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Dear readers:

City Pulse will publish in print as long as possible in the face of sharply declining advertising, far and away our biggest source of revenue. Despite closures, we are delivering to hundreds of locations, thanks to a stalwart crew of drivers. Meanwhile, we are adding new content several times daily to www.lansingcitypulse.com, written by our editorial staff members, who are working seven days a week.

Please help support our efforts by sending a donation to the City Pulse Fund. All gifts are tax deductible.

And please stay safe.

**Berl Schwartz
Editor & Publisher**



Favorite Things

Sarah Spohn and her autographed George Harrison LP

Every Wednesday night, Sarah Spohn hosts "Lansing Loud & Local," her weekly Mid-Michigan music show on LCC Radio 89.7 FM WLNZ. Aside from that, she also keeps busy freelancing for publications across the state. However, recently, her radio show has moved from the airwaves to Instagram live streams at @lccradio, since COVID-19 shut down LCC's studio. "The radio show is a lot of hard work behind the scenes, but I love being able to provide an outlet for people to tell their stories through words, poetry, music," she said. With that in mind, it's not surprising what her cherished item amidst this pandemic shutdown. Here's what Spohn, 28, had to say: My favorite thing is an autographed copy of the George Harrison self-titled album from 1979. My mom, who bought it for me and is a huge Beatles fan, planned this whole surprise birthday trip for me a few years back. She found this place, Beatles and Beans Coffee Emporium in Bay City, and took me there. It's like a museum/shrine to the Beatles and so cool. Even the muffins and coffee drinks are named after Beatles songs.

She then let me unwrap the record. I was shocked. It has its own letter of authenticity, so it's pretty "legit," as the kids say. Just the thought that one of the Beatles touched this album and signed it is beyond me. Now I have it. It's surreal.

I laugh because my mom told me when I was younger, my sister and I would whine about her playing "Let it Be" or "Hey Jude" too loud in the car. Now, I can't get my car stereo to play those songs loud enough. It's funny how you kind of grow up to be your parents. I really got into the Beatles during my senior year of high school and especially during my freshmen year of college. After taking a closer look at the liner notes, I realized most of the songs I really enjoyed had one commonality — George Harrison wrote them. It was such an a-ha moment.

George was known as the "Dark Horse," I think both in terms of his



songwriting and guitar skills — but also in his wisdom. When I think of Harrison, I picture someone really at peace with himself. A simple, kind soul and wise beyond his years. I also picture the most well-dressed member on that Abbey Road crosswalk. No one could rock a double-denim outfit like Harrison.

Looking back, my high school graduation speech featured lyrics from "Hello, Goodbye." My only tattoo, which says "Let it Be," is a great daily reminder, courtesy of the Beatles. This past summer, I took a trip to London and got to walk across Abbey Road. Most major points of my life can somehow be tied to the Beatles. To me, music is more important right now than it's ever been. It's keeping me sane and keeping me connected to the rest of the world. This album is definitely comforting in regards to the strange time we're experiencing right now. The record's last song is especially reassuring, as it echoes: "You can worry your life away with / Not knowing what each new day may bring to you / Or take each day as it goes / Wake up to the love that flows on around you / If you believe, if you believe in you / Everything you thought is possible / If you believe."

(This interview was edited and condensed by Rich Tupica. If you have a suggestion for Favorite Things, email rich@lansingcitypulse.com.)

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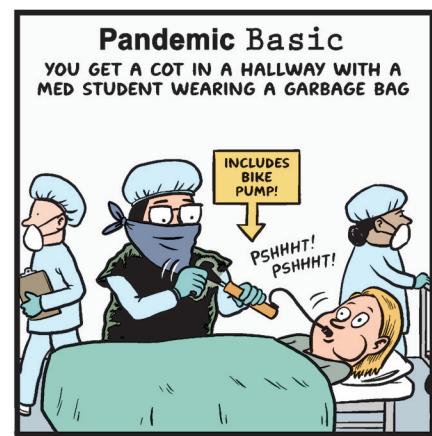
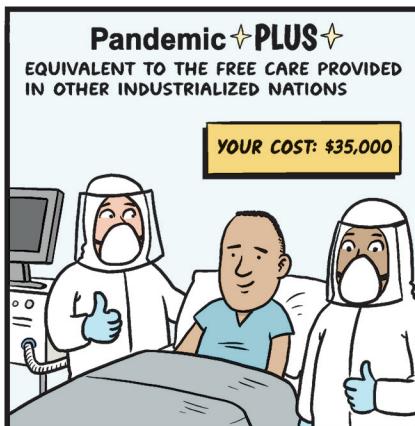
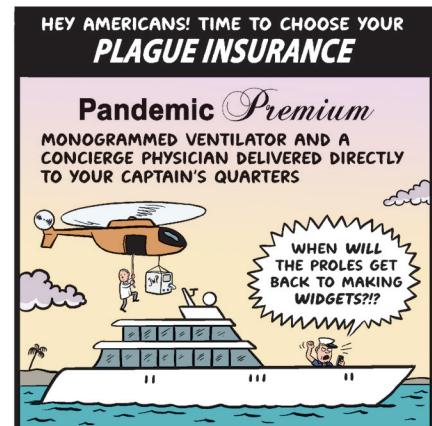
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ER--HOW ABOUT A NICE PRESS CONFERENCE? OKAY, FINE.



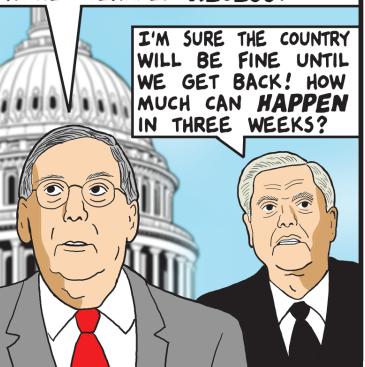
IF YOU LIKE YOUR EMPLOYER-BASED HEALTH INSURANCE YOU CAN KEEP IT

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TIRELESS PUBLIC SERVANTS

WELL, NOW THAT WE'VE PASSED A TEMPORARY RELIEF PACKAGE, OUR WORK IS DONE! TIME FOR A WELL-EARNED RECESS!



WHEN ALL YOU HAVE IS A HAMMER

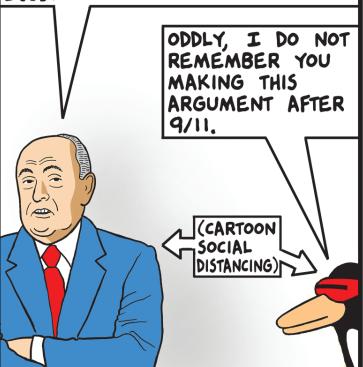
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by TOM TOMORROW

GALAXY BRAIN PERSPECTIVE

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PULSE

NEWS & OPINION

Expand COVID testing now

A broad consensus has emerged among epidemiological experts that we stand little chance of conquering COVID-19 without a massive expansion in testing to determine the true extent of the pandemic, especially to identify those infected with the virus who are asymptomatic. As we have noted previously, the template for an effective COVID-19 response continues to be the South Korean model, which includes ubiquitous testing, aggressive contact tracing, and isolation of positive individuals. Yet test kits remain in short supply across the state and Michigan lags well behind other states in testing its citizens. We urge Gov. Gretchen Whitmer to expend whatever resources are necessary to ramp up Michigan's independent capacity to produce and distribute test kits as quickly as possible. MSU and UofM researchers have already developed a rapid COVID-19 test that should receive immediate regulatory approval by state authorities, which is permitted under the FDA's most recent emergency use authorization guidance. Funding should then be marshaled to the urgent task of mass production, administration and assessment of COVID tests across the state. University researchers should also be supported in conducting a random sample testing survey of Michigan residents to determine the extent of asymptomatic infection in the state's population, which could be an insidious vector of COVID-19 transmission that thwarts efforts to contain the pandemic.



Heroes for the hungry

The cascading economic failures precipitated by the COVID crisis are falling most heavily on the most vulnerable, including children from low-income families who rely on school breakfast and lunch programs for nutritional meals, homebound senior citizens who are advised to self-quarantine, and the rapidly escalating ranks of the

The CP Edit

Opinion

unemployed. Going hungry is the last thing any of them need while grappling with an all-but-certain economic collapse lurking just around the corner. Enter the Food Bank Council of Michigan and its local affiliates, who have always been there fighting hunger, but now have ramped up their operations to maintain a robust food relief pipeline at a time when grocery store shelves have been stripped bare of many essential items. Food banks rely on a combination of "retail rescue" — gleaning the excess food supply from local grocers — and federal distributions through the U.S. Department of Agriculture Commodity Program to keep high nutrition, shelf stable food flowing to vulnerable individuals and families. The epidemic of food stockpiling, exacerbated by delays in the delivery of federal food supplies, makes their task even harder. We urge our readers to make a concerted effort to return to normal grocery shopping habits (using a delivery service whenever possible), to help ease the strain on the system. To the leaders of the Food Council, our Greater Lansing Food Bank, their partners, and the countless volunteers serving on the front lines — heroes all — we say a heartfelt thank you. If you are hungry and need food, please call 211 to find out where you can turn for help.



Hometown people, hometown water

Kudos to the Lansing Board of Water & Light for proactively restoring water services to area residents whose water was previously shut off for nonpayment. BWL spokeswoman Amy Adamy confirms that all BWL residential customers whose water services had been disconnected for nonpayment were fully restored two weeks ago. At a time when personal hygiene is critical to slowing the spread of COVID-19, it should be self-evident that every citizen must have access to clean water

for hand washing, bathing, cooking and cleaning, and other essential purposes. The city of Detroit drew sharp criticism for dragging its feet on water reconnections, prompting Governor Whitmer to issue an executive order requiring water utilities across the state to reconnect customers as expeditiously as possible. As we have come to expect from our hometown power company in recent years, BWL was ahead of the curve in protecting its customers.



