m.-5 p.m. Lansing Center, 333 E. Michigan Ave., Lansing. www.lansingmi.gov.

Turtle Beach 3-5 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

MUSIC

Service and Concert in the Park - 1-3 p.m. Sharp Park Lansing Mi, 401 Elmwood Rd., Lansing. 517-321-2019.

Monday, July 15**CLASSES AND SEMINARS**

ALIVE Mini Camp: Hands-on cooking camp for littles. 1-3 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Science Vlogging - 9 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Solar System Workshop - Journey through the Solar System! 12-1 p.m. Grand Ledge Library, 131 E Jefferson St, Grand Ledge. 517-627-7014.

S.T.E.A.M tinkrCAMP - for kids that love to make, invent, explore and be creative! 9 a.m.-5 p.m. tinkrLAB, Meridian Mall, 1982 W. Grand River, # 321, Okemos.

Summer Theatre Camp - July 15-19, 10 a.m.-3 p.m. The Downeaster Theatre, 1120 N Pennsylvania Ave, Lansing. 517-763-8045.

VBS - July 15-18, 5:30 p.m.-7 p.m. The theme is "Super Hero". 5:30-7 p.m. Trinity Lutheran Church, 501 W Saginaw, Lansing. 517-372-1631.

Video Game Designer - 9 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

EVENTS

Abrams Planetarium - Under the Night Sky 3-6 p.m. CADL South Lansing, 3500 S. Cedar St., Lansing. 517-272-9804.

CanHope Support Group - 6:30-7:45 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

DDL Walking Club - 10-11 a.m. DeWitt District Library, 13101 Schavey Rd, DeWitt. 517-669-3156.

dewittlibrary.org.

Mason Chess & Backgammon Club - A6-8 p.m. Bestsellers Books, 360 S. Jefferson St, Mason. business.masonchamber.org.

Michigan 4-H Youth Dairy Days and Michigan Dairy Expo - MSU Pavilion, 4301 Farm Ln, Lansing. 517-432-5566. canr.msu.edu.

Pirate Adventure - 9 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Powered By Plants - Join this group who share plant-based eating ideas. 6:30-8 p.m. ALIVE, 800 W Lawrence, Charlotte. myalive.com.

When I Grow Up! - 9 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

Where is Carmen Sandiego? - 9 a.m. Impression 5 Science Center, 200 Museum Dr, Lansing. 517-485-8116. impression5.org.

ARTS

REACH Camp Week 4: July 15-19: Art in 3D. AM 9 a.m.-Noon, PM 1-4 p.m. Reach Studio Art Center, 1804 S Washington Ave, Lansing. 517-999-3643. reachstudioart.org.

Tuesday, July 16**CLASSES AND SEMINARS**

ALIVE Mini Camp: hands-on cooking camp for littles. 1-3 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Potted Succulent Crafting Party - Create your own! 6-8 p.m. Fresh Thyme Farmers Market, 940 Trowbridge Rd., East Lansing.

LITERATURE AND POETRY

Dinosaurs in Space - Hear tales from Paleo Joe about dinosaur fossils. 2-3 p.m. CADL Okemos, 4321 Okemos Rd. Okemos. cadl.org

Paws for Reading - Practice reading aloud to a certified therapy dog. 6-7 p.m. Grand Ledge Library, 131 E Jefferson St. grandledge.lib.mi.us.

Puppet Making Workshop - 6-9 p.m. Eli and Edythe Broad Art Museum, 547 E Circle Dr, East Lansing. 517-884-4800.

Space Yoga (Adults) - 6-7 p.m. CADL Holt-Delhi, 2078 N. Aurelius Rd., Holt. 517-694-9351.

S.T.E.A.M tinkrCAMP - 9 a.m.-5 p.m. tinkrLAB, Meridian Mall, 1982 W. Grand River, Ste 321,

Okemos.

Summer Activity by Parks & Recreation - 11 a.m.-12 p.m. Bath Middle School Cafeteria, 13675 Webster Rd, Bath. bathtownship.us.

EVENTS

Alzheimer's Support Group - 3:30-4:30 p.m. ALIVE, 800 W Lawrence, Charlotte. myalive.com

Injury Clinic - Free consult with a sports or health professional. 5:30-7 p.m. ALIVE, 800 W Lawrence Ave, Charlotte.

Michigan 4-H Youth Dairy Days and Michigan Dairy Expo - MSU Pavilion, 4301 Farm Ln, Lansing. 517-432-5566. canr.msu.edu.

Moon Party (All Ages) - Celebrate the 50th anniversary of the Apollo Moon Landing. 4:30-6 p.m. CADL Foster, 200 N. Foster Ave., Lansing. 517-485-5185.

Out of This World Flying Saucer Toy - Age 8 & Up - Super easy, quick and fun craft! Register 517-521-3643 2-3 p.m. CADL Webberville, 115. N. Main St. 517-521-3643.