Save the Glaister House

The continuing saga of the historic Richard and Deborah Glaister House, a stately red brick structure built in 1876 on Walnut Street near downtown Lansing, may be taking a turn for the worst. Listed on the National Register of Historic Places, the house was sold into a life of corporate servitude by the descendants of its longtime owner, Alice Sessions, who passed away two years ago, and now faces an uncertain future. Acquired by the Set Seg company after Sessions' death, the home occupies a corner lot directly adjacent to the headquarters of the insurance firm, which has relocated to new digs in East Lansing. The now-vacant office building is on the market as a package deal that includes Glaister House, presumably so whomever acquires the office building can tear it down to — in the timeless incantation of Joni Mitchell — put up a parking lot. City officials were approached by Preservation Lansing in a bid to designate the property as a historic district (which was Sessions' desire), but nothing appears to be in the works to protect one of the city's truly historic treasures from the wrecking ball. Although we understand the mayor and City Council are preoccupied with the city's response to the COVID crisis — as they should be — we urge them to take up the cause of saving Glaister House before it is too late.

**Send letters to the editor on this editorial or any other topic to
letters@lansingcitypulse.com. Please limit them to 250 words.**



Toilet paper in the time of COVID-19

As I left the Better Health Store, I found a plastic bag hanging on my car door. Inside was a roll of toilet paper. Given that my license plate is CTYPULS, I feared a disgruntled reader was delivering an opinion on what paper City Pulse is worth printing on.

So, I was pleased to discover this note: "Thanks for all your updates from City Pulse," signed by friends Lois Mumma and Gregg Hill, East Lansing residents who are leaders of the local jazz community. Thanks, Gregg and Lois. In these times, toilet paper is indeed welcome.

Those updates are twice-daily web stories in midafternoon and again at midnight. We also email them to 8,000 recipients of the City Pulse newsletter. You can sign up for our enewsletter on our home page, www.lansingcitypulse.com.

Those updates are written by our staffer Kyle Kaminski. He's working seven days a week to help keep our readers informed. His updates aggregate news locally and beyond. If you

OPINION



BERL SCHWARTZ

want to limit your exposure to bad news (good luck), his updates are concise briefings with links to stories and other information.

The pandemic has turned things on its head as far as how people access City Pulse. In March last year, City Pulse's website had about 100,000 pageviews. This March it was about 300,000. Conversely, our print distribution has declined by about half, to about 8,000 copies. Your best bet for finding us include Meijer (except for Bath Township), Whole Foods, Better Heath Store, Speedway (in some locations you may need to ask at the register), Fresh Thyme and our many boxes around town. Our list of distribution points can also be found at www.lansingcitypulse.com under the "distribution" tab near the top.

Top of the Town

Next week was to be the big reveal of the top five in our annual Top of the Town contest. But some businesses have asked us to postpone Round II until they return to normal operations. We may even just start over. Nominations fell way off this year as the pandemic spread, so rebooting may

be the way to go.

I will share with you the results of the shrunken contest for best candidate for the Democratic nomination for president. It started with nine. By the time round one was over, we were down to two: Joe Biden and Bernie Sanders. Biden is well on his way to being the Democratic nominee — but might not be if the election were held just in Greater Lansing. The results: Sanders: 261, Biden: 78.

Restaurant guide coming

City Pulse has created a guide to restaurants and carryouts that are open for pickup and/or delivery. We published the list March 18 in print, which you can access online in the "food" section of lansingcitypulse.com.

Next week, we will reprint it in a pullout section as a salute to restaurant owners and staffs for serving our community. We encourage our readers to order in or pick up — experts say cooked food doesn't convey the virus — and to buy gift cards as a gesture of support.

City Pulse Fund

In January, we launched the City

Pulse Fund for Community Journalism — not knowing how timely that would be. City Pulse has accepted donations since we started in 2001, but the Fund, which is an educational nonprofit, allows tax deductions. (Under virus-related emergency legislation, you can deduct up to \$300 in donations to nonprofits without having to itemize.) As we continue to operate with drastically reduced ad revenue — virtually all our revenue — support for the Fund has become critical.

We hope you will share the sentiments of one contributor who included this note with a check: "My wife and I recently moved to Lansing and have been extremely impressed with the quality of your reporting. We want to ensure that your outstanding journalism continues during the COVID-19 crisis and beyond."

To donate by credit card, please go to lansingcitypulse.com and look for the banner ad on top of the home page, or mail checks made out to City Pulse Fund to City Pulse, 1905 E. Michigan Ave., Lansing, MI 48912. If you wish to set up a monthly gift, please call Suzi Smith at (517) 999-6704 or email her at suzi@lansingcitypulse.com and she will contact you.

Please be safe.

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

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'This invisible population'

Homeless shelters full amid COVID-19 pandemic

The Lansing Police Department reportedly dropped off a man beneath a bridge last weekend.

He was so intoxicated that he couldn't walk and was known by local officers to be homeless, according to reports overheard on the police scanner last weekend. And with local shelters full and hospitals restricting guests, officers weren't having much luck finding him a place to stay.

"I mean, we have no resources for this gentleman," an officer can be heard telling dispatch.

After several minutes of searching, they turned him loose to sleep under a bridge — in a thunderstorm.

"I think that's the best we got right now," an officer said.

Officials couldn't verify details of the incident, as first reported on Facebook by local resident Loretta Stanaway, but audio recordings confirm the narrative.

And it's a poignant example of what advocates are labeling as an increasingly dire situation facing the homeless community in Greater Lansing amid a growing global pandemic.

At least two or three dozen people in Lansing, likely more, are camped out at parks and wooded knolls, underneath bridges and inside empty buildings. Local homeless shelters have reached capacity. And this week, many more will have nowhere to turn as COVID-19 spreads.

Susan Cancro, director of Advent House Ministries, operates a street outreach team in Lansing. Typically, they'll find about a dozen people routinely living outside, sometimes more in the warmer months. Volunteers usually hand out donated food and point them toward help.

But last weekend, Cancro counted at least 24 people sleeping outside in Lansing — some fortunate enough to have tents, others with nothing more than a few layers of coats and some cardboard. And without some extra space for the homeless, Cancro has nowhere to send them.

"One of the guys told me that he was hungry," Cancro said. "The dumpster he usually eats at was empty this week. This is a level of extreme poverty that it's almost a different world. These people are living underneath society in a lot of ways, and what little they have is going away."

Michigan has tracked more than

5,000 confirmed cases of coronavirus over the last two weeks. And concerns of transmission among the homeless are often exacerbated by crowded living quarters, extreme stress, inadequate health care and poor hygiene, nutrition and sleep.

No COVID-19 cases have been confirmed among the homeless in Lansing, officials said. But at least two local homeless people have been labeled with "presumptive positive" cases and have since been quarantined at an unnamed hotel in Lansing until they can be tested for the disease.

Many local advocates, however, fear that a surge of confirmed COVID-19 cases among the homeless is wholly inevitable. And at least as of this week, options for shelter were running dry.

"This is one of the most challenging communities to serve in this kind of crisis," said Sharon Dade, director of the New Hope Community Center, a shelter with about 88 beds. "Right now, the big question for us is about capacity. We don't have a plan for that right now."

Homeless shelters in Greater Lansing were at their limit last week. The Rescue Mission's shelter on Michigan Avenue was maxed out with 80 guests and isn't accepting overnight stays until April 13, an effort that also mandates existing guests stay inside and isolated from others.

Dade occasionally finds space for a few at New Hope Community Center as some of her 88 guests leave to find other places to stay, but she expects those openings to be fewer and further between. Volunteers are working around the clock to find as much support as possible, in some cases putting people up in local hotels, but resources — and physical space — is still limited.

Dade also hopes to finalize plans for a larger overflow space soon, including the possibility of using local hotels or other mostly vacant buildings in Lansing. Shelters are also being forced to lean more heavily on temporary staffing as the number of volunteers continues to dwindle.

"We're just at the front end of what's coming for the homeless community," Dade added. "I really think that as a society, and as we started to think about this virus, we thought about ourselves, and then the elderly and now we're looking at the homeless. It's just this invisible population that really goes unnoticed unless there's a voice out there advocating for them."



Kyle Kaminski/City Pulse

A crowd gathers outside the City Rescue Mission on Michigan Avenue for take-out meals on Monday.

Under a statewide directive issued earlier this month, all retailers in Michigan have stopped accepting empty bottles or cans for their usual 10-cent deposit. And Dade said that inadvertently cut a significant revenue stream for the homeless with nowhere else to turn.

Kim Coleman, director of Lansing's Department of Human Relations and Community Services, said the city has temporarily put up a few families into local hotels as broader efforts continue this week to find other options for temporary locations to house the homeless.

And hindsight is 20/20, she said.

"We're going to be much smarter, and much faster and far more strategic after all of this," Coleman added. "We're working to help solidify plans. Everyone is working hard and after all of this is over, we're all going to be much stronger together should any other crisis occur here."

Charitable meal services — including those at City Rescue Mission, New Hope Community Center, Advent House, Salvation Army and the city's Mobile Food Pantry — have largely continued as normal, though all of them closed dining rooms in favor of a to-go box format.

With some help from Lansing City Councilman Brandon Betz, several local volunteers also established the Lansing Area Mutual Aid network last week. The expanding local collective simply aims to connect existing community resources to those in need, as quickly as possible.

"At the city level, we've been talking about giving housing vouchers to those who need them or opening up space that can be used at hotels," Betz added.

How to help

- The City Rescue Mission has stopped accepting all personal donations from individuals for fear of viral contamination, but still welcomes monetary support online at bearescuer.org.
- New Hope Community Center may need more food in the near future but right now needs sanitizer, cleaning products, gloves and masks.
- Advent House needs volunteers, including those willing to pack and deliver sack lunches and dinners for the homeless. Call 517-485-4722.
- Visit facebook.com/lansingmutualaid for more information about Lansing Mutual Aid.
- The Islamic Society of Greater Lansing and Care Free Medical will provide free boxed lunches, catered by Sultan's Mediterranean Cuisine, from 12-1 p.m. on April 2 at the Care Free Medical Parking Lot, 110 W. Michigan Ave., Suite 1200.

"We've also been talking about hand sanitization stations to make sure people are better able to stay clean and protected at this time."

Joan Jackson Johnson, Coleman's predecessor, still volunteers in Lansing and helped to pass out meals at Advent House in recent weeks. Cancro said three weekends ago, they served about 200 meals together. Two weekends ago, it was 300 meals. Last weekend? More than 500.

"One of the biggest challenges is the lack of volunteers. People are afraid of the homeless population and what they may be exposed to, so they're just disappearing," Jackson-Johnson said. "Things are usually tight during the good times for these folks, so they're not better now."

— KYLE KAMINSKI

6. New host

The immune system is the final link to stop the virus. Older adults and people with severe medical conditions seem to be at higher risk.

Break the chain:

- Support your immune system (ie: sleep well, drink lots of water, exercise, eat healthy foods, manage stress.)
- If caring for someone with the disease, take precautions to minimize your exposure to the virus.



5. Entry portal

The virus can enter the human host through the respiratory system (nose & mouth), and eyes.

Break the chain:

- Assume everyone is infected. Maintain a safe distance of at least 6 feet.
- **Do not** touch your face unless your hands are extremely clean.

4. Transmission

The virus spreads to a new host through direct or indirect contact.

Break the chain

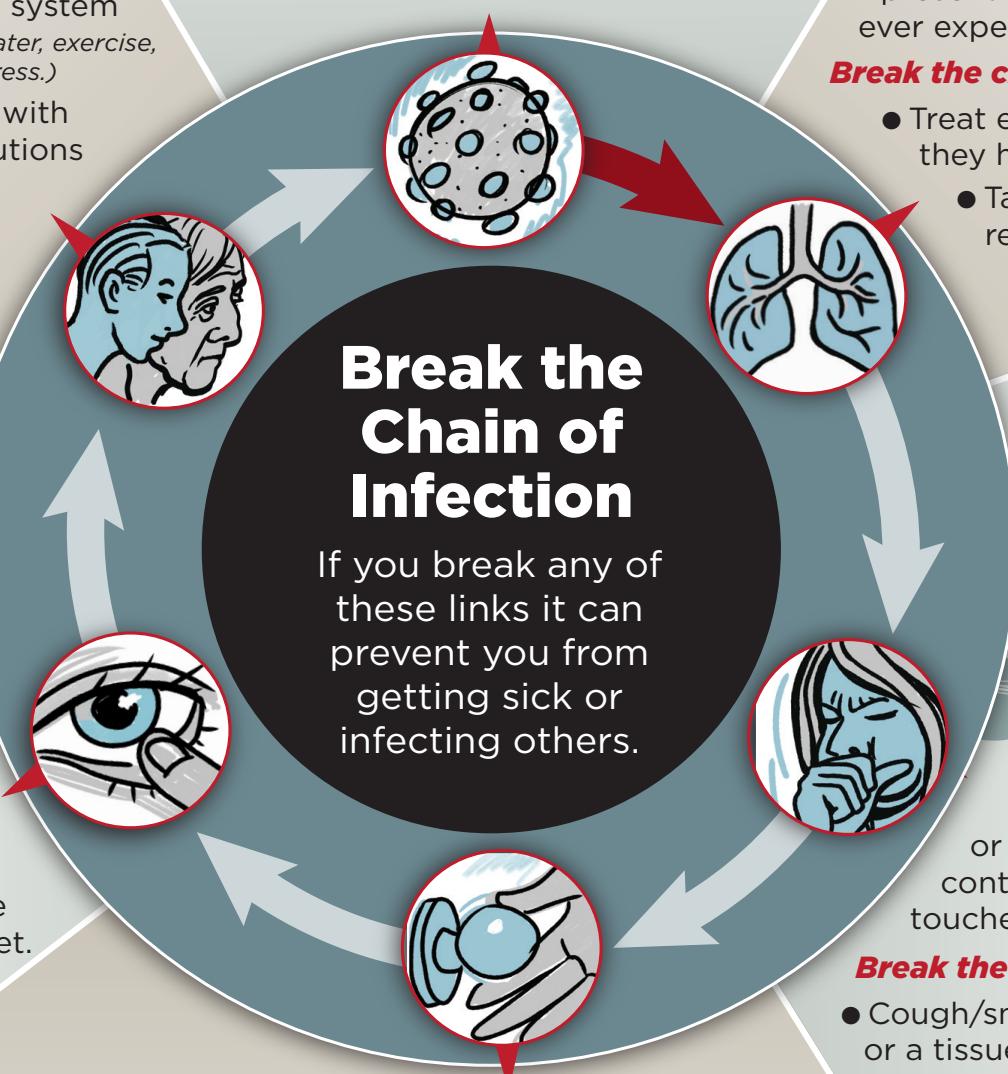
- Stay home (social distancing).
- When with others, do not shake hands with or hug them. Always maintain a safe distance.
- Avoid inhaling infected droplets from someone coughing, sneezing or talking in your face. (Infected droplets are thought to survive for up to 3 hours in a closed space.**)

1. The Organism

The coronavirus. CoVID 19 is the illness caused by the virus. (For more information, visit the CDC, WHO, and NIH* websites.)

Break the chain:

- Prevention, not panic. Take calm, decisive action.
- Kill the virus with proper hand washing. Don't touch your face with unwashed hands, practice social distancing, and disinfect personal surfaces frequently touched.



Break the Chain of Infection

If you break any of these links it can prevent you from getting sick or infecting others.

2. Reservoir

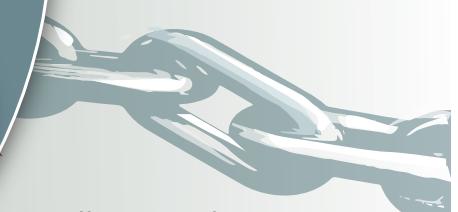
The virus thrives in our respiratory tract, but it can survive on surfaces outside the body from three hours to three days. Infected people can be contagious before symptoms present themselves or without ever experiencing symptoms.

Break the chain:

- Treat everyone as though they have the virus.
- Take precautions to reduce transmission.

3. Exit portal

The virus exits the body in infected droplets spewed into the air by coughing, sneezing



or talking and can contaminate surfaces touched by unwashed hands.

Break the chain:

- Cough/sneeze into your sleeve or a tissue, not your hands.

(Virus can spread by shaking hands and touching public surfaces (credit cards, money, gas pumps, keyboards, store products, cash machines, etc.)

- Throw used tissues into trash right after use..
- Wash hands as soon as you get home.
- Self isolate. Avoid crowds.
- Stay at least 6-feet away from others.

Trump messes with the wrong ‘woman from Michigan’

I'm not sure President Donald Trump meant to create a viral hashtag when he referred to Gov. Gretchen Whitmer as the "woman from Michigan," but he did. (#thatwomanfromMichigan).

And now he may have a bigger issue than simply elevating the national profile of a first-term governor from a state that's politically relevant to his reelection.

Panning any governor at a time when citizens are rallying around political leaders who are exhibiting leadership and advocating for their residents during these historically unnerving times of coronavirus isn't advisable.

Minimalizing a female governor, in particular, is politically like grabbing a downed powerline with your bare hands to see if it's live. It's stupid and unnecessarily risky.

Trump tried Friday night to snidely belittle Whitmer with his "Gretchen 'Half' Whitmer" tweet. Instead he threw a log on the rekindled fire of that pro-woman pink wave that swept a number of (particularly female) Democratic candidates into office in



2018.

This isn't a social media phenomenon, although the stream of pro-Whitmer traffic is notable.

Whitmer's response to the "woman from Michigan," comment ("Hi, my name is Gretchen Whitmer, and that Governor is me ...") had 229,330 likes as of Tuesday. That's 100,000 more than Trump's "half-wit" jab tweet.

Detroit Free Press columnist Mitch Albom lit up Trump with a front-page column that stayed on the top of the newspaper's home page all day Sunday.

A Farmington Hills entrepreneur told the Free Press that since she rolled out her "I stand with that woman from Michigan" t-shirt, "I have almost doubled my revenue."

For at least a weekend, the dark horse governor whose claim to fame nationally up to this point was giving a fine State of the Union response was the go-to guest on the national talk shows.

Between last Friday and Monday she was a guest on at least the "PBS News Hour," Wolf Blitzer's show on CNN, "Pod Save America," "Meet the Press," "State of the Union" with Jake Tapper and CNN's morning show.

Commenters across the country are suggesting Michigan's 49th governor

should be Joe Biden's running mate.

Washington Post columnist Karen Tumulty joined the chorus Sunday with a piece titled with the blunt headline "Why Joe Biden should pick 'that governor' to be his running mate."

New Jersey political columnist Alan Steinberg kicked off his Monday column this way: "Due to intervening events, the case for Gretchen Whitmer as Joe Biden's running mate has become compelling, almost uncontested."

Even the number gurus at fivethirtyeight.com has Whitmer in the mix for potential candidate.

But whether Whitmer gets the No. 2 slot is secondary to Trump igniting passion against her when folks are already on edge. They're bottled up in the homes.

Folks are starving for news right now. We've never been through something like this before. We want to know what's going. We're reading the news sites, catching up on their social media pages.

We're soaking this stuff up and not through the same filter we read the news when life was normal. Life is far from normal. We're debating trips to the grocery stores because we don't want to come home with COVID-19.

As I said last week, political backbiting right now is a big turnoff.

Whitmer made her point about the federal government's perceived "porous" coronavirus response and a need for more federal leadership.

It's an observation other governors probably have made, but they weren't interested in sparking a tussle with Trump over it.

Whitmer has never been intimidated about calling out someone out or making a point, so she did.

She smartly backed off this line of attack by Friday night and by Monday said to CNN, "The enemy is COVID-19. We are not one another's enemy and we're working really hard to build relationships with the federal government spending quite a bit of time on the phone with the vice president, as well as the administrator at FEMA and the Army Corps of Engineers."

By Tuesday she was writing a joint letter with Republican Maryland Gov. Larry Hogan in The Washington Post about what the states need from the federal government. It, too, focused on a need to work together.