Play in the Park - 7 p.m. Valley Court Park, 300 Valley Court, East Lansing. cityofeastlansing.com.

Professional Speaker Series: Balance & Vestibular - 11:30 a.m.-1 p.m. ALIVE, 800 W Lawrence Ave, Charlotte. myalive.com.

Shamanic Education & Healing Clinic - 6-8 p.m. Willow Stick Ceremonies & Healing Arts, 335 Seymour Ave, Ste D, Lansing. 517-402-6727.

Trip Down Memory Lane - Share your memories of growing up in East Lansing or attending MSU. 1-3 p.m. Hannah Community Center, 819 Abbot Rd, East Lansing. 517-337-1113.

ARTS

Springtime Magic - 7-9 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

Sunny Bee - 7-9 p.m. Painting with a Twist, 580 Frandor Ave, Lansing. 517-483-2450. paintingwithatwist.com.

Teen Open Studio - 4:30-6:30 p.m. Reach Studio Art Center, 1804 S Washington Ave, Lansing. 517-999-3643. reachstudioart.org.

MUSIC

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August 5th - 10th, 2019

FOOD & DRINK DINING OUT IN GREATER LANSING

Health conscious tea and shake store opens on Cedar Street

By DENNIS BURCK

Over 60 varieties of tea and shake flavors will be offered at Lansing's newest health and wellness shop. Focusing on nutrient-dense offerings, Central Lansing Nutrition hopes to be a one-stop shop aiding in Greater Lansing's weight loss and healthy living goals.

Owners Janet and Brianna Lightfoot are a mom and daughter business team. They went all in on the business after discovering what the healthy tea and shake lifestyle did for their health goals.

"We chose Lansing because it is really big with the college students. There is not really anything like this around here," Janet Lightfoot said.

Aside from the consumable goods, the establishment will also offer free wellness profiles in a private room

measuring weight, hydration level and body fat percentage with specialized scales. It will further offer weight loss competition events and a space for fitness networking.

According to Janet Lightfoot, all of its products are 98% pharmaceutical grade nutrients. Gluten free, dairy free and vegan options are available. The shakes are all under 250 calories, containing 24 grams of protein, four grams of fiber and 21 vitamins and minerals, Janet Lightfoot said.

Probiotic, fat burning, energizing and collagen beauty shots can be added to any drink. The owners are marketing the drinks as "very healthy" meal replacements that will leave customers feeling full.

For first timers, the health store owners recommend trying the brownie bat-



Dennis Burck/City Pulse

(From left) Owners Brianna and Janet Lightfoot look to supply Lansing with low calorie shakes and teas.

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ter or birthday cupcake shake depending on chocolate or vanilla preference. The owners said the sweeter shakes are a great option for children as well.

"A lot of parents struggle with their kids getting nutrients. We put sprinkles on top and everything. They will love them," Janet Lightfoot said.

Brianna Lightfoot said she dropped her body fat percentage by 10 percent since using Central Nutrition's shakes and teas.

She hopes to host a yoga class eventually in the space in step with other Lansing small businesses like the Lansing Brewing Co. and The Crafted Bean.

The space was a former beauty salon. Central Lansing Nutrition installed a bar and repainted the walls. The lounging area contains three four-seat tables as well as two large leather chairs. WI-FI will be available.

To keep in line with the younger crowd, there are plenty of outlets available for phone charging at the bar and tables, Janet Lightfoot said.

"Our vision is for the community to be healthier and add this as an option here," she added. "When you believe in the product you sell, it is easy to want to share that."

The business will bring around seven jobs to the area. Once business picks up, Central Lansing Nutrition will feature a wall with before and after weight loss photos of its clients.

The grand opening will feature raffles for Central Lansing Nutrition gift cards, shake giveaways and more.

"We just want to bring in the community and to get people involved in their own health goals," Janet Lightfoot said.

Central Lansing Nutrition

Grand Opening - Friday, July 12
 7 a.m. - 7 p.m. Monday to Thursday
 7 a.m. - 5:30 p.m. Friday
 9 a.m. - 4 p.m. Saturday
 10 a.m. - 3 p.m. Sunday
 750 N. Cedar St., Lansing, MI
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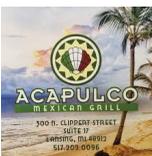
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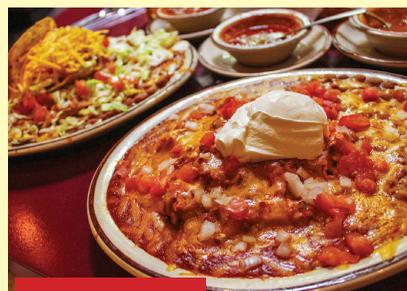
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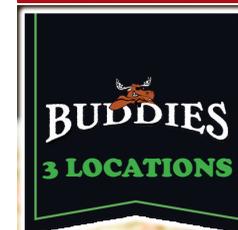
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