Who knows? This could be another flash in the pan. A splash in a large body of water.

But polling today shows Whitmer, Ohio Gov. Mike DeWine, New York Gov. Andrew Cuomo and other governors are earning themselves the respect of a supermajority of residents, many of whom are paying attention.

Trump being Trump worked when times are normal. It's hard to see how it's going to work as long as times are far from normal.

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

'Another stop on the struggle bus'

Some tenants can't — or won't — pay rent this month

Savannah Detzler lives at Capitol Manor in downtown Lansing. She is not planning on paying rent today.

"They have signs up saying that rent is due but that maintenance won't come directly into your apartment," she said, then added with a laugh, "They also sent us an email that listed agencies where we could get welfare, stuff like that. Pretty cool."

On March 20, Gov. Gretchen Whitmer issued an executive order to ease the burden on tenants during the coronavirus outbreak. It allows all tenants to remain in their homes even if they cannot stay current on rent. The order also enables courts to postpone eviction proceedings until after the crisis has calmed down.

The executive order is in effect until



Savannah Detzler, a laid-off restaurant worker, says she is unable to pay her April rent.

11:59 p.m. April 17.

"We continue to urge all Michigan families to remain focused on putting

their health first and making smart decisions to help slow the spread of COVID-19," said the director of the

state Labor and Economic Opportunity Department, Jeff Donofrio.

According to MichiganLegalHelp.org, while landlords cannot evict tenants as of now, once the crisis is over they will have the ability to start or continue pursuing an existing eviction case. If a tenant is unable to keep up rent payments during the crisis, landlords can start an eviction case when the executive order is no longer in effect.

As Detzler put it, "They still want their money."

Efforts to reach landlords for this story were unsuccessful, despite calls and emails to 20 different property owners and managers.

Detzler is a server who works for tips, so she sent an email to her landlord that paying rent would be impossible. She is one of many people out of work after Whitmer's March 20 executive order that shuttered dining rooms

See Renters, Page 12

**NOTICE
TO
QUALIFIED ELECTORS OF
CHARTER TOWNSHIP of LANSING
FILING DEADLINES**

Partisan candidates running for elected office in the Charter Township of Lansing must file with the Township Clerk by April 21, 2020 at 4:00 p.m. Petition Forms and Affidavit of Identity are available from the Clerk's office by emailing or phoning your request to the following: Clerkaten@lansingtowmship.org, 517-485-4063. Forms will be mailed out upon request, until such time that the office is open to the public.

The following offices are to be elected for a 4 year term:
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CP#20-090

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CITY OF EAST LANSING, MICHIGAN

**NOTICE OF ADOPTION
ORDINANCE NO. 1484**

AN ORDINANCE TO AMEND SECTION 26-402 OF DIVISION 5 - SMOKING AND DISTRIBUTION OF TOBACCO PRODUCTS - OF ARTICLE VI - NUISANCES - OF CHAPTER 26 - OFFENSES - OF THE CODE OF THE CITY OF EAST LANSING, MICHIGAN, TO BROADEN TH DEFINITION OF SMOKE AND SMOKING TO INCLUDE THE SMOKING ELECTRONIC CIGARETTES AND VAPING.

THE CITY OF EAST LANSING ORDAINS:

Section 26-402 of Division 5 - Smoking and Distribution of Tobacco Products - of Article VI - Nuisances - of Chapter 26 - Offenses of the Code of the City of East Lansing, is hereby amended to read as follows:

Sec. 26-402. - Definitions.

The following definitions shall apply in the interpretation and enforcement of this subdivision:

Authorized city official means a police officer, a code compliance officer, the city manager or his or her designee, or the fire chief or his or her designee.

Cigar means any roll of tobacco for smoking, irrespective of size or shape and irrespective of the tobacco being flavored, adulterated or mixed with any other ingredients, where such roll has a wrapper made chiefly of tobacco.

Cigar bar means an establishment or area within an establishment that is open to the public and is designated for the smoking of cigars, purchased on the premises or elsewhere.

Cigarette means any roll of tobacco for smoking, irrespective of size or shape and irrespective of the tobacco being flavored, adulterated or mixed with any other ingredients, where such roll has a wrapper made chiefly of paper or other material except tobacco.

City owned, managed, operated, and/or leased facility includes city hall, the city jail, the 54-B District Court and any other building owned, managed, operated and/or leased by the city, and all areas within, including, but not limited to, private lounges, libraries, mail rooms, elevators, supply/equipment storage areas, inside loading dock areas, park pavilions and shelters, reception areas, restrooms, hallways, stairways, garages, and all lobbies and enclosed entrances, all areas within 50 feet of all entrances, and any building managed and /or operated by authorities created pursuant to law, excluding, however, streets and sidewalks and open areas within city-owned parking ramps other than booths and offices within the ramp facilities.

Employee means any natural person who is employed by an employer in consideration for any direct or indirect monetary wages or other consideration.

Employer means any person who employs the services of another individual person.

Enclosed means closed in by a roof and four walls with appropriate openings for ingress and egress.

Exit means a continuous and unobstructed means of egress to a public way and shall include intervening aisles, doors, doorways, corridors, ramps, stairways, smokeproof enclosures, horizontal exits, and exit passageways.

Health facility means a health facility or agency licensed under article 17 of the Michigan Public Health Code, except a home for the aged, nursing home, county medical care facility, hospice, or hospital longterm care unit.

Office work place means any enclosed area of a structure or portion thereof intended for occupancy in a "place of employment" by two or more employees of any employer who will provide primarily clerical, professional, educational, or business services.

Place of employment means any enclosed area under the control of a public or private employer, including charitable, educational, or nonprofit organizations, school districts, and facilities maintained or operated by public agencies of the city or county, which employees normally frequent during the course of employment.

Public place means any of the following:

(a) An enclosed, indoor area owned or operated by a state or local governmental agency and used by the general public or serving as a meeting place for a public body, including an office, educational facility, home for the aged, nursing home, county medical care facility, hospice, hospital long-term care unit, auditorium, arena, meeting room, or public conveyance.

(b) An enclosed, indoor area that is not owned or operated by a state or local governmental agency, is used by the general public, and is any of the following:

(1) An educational facility.

(2) A home for the aged, nursing home, county medical care facility, hospice, or hospital long-term care unit.

(3) An auditorium.

(4) An arena.

(5) A theater.

(6) A museum.

(7) A concert hall.

(8) Any other facility during the period of its use for a performance or exhibit of the arts.

(c) Unless otherwise exempt under this code, a place of employment.

A private residence is not a "public place" except when used as a licensed child care, foster care, or health care facility.

Smoke or smoking means the lighting, inhaling, exhaling, or burning, or carrying of any lighted cigar, cigarette, tobacco, weed, plant, or other similar article or combustible substance in any form or the inhaling and exhaling of any product containing nicotine including electronic cigarettes and any other device that can be used to produce vapor for the purpose of inhaling and exhaling the vapor.

Tobacco specialty retail store means an establishment in which the primary purpose is the retail sale of tobacco products and smoking paraphernalia, and in which the sale of other products is incidental. Tobacco specialty retail store does not include a tobacco department or section of a larger commercial establishment or any establishment with any type of liquor, food, or restaurant license.

Jennifer Shuster
City Clerk

CP#20-089



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Sheriff: Some businesses ‘pushing boundaries’ of lockdown order

With top state officials projecting the crest of detected COVID-19 cases in Michigan to still be “several weeks” away, many nonessential businesses may be forced to remain shuttered through at least the end of April. And Greater Lansing appears to be taking it in stride.

But while many entrepreneurs have fallen into compliance over the last week, either telling their employees to work from home or closing their doors altogether, some retailers across Greater Lansing have needed an occasional nudge from law enforcement over the last few days.

“We’ve received some guidance from the state, but there have been some people pushing the boundaries of this order by three or four extra degrees of separation,” explained Ingham County Sheriff Scott Wriggelsworth. “It’s not quite as easy to enforce as people would believe.”

Businesses that may remain open must screen their employees daily for the virus, including taking their temperature and asking if they have any other symptoms. Ingham County Health Office Linda Vail executed the emergency order over the weekend.

Despite federal guidance released last week that suggests nationwide social distancing measures should remain in place until at least April 30, Gov. Gretchen Whitmer, as of Tuesday afternoon, hasn’t yet extended her “Stay Safe, Stay Home” order in Michigan beyond April 13.

At least until then, many businesses that haven’t been deemed as a “critical infrastructure” workplace will be required to keep shops closed. But that order has left some room for entrepreneurial interpretation and required several warnings, authorities told City Pulse.

Officials wouldn’t elaborate on which businesses were warned, but cited no ongoing problems. Wriggelsworth said his deputies have fielded calls about gun shops and golf courses, but none remain operational in Ingham County.

“I expect that we’ll have to do something more eventually but we’re trying to use direct enforcement as a last resort,” Wriggelsworth said. “For the most part, I’m impressed with how willing the public has been to comply with this order, as difficult as enforcement might be.”

“Critical” employers are broadly

defined into several categories, including health care; food and farming; waste treatment; law enforcement and public works; transportation and logistics; communications and information technology; critical manufacturing; and financial services.

State officials have since clarified the rules over the last week. The “essential” employee list now includes those in child care; the insurance industry; critical labor union functions; charitable efforts and “minimum basic operations” to maintain their inventories, equipment and security.

Authorities have also closed down bottle returns; golf courses; RV and car dealerships; most bike shops and construction projects; real estate brokers; shooting ranges; tobacco shops and hookah lounges; car washes; massage parlors; craft and fabric stores and furniture deliveries.

The order must be construed broadly to prohibit in-person work that is not necessary to sustain or protect life. In close or doubtful cases, employers should not designate workers for in-person work. The takeaway: Better to be safe than worry; Don’t prioritize profits over safety.

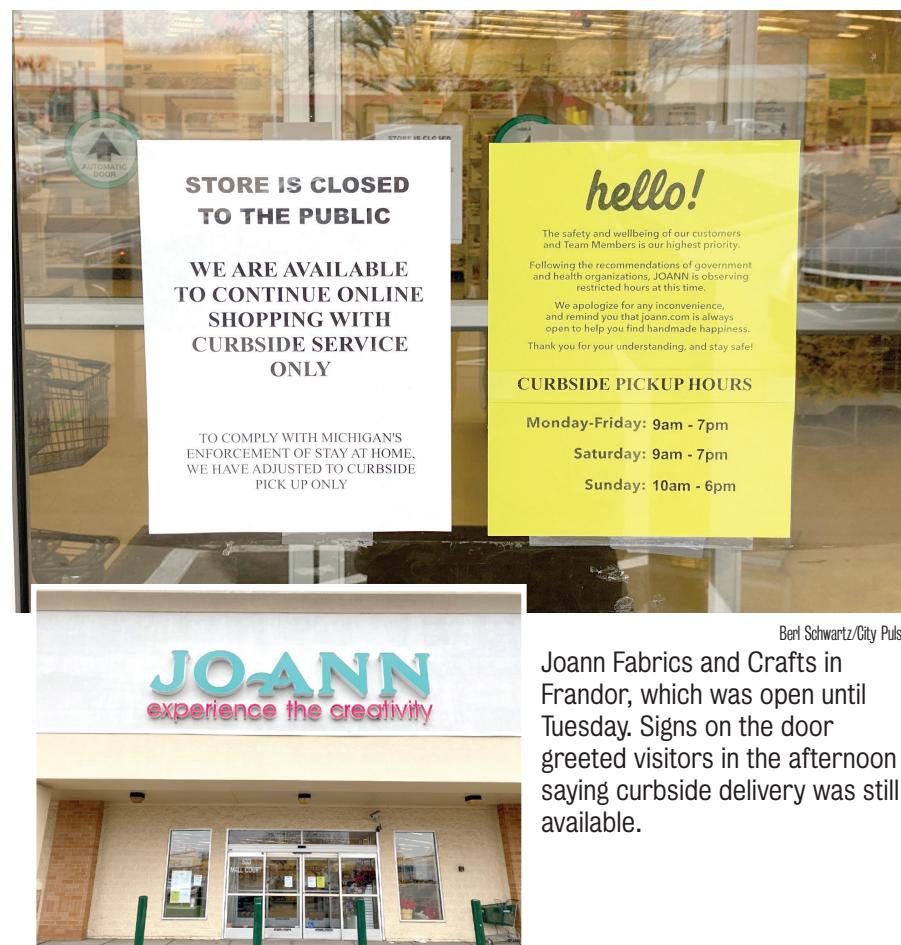
Attorney General Dana Nessel has instructed residents to contact local law enforcement (on their non-emergency numbers) to report suspected businesses in violation. And Wriggelsworth said that gives his deputies discretion to decide what is deemed essential.

“We’ll hear them out as to why they think they’re essential,” Wriggelsworth said. “It can be a pickle for us. We’re getting calls, making contact with those businesses, listening to their stories and making decisions from there. Some of them made sense. For the most part, it’s been fine.”

At least two Joann Fabric and Crafts stores in Lansing were open to the public until Tuesday. Late Tuesday, Nessel said the stores may stay open but only for curbside pick-up. Joann executives had argued their stores were essential because people could buy materials there to make masks. Nessel ruled that such needs could be met through online orders and curbside pick-up.

At least two tobacco shops were also open in Lansing last week but appear to have since closed.

The Lansing Police Department is referring to businesses and citizens to first review the governor’s order.



Berl Schwartz/City Pulse

Joann Fabrics and Crafts in Frandor, which was open until Tuesday. Signs on the door greeted visitors in the afternoon saying curbside delivery was still available.

Businesses that are in apparent violation are warned and eventually ticketed. Several warnings have been issued; Officials declined to elaborate on which types of businesses.

“All that have been contacted are explained the executive order in detail and asked to comply,” according to a recent statement from an LPD spokesman. “This has proven to be successful.”

Ingham County Prosecutor Carol Siemon said her focus, as of last week, was about warnings and education. But she recognized that misdemeanor charges will likely be issued in the future. Those tickets, if issued, wouldn’t be processed until local courtrooms resume usual operations.

She advises local cops to first warn suspected violators, check back the next day and issue tickets only if they remain in “clear violation” of the order. An emphasis, as recommended by state officials, should be placed on businesses that directly support, sustain or protect life, she said.

Under executive order, nonessential medical operations and surgeries are also supposed to be postponed until

after the state of emergency has been lifted. Many surgery centers and hospitals in Lansing had called off elective operations by late last week.

Those violations could also be misdemeanors, but a spokeswoman for Nessel’s office last week told MLive that the state wouldn’t “dictate services physicians choose to perform” and “won’t interfere with the doctor/patient relationship,” leaving doctors with near-unilateral discretion.

Under Whitmer’s executive order, restaurant dining rooms also remain closed, alongside other places like gyms, spas, theaters, hair and nail salons, tattoo shops and other retail operations.

The empty streets have also curbed reports of crime and other emergencies, officials said.

“As more and more people are getting sick, I think the seriousness of this pandemic is really starting to set in with people,” Wriggelsworth added. “We were worried that we’d be busier than usual, just with all the unknown, but it has actually been quite the opposite. It’s quiet.”

— KYLE KAMINSKI

Renters

from page 9

of restaurants and cafes and other non-essential businesses. She has received no response from Capitol Manor so far.

Elizabeth Topp also sent her landlord a message to let him know that she and all of her roommates would be going on rent strike. Topp said that the letter attempted to communicate that, in this time, tenants and landlords can work together to achieve common goals like a statewide moratorium on mortgage and rent payments. She, too, received no response.

Even if Topp could pay rent, she said, “I would be choosing not to in solidar-

ity with the millions and millions of people who can’t pay rent this month and the next month and the month after that.”

Topp has a mom and pop landlord. She said she understands that her is not some detached millionaire. Her refusal to pay rent is not an attempt to wage a war with her landlord, she said.

“We don’t necessarily have an adversarial relationship with our landlord,” she explained. “The battle is really between renters and tenants and mom and pop landlords against the banks and the state.”

With a laugh, she added, “They can’t evict us all.”

For Topp, the COVID-19 outbreak emphasized the value of having a stable home. She has been finding solace

in the displays of solidarity she has seen around her.

“In a crisis, what we have is our home. What we have is each other,” she said. While she and her roommates are nervous about the future and concerned about the state of the world, there is also something hopeful to them about watching the cracks in the system widen.

To Detzler, this moment in time feels like the beginning of meaningful societal change. She said, “It just feels like we’re all waiting for stuff to go down.”

Like Topp, she feels this crisis is illuminating problems that have a long history — “another stop on the struggle bus.” She said she fears a dramatic eviction when all of her stuff gets thrown out on the lawn. Those scenarios some-

times pop into her head when her anxiety acts up.

But interestingly enough, her history of anxiety has brought Detzler some comfort in these distressing times, too.

“I almost feel like I should be more anxious,” she said. “I have anxiety and now everyone else is worried, too. I’m not the crazy one anymore.”

Detzler also cited past struggles with poverty as a strange source of comfort. Being poor with an unstable housing situation may be new to some folks, she said, but she’s been struggling to survive her whole life.

“It kinda helps that I grew up poor,” said Detzler. “When you don’t have much to lose, you’re not really afraid of losing everything.”

— COLE TUNNINGLEY

Undertow of grief

Mental health professionals remind us to breathe

By LAWRENCE COSENTINO

As you hole up in your room, waiting out a global pandemic, well-meaning advice still manages to drift under your door. Now is the time to organize your basement, write that novel, learn Hungarian, pick up the cello.

Wait — don't pull the covers over your head yet.

We asked some local mental health experts how their clients and patients are coping with a flood of fear, isolation and anxiety. Yes, there is good advice and "silver lining" talk ahead, but we've stuck to the basics, and we won't monitor your compliance, or even your attention. Radical self-acceptance is the order of the day. Pull the covers back up whenever you have to.

In case your frazzled attention span doesn't make it to the last paragraph, here's the executive summary: take care of yourself, try to eat well, move around, help others if you can, accept help gracefully if you can't, and forgive yourself if you fall short. Tell your loved ones you love them, and why you love them, as if you won't get another chance. Odds are you will, but it never hurts.

This is not a test

One minute you're strong. You've got this. The next minute you're sobbing. It feels like someone has grabbed the remote for your gut.

Mental health professionals have an unexpected but familiar word for it: grief.

The sudden loss of normal life, on a vast scale, has turned therapists and psychoanalysts into mass grief counselors.

Peter Wood is a psychoanalyst based in East Lansing. He's been doing psychotherapy for about 30 years, first for St. Vincent Catholic Charities, the last 15 years in private practice.

"People may not be aware of feeling grief,



Wood



Stanford

but it's operating at an underground level," Wood said.

Merry Stanford, a psychotherapist and clinical social worker for 26 years, is helping clients who are grieving for a normal life. (Stanford and Wood are married to each other.)

"Besides losing a world that feels safe and predictable, we've lost contact with loved ones, through gatherings, birthday parties, dates, weddings," Stanford said. "People aren't able to touch or get face to face with people they care about, and that's a huge loss. People are feeling unrecognized grief about that."

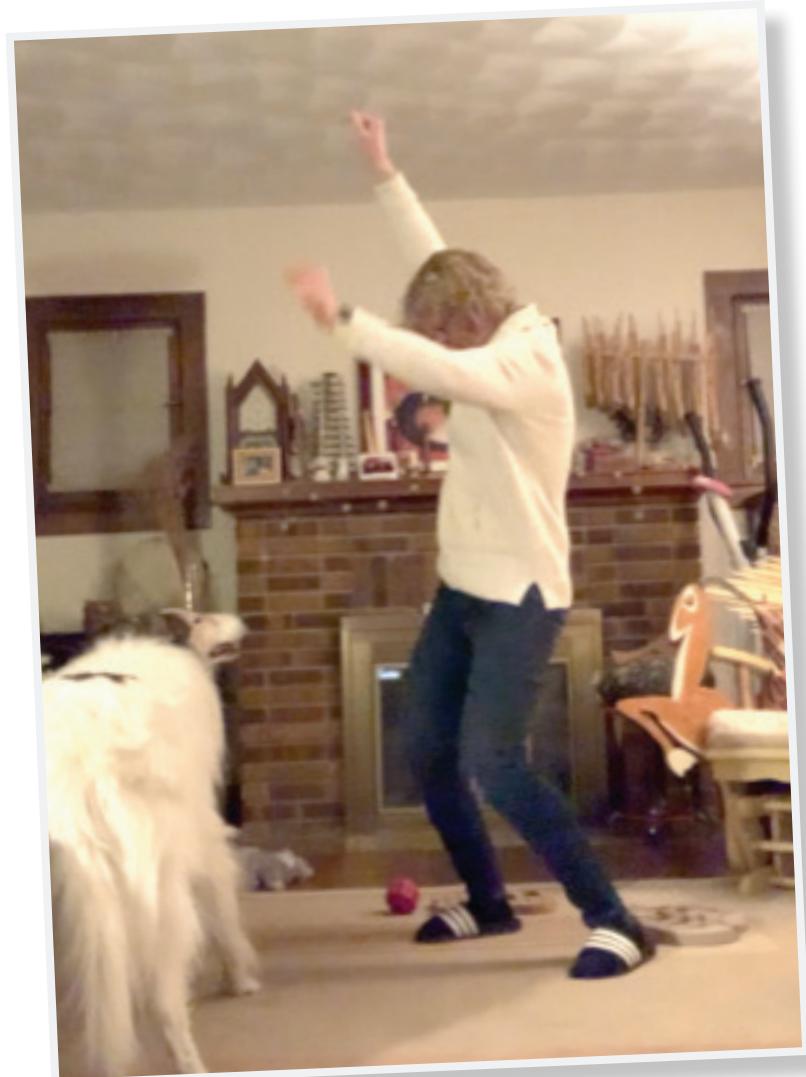
Grief doesn't follow a formula. It flares up and subsides in unpredictable ways.

"Some of my patients intensely identify with people who are suffering out there, who may be alone, sick and alone, maybe dying and alone, and they're torn up about it," Wood said.

Gretchen Morse, a certified stress therapist coach (and principal oboist of the Lansing Symphony) sees a wicked undertow of grief in the ebb and flow of anxiety over the coronavirus.

"It's not a linear process," Morse said. "It's not, 'You go through these five steps in a row.' We don't always know what's set it off. We are constantly having to make adjustments inside to these new norms

See Grief, Page 14



Courtesy photos

Stress therapist (and Lansing Symphony oboist) Gretchen Morse burns off anxiety in quarantine by dancing to the Talking Heads with her dog, Pilot.

Grief

from page 13

that are unfolding in front of us."

Mental health professionals differ in their areas of specialty and approach, but nearly all of them agree that maintaining daily stability and staying connected to others are two key tools for dealing with anxiety and grief.

"Create a routine for yourself," Stanford said. "Connect with the people who love you."

Shawn Johnson has practiced couple and family therapy in Okemos, Lansing and East Lansing for almost 30 years.

"What I've found is that the people who are doing better are those that have a daily routine so things can have some sense of consistency across days," Johnson said.

She suggests that her clients shuffle off to the "home office," even if it's a few steps away, at the same time they used to go to their outside office. Sleep patterns shouldn't change.

"Begin and end your day at the same time," she said.

"Get out and walk the dog for 20 minutes in the morning and 10 minutes in the evening. Smell the wind. If the sun is out, all the better."

Taking care of the body is key to emotional and mental health. That includes eating healthy food, allowing for a comfort food binge now and then.

"If you're in a low mood, these things are harder to do," Johnson admitted. "Everybody won't make the best choice all the time, but we try."

Those who are up to it might consider grasping the reins more firmly and use their quarantine time to try something more ambitious.

"Do we sit there and watch another movie, or learn something we've always wanted to learn?" Johnson said.

One family Johnson is working with is collectively studying a foreign language and planning a trip to the country where it is spoken.

But she knows that many people just can't mobilize positivity on that scale.



Johnson

"When people are heading for depression or severe anxiety, it's hard to say, 'Oh, I'll learn a new language,'" Johnson said. "Some people aren't even getting out of bed."

In that case, she suggests doing one positive thing for yourself a day. "Call a friend you haven't talked to in forever," she said.

Morse said it's not a good idea to look at the coming weeks as some kind of test.

"We walk a thin line when we ask people to be creative or productive in this time," Morse said. Stories are circulating about writers, artists and scientists who produced great work in time of quarantine.

"It's wonderful if you can do that, but we have to be careful about not putting pressure on people," Morse said. For some people, rest is what they need."

Therapists are hearing a lot from families and couples cooped up in close quarters.

Wood advises them to "catch each other being good."

"Notice and appreciate what's going well. The more you see it and say it, the better you'll feel," he said.

They tell their clients that privacy is still possible.

"We need a balance of together time and alone time, and people vary in what they need," Stanford said. She recommends claiming a corner or room as one's own, using noise canceling headphones, or even going out to the car. "I have people who do their therapy sessions in the car to get their privacy," Stanford said. "There are ways to be private, even in a house with eight other people."

Shoots of spring

Mental health professionals are telling their patients and clients that it's all right to find whatever silver linings they can find, even in the midst of a pandemic.

They're following their own advice. In Morse's case, she's connecting in a deeper way, and more frequently, with old friends than her former hectic schedule allowed.

"Some days they're up, and helping me more, and some days I'm helping them," she said. "We're in it together."

Stanford is noticing more and more shoots of positive action and thought coming up through the chaos.

"At first, we were all just walking around in shock," Stanford said. "That's normal. That's the beginning of grief."

Now we're getting to the place where people are mobilizing."

She marvels at the proliferation of online gatherings, from virtual parties to virtual religious services.

"The positive use of the Internet has totally astonished me," Stanford said. Like all of the colleagues, she has moved to tele-health to keep supporting her clients.

"To be honest, it's something I never wanted to do, but it's working quite well."

Personal conversations between family members and friends have taken on a greater urgency and weight.

"I don't think of the Internet as a place for deep conversations, but that's what's happening now," Johnson said.

She has also been amazed, not only by the selfless and dedicated work of doctors and nurses on the front lines of the fight against the coronavirus, but also by the outpouring of mutual support and volunteer work throughout the community, on large and small scales.

One of her friends is sewing face-masks. A bored neighborhood boy is walking dogs for elderly people who are confined to their homes.

"Any way we can find to contribute to others builds community and makes us feel less anxious, because we're doing something," Johnson said.

Wood said the crisis is an opportunity "to operate out of the best of ourselves." Stanford agreed.

"When we reach out to each other, keeping track of the vulnerable among us, when our churches are making phone trees and checking in with people, that's when our optimism increases, our gratitude increases," Stanford said. "All the things that assure a thriving society are present when we make a choice to connect and help each other."

Take a breath

Most mental health professionals have moved their sessions to Zoom or Skype, but that option wasn't open to Morse. Morse uses neuro-feedback to help her clients physically alter their brain wave patterns to reduce anxiety, mood swings, anger, pain, sleep problems and a range of physical and behavioral issues. The therapy involves putting contact points on her clients' foreheads. For a while, she kept up the therapy, using extra precautions, but she shut her Okemos business to physical visits two weeks ago. That left a lot of clients without help when they needed it most.

"It was an agonizing decision to make, but I think it would have been made for me a few days after I did it," she said.

But she stays in touch with her clients weekly and recommends the same coping strategies many therapists and psychoanalysts agree on.

"The biggest one is limiting the news and choosing reliable sources," Morse said. "The next is walking or moving, as able."

Morse said walking "burns off" anxiety, the same way it burns off calories.

"In our field, we define anxiety as energy with no place to go," Morse said. "Just as we have to metabolize what we eat, we have to metabolize what we're feeling. If you're angry, if you're afraid, getting outside, or just marching around the house, or up and down the stairs, can help with that bound-up energy."

Basics like nutrition and exercise

have taken on added importance, and nothing is more basic than breathing.

Morse trains her clients in conscious breathing, a basic technique of stress reduction.

"Breathing ties into so many things, particularly your nervous system," she said.

She urges her clients to spend at least five minutes a day "ratio breathing" — breathing out for a longer time than breathing in. That means that if you breathe in for three or four counts, breathe out for five or six.

The effect is calming because every intake of breath gears up the autonomic nervous system for alertness, fight or flight, and other anxious responses associated with the sympathetic nervous system. Breathing out, by contrast, activates the parasympathetic nervous system, which quiets the body and initiates the relaxation response.

She recommends spending about five minutes, twice a day, on conscious breathing — deeply, into the belly.

Our tender selves

It's a truism that difficult times remind people of "what really matters." So what really matters? That's an individual choice, Wood said.

"Many of us grow up with the very strong message that our worth is determined by other people," he said.

"We built up a shell to please other people," Stanford agreed. "That's not us."

She urges her clients to let the crust fall off.

"The days we are depressed and want to stay under the covers are the days that shell cracks a little," she said. "We need to take care of our tender selves."

Johnson said it's time to get ready for the harder times that lay ahead.

"How do you get ready? I don't know," she said. "When this news gets worse, and it's going to, we really need to stay connected with those we love. We need to have conversations like, 'This is what I love about you, what I'll never forget about you.' That kind of conversation is never out of style, but right now, it's very important."

Meanwhile, Morse is taking it day by day, like everyone else. Music gigs have dried up and she can no longer get in the same room with her neurofeedback clients.

"I'm not able to make a living right now, but I'm still working," she said. She's catching up on webinars in her field, practicing the oboe, and taking time for physical escapades of all sorts, including dancing with her dog, Pilot.

"He is ecstatic about the extended afternoon walk," Morse said.

She is staying in touch with her family and connecting with people she hasn't talked with for months or years.

Every afternoon, her faith community (Morse is a Quaker) has a 5 p.m. virtual social hour.

Contrary to what some music snobs might think, she was genuinely disappointed to miss out on the Lansing Symphony's next scheduled concert, a pops concert featuring the music of Abba.

"It's great to let our hair down and have some fun — not that we don't otherwise," she said.

The Lansing Symphony's Abba blow-out has been tentatively rescheduled for June. She's looking forward to the extra practice.

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ARTS & CULTURE

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Curious Book Shop turns to GoFundMe for support

By DAWN PARKER

Ray Walsh celebrated his 50th anniversary selling books in 2019, a milestone you don't achieve in any business without trying new things.

Walsh, founder and owner of East

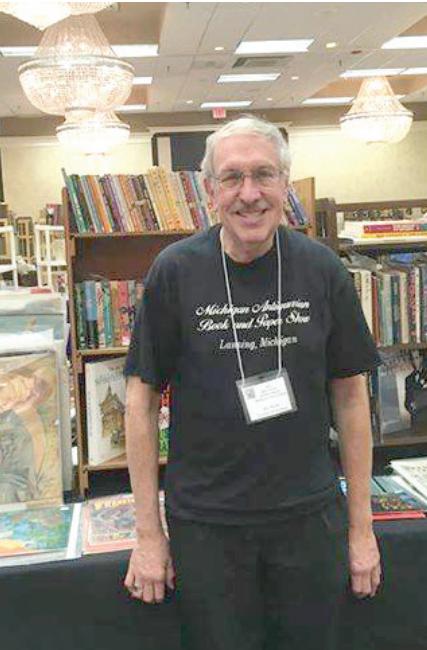
**Curious
and Archive
Book Shop
Fundraiser:**
[gofundme.com/f/
support-curious-and-archives-book-shop](https://gofundme.com/f/support-curious-and-archives-book-shop)

Lansing's Curious Book Shop and Archives Book Shop, has to be more adept than ever this week. He's turning to a GoFundMe campaign to keep his shops open in the face of a minimum six-week closure due to the coronavirus.

As of Tuesday, the GoFundMe account had grown to \$5,299. Meeting the \$100,000 goal would "keep the lights on and the staff fed," Walsh said.

While he's not shy about using new technology to sell books — he has 500 listings on the e-commerce website Etsy.com — this is the first time Walsh has turned to an electronic fundraiser. His staff provided the initial idea, and Walsh is pleased with the response so far.

"I looked into it and said, 'You know, I've never really asked for money this way.' It's unusual for me to do some-



Walsh

thing like this, but it's a very unusual situation," he said.

"I must credit my staff, because they were quite concerned. We've had to lay off a number of people because we don't have enough work for them to do and I can't pay them," Walsh added.

Donors contributing at least \$10 may send an email to curiousbooks@gmail.com. The email should include a screen shot of the donation receipt and a preference for a favorite author or genre of books. In return, the donor will receive a "mysterious and generous array" of books from the shops' vast inventories.

Walsh first started selling books in 1969 while pursuing a communications degree at Michigan State University. After graduating from MSU in 1971, Walsh founded Curious in 1973, now located at 307 E. Grand River. Archives Book Shop, at 517 W. Grand River, opened in 1987.

Curious is known for its selection of used and rare science fiction — a Walsh favorite — while Archives' offerings include thousands of vintage postcards

Besides losing regular contact with his many faithful customers, Walsh misses his relationships with the summer reading programs sponsored by the East Lansing Public Library and Capital Area District Libraries. For many years, those who participated in the program would get a \$5 certificate to Walsh's shops.

Longtime customers like Don

Phillips of Mason are looking forward to browsing the stacks once again. Phillips, a minister at Hope Baptist Church in Mason, said he's shopped at Curious for around 15 years, sometimes making a weekly visit.

Having to stay away has been difficult for Phillips. "I enjoyed going in there. That was just really enjoying for me," Phillips said.

While he starts out by browsing the religion section, Phillips' most recent interests include the collectable leather-bound volumes kept on shelves behind the front counter at Curious.

"I look at all kinds of things — presidents, different countries, some fiction, a lot of variety," he said.

Phillips first heard about the fundraiser during a Monday afternoon phone conversation with Walsh. He said he would look into making a donation.

"It's so heartbreaking to think about these restaurants and businesses right now," Phillips said. "So yes, this is important."

As for Walsh, he is grateful.

"I want to thank all of the contributors," he said. "They are certainly helping us to survive."

Mask crusaders: Artists rally to help solve shortages

By DAVID WINKELESTERN

Chelle Peterson is the costume designer for Lansing Community College's Department of Performing Arts. She is one of many local artists applying their talents to making masks to help with critical shortages.

"Artists are givers," Peterson said. "Anything we can do to help others physically or emotionally is what drives many of us."

Before LCC's costume shop closed, Peterson brought home some fabric. "I was planning to make a mock-up of a pattern that we would use next year," she said. "I decided to make masks instead."

"I am fortunate that I have a lot of the same equipment at home as I do in the shop," Peterson said.

The fabric had superheroes on it — a coincidence, but an apt one. "Those working on the front lines truly are heroes," she said.

Julie Dodds is a Michigan State University professor, orthopedic surgeon, sports team physician and volunteer play costumer and scenographer. With theater closed and Dodds' surgeries being mostly elective, she is using her sewing talents and contacts to supply masks.

She hosted a "mask-a-thon" at a quilting and crafting retreat she owns in northern Iowa. Dodds said she recruited skilled locals to produce cloth masks, in order to help keep fellow health care workers safe. Nearly 300 masks from the event will go to physicians in

Iowa and other states, including Michigan.

Phyl Herrera builds stages, rigging, lighting and video screens for shows statewide. Recently, he heard a health care worker — his "second mom" — was only allowed one mask a week.

"That, right there, terrified me," Herrera said.

To help, Herrera spearheaded the "Local StageHands and Crafters



Herrera

Making Face Masks" Facebook group. "I've never done anything like this," Herrera said. "I got it up and running in about 42 hours."

"It's phenomenal how quickly everybody jumped in," he added.

Herrera knew first hand that crew members are used to working under pressure and, like Herrera, are all currently unemployed.

His duties include collections and drop-offs, making hospital contacts and assisting with final assembly. Up to 50 people help with the process and five or six create the masks. "We can crank out 15, 20 masks a day per person," Herrera said.

See Masks, Page 16

School of Rock's budding shredders take to online lessons

By SKYLER ASHLEY

School of Rock East Lansing, a musical education program that focuses on — you guessed it — rock 'n' roll, isn't quite ready to pack up its Stratocasters and Flying V's in face of the coronavirus.

School of Rock East Lansing Remote
locations.schoolofrock.com/eastlansing

Zoom and digital sheet music databases to create remote-access classrooms for students and instructors.

Lessons are conducted by having students connect to the Zoom video chat room with their teacher. The teacher and student then run through that day's techniques, or work on learning a new song by the likes of Led Zeppelin or Pink Floyd.

"We have existing students that have converted over to this program, as we're unable to have in person lessons," said School of Rock East Lansing co-owner Jon Jackinchuk. "We simply send them a Zoom meeting link for each of the lessons; they connect with their teachers and they're able to work on techniques and songs."

So far, 43 students — with differing skill levels and ages ranging from 3 to 50 — are taking the online courses. Parents of potential students that are unsure of the viability of online music lessons are permitted to try a sample lesson before enrolling into a full schedule. If they don't dig the Zoom format, they can continue without



Courtesy

A student musician plays along to sheet music on a tablet.

paying for future lessons.

Despite it being a new experience for School of Rock East Lansing's teachers, Jackinchuk says they are adapting to the Zoom teaching format with ease.

"School of Rock has put together a lot of good instruction manuals, tips and techniques," Jackinchuk said. "We

hold weekly calls to discuss things are working, and things we can do better. We are always looking on how to improve and provide the best possible experience. I'm really pleased with how our instructors have dove into it."

Jackinchuk believes in the power of music to provide inspiration and hope in times of tremendous stress. With

school canceled and many people left unemployed, artistic outlets can prove to be a much more productive time killer than wasting away on the couch.

"Music is always a very positive outlet. We're keeping it going. Although they can't physically connect, students are able to see each other and talk about how their day is going," Jackinchuk said. "They don't have to stop just because they're confined to their homes."

School of Rock Remote also provides a 60-day trial to Sheet Music Direct, a large database of online sheet music. Students are able to access thousands of songs for a variety of instruments, ranging anywhere from vocals to piano. It also includes the School of Rock Method app, an easily accessible portal of songs and exercises to help build music theory knowledge. Instructors can use the Method app to give students regular assignments.

While learning an instrument can be a viable, healthy outlet in the time of self-imposed quarantines, and School of Rock East Lansing is doing its best with digital classes, nothing compares to the face-to-face experience, Jackinchuk said. He eagerly awaits the day students can play together again.

"We're all looking forward to when we get back to in person — especially with what we do. We teach private lessons, but we also have band lessons," he said. "Our students get together every week and they work on their performance. That's something we can't replicate."

Masks

from page 15

He stressed that anyone could find ways to contribute during a time when all first responders need masks. "It's easy to do," he said. "All you need is the will to help out."

Dalena Cross runs the "StageHands" Facebook group. "We use the group to raise awareness, and to announce our no-contact donation pick-ups," Cross said.

Cross has worked behind the scenes at Wharton, Breslin and Lansing Centers and other Michigan venues. "Stage life is known to create a family atmosphere,"

Cross said, "So when the crisis hit, we came together as a family and decided to do something."

For more than two years, Kayla Henry acted on the theater stages. She handled vital roles in "Hairspray" and "The Great American Trailer Park Musical." Now, Henry is hand-sewing masks to fill a vital need.

She got involved after a plea from Ellie Weise, "a fellow theater friend," Henry said. "I hand-sewed a prototype



Henry

using the pattern that Ellie had posted," Henry said. "I showed my mom and she hopped on the bandwagon."

They loaded up on sturdy and breathable cotton, fun fabrics and have been making five or six masks a day ever since.

Henry has personal reasons to be concerned. "I have aunts and other family members who are health care workers," she said, "They are risking their own health to get ahead of the coronavirus."

Judy Franklin is a painter, sculpture maker, woodworker and photographer. Franklin is also a sidelined early education teacher and professional musician who understands the need for masks.

Her sister works in a busy Community Mental Health clinic. "The masks for

staff, patients, and even the custodians were nonexistent," Franklin said.

After seeing a friend's offer to make masks, "I contacted her and set her into action," Franklin said.

Sarah Klages, who owns the Wrapped in Love sewing shop in Onondaga, accepted the challenge and got them to Franklin's doorstep. "She is much faster than I. The next day I was able to drop the masks to my sister," Franklin said. "All the social distancing made it feel like a covert operation, but it was necessary for safety reasons."

Klaces is making masks for other medical professionals. "She is the true heroine," Franklin said. "The essential workers are also the heroes and heroines, putting themselves on the line every day."

Old aspirations for Internet communication become reality

By BILL CASTANIER

More than 30 years ago, when the Internet was still a vague glimmer in most people's minds, I was on former Gov. James Blanchard's Hi-Tech Task Force, which was charged with studying and issuing a roadmap for the future of technology communication in Michigan.

I still laugh how complex it was at the time to send a simple email and learn about then obscure terms like bandwidth and pinging. At the time, the commission conducted some demonstrations to show the public what the future held.

Two particular instances stand out. You've probably heard of Zoom, which has become a favorite way to conference since the pandemic struck. The commission arranged an interactive meeting — without video, since there wasn't enough bandwidth back then — between a Traverse City High School student and one in Iceland. The students were using an early form of instant messaging to "talk" with each other.

Another technology demonstration was a real-time transmission over the Internet — before the web was invented — of a speech of Blanchard's by using a court reporter to provide captioning. Today, these breakthroughs seem mundane, as folks use Web Ex, Google Hangouts, Zoom and Facetime to hold virtual business meetings and catch up with families.

One of the commission's predictions was the growing popularity of using the Internet for distance learning. In the recent storm of the coronavirus, the promise of delivering education over the web has come to the forefront. With K-12, day care and universities closed, the web is being used as an alternative to face-to-face learning.

Some parents, now home with their young children, have become de facto teachers and are learning just how hard it is to be an educator. They are feverishly looking for teaching tools and are turning to the web for answers.

The first resource that comes to mind is Google's Arts and Culture Portal, which makes possible the digital exploration of different worlds. Users can learn about history, architecture, art and myriad other topics while still relaxing in their pajamas.

The amazing array includes ran-

Digital Learning and Reading Resources to Check Out



"Answers to Your Coronavirus Questions"
nytimes.com/coronavirus-ebook



Google Arts and Culture Portal
artsandculture.google.com



TED Talks
ted.com/talks

"Carpenter's Farm,"
by Josh Malerman
joshmalerman.com



Digital Storytelling Tools For Teachers and Students
elearningindustry.com/18-free-digital-storytelling-tools-for-teachers-and-students

CADL/Ancestry.com
cadl.org/research-learn/tools/ancestry



dom tidbits such as how to cook churros, and who invented the stiletto heel, but it is especially deep in history and art exploration. It's possible to tour dozens of the world's greatest museums from a seat in front of your television.

A recent report in Publisher's Weekly said the vast majority of best-selling books now relate to teaching children. Publishers are also pushing back their spring issues to the fall, and Amazon's two-day delivery for most books has evaporated.

The New York Times, which has many online platforms to get the news out, is offering an online book, "Answers to Your Coronavirus Questions," for a free download. It includes articles on what to do if you feel sick, and how to talk with your children about the virus. You can check it out at nytimes.com/coronavirus-ebook.

Authors are also jumping on to the web wagon to get their books to the public. One of them is Michigan writ-

er Josh Malerman, author of numerous Stephen King-like horror thrillers, including his debut, "The Bird Box," which was serialized by Netflix. You can read online installments of his new book "Carpenter's Farm" by accessing it at joshmalerman.com.

Another untapped world out there are the incredible TED Talks, which

are lessons unto themselves. For example, watch Bill Gates 2015 TED Talk on why the world's not ready for the next viral outbreak.

With a little bit of work, and a free Zoom connection, parents can also introduce their children to collaboration using online processes. Google Docs is also a good substitute.

Teaching storytelling online can be fun, and there are apps galore to help create comic and graphic novel style stories, such as SlideStory and Smilebox. Explore the apps by Googling: "18 free digital storytelling tools for teachers and students." There you can find a list of free Google and Adobe tools for digital learning; 25 Microsoft teaching tools and a template for using info graphics in storytelling.

You can learn about your family genealogy thanks to the Capital Area District Library, which has arranged to offer ancestry.com for free. With ancestry.com, you can trace your family roots while learning their history.

Web users are slowly learning about the importance of high-speed broadband, as the web has slowed down as much as 25 percent according to technologists.

More than 30 years ago, the Governor's Commission on the Future of Technology warned of a digital divide, which could derail the promise of the web. In order to get the full value of the Internet, you must have the money to buy the equipment and access. Many do not have the money. Increased accessibility should be the next trail to blaze.

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thearchivesbookshop@gmail.com

Jonesin' Crossword

By Matt Jones

"Indoor Activities"--
where everything
is in doors.

By Matt Jones

Across

1 "Knives Out" sleuth
Benoit

6 1/8 of a fluid ounce

10 MTV mainstay
Loder who turns 75
soon

14 Jasmine's pet tiger
in "Aladdin"

15 Tabula ___ (blank
slate)

16 Abbr: on egg
cartons

17 Best effort, slangily

18 Oklahoma town
near Vance AFB

19 Benefit of time off
20 Request that's
asking a lot

23 Prefix with
laryngologist

24 Fire starter?

25 Bio., chem., or
biochem.

28 Overachieving college
student's quest

35 "___ Can Cook"
(former cooking show)

36 Bobbing necessities

37 Film segue, perhaps

38 "Neato!"

40 Carrere who sang in
"Wayne's World"

41 New ___, Conn. (home
of Yale)

42 ___ O's (cookie-based
cereal)

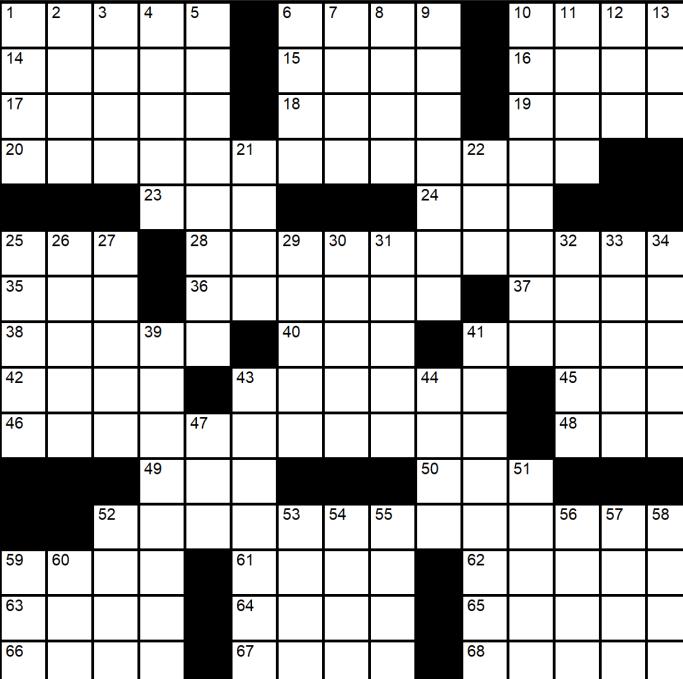
43 Britton in season 1 of
"American Horror Story"

45 "Able was I ___ I saw
Elba"

46 Job for a resident
assistant

48 It has teeth but no
mouth

49 Do mild exercise



50 Edinburgh cap

52 Something you can't
take up at the mall

59 "Dear ___ Hansen"

61 Military no-show,
briefly

62 "CSI" or "NCIS"

63 Seconds, e.g.

64 Jolt, for one

65 Chamillionaire hit
parodied by Weird Al

66 Has claim to

67 Bend out of shape

68 "Byzantium" poet

Down

1 Garrett of "Everybody
Loves Raymond"

2 Loch : Scottish :: ___ :
Spanish

3 In ___ (stuck)

4 "... and Bingo was his
___"

5 "Allowed" time to go off
a regimen?

6 Number of e's in
Heidelberg?

7 Tried to get hold of

8 "Oh, right!"

9 Butterfly and Bovary,
for two

10 "Seven Samurai"

director Akira

11 Password typer, maybe

12 Satnav suggestions

13 Inky artwork

21 "I touched your nose!"
sound

22 Energetic spirit

25 Assembly of clergy

26 Capital near the Great
Sphinx

27 Conclude from
evidence

29 "Oil" author Sinclair

30 Pancakes sometimes
served with caviar

31 Inclined

32 Swing dances

33 Nightly streaming

offering from the Met

34 Sign up again for an
online subscription

39 "It's Not Unusual"
singer

41 Field involving coats-
of-arms

43 Courvoisier and
Hennessy, e.g.

44 Teeniest bit

47 Do a yard job

51 Callender in the frozen
food aisle

52 "Well, heck"

53 "Star Wars" series
creature

54 Kind of proprietor

55 Attack, like a kitty
while you're trying to
work

56 "Look what I did!"

57 Leave out

58 Also-___ (election
conceders)

59 Moody music genre

60 Altar words

Answers Page 23

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SUDOKU

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

Advanced

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 23

Free Will Astrology

By Rob Brezsny

April 1-7, 2020

ARIES (March 21-April 19): "If all the world's a stage, where the hell is the teleprompter," asks aphorist Sami Feiring. In my astrological opinion, you Aries are the least likely of all the signs to identify with that perspective. While everyone else might wish they could be better prepared for the nonstop improvisational tests of everyday life, most of you tend to prefer what I call the "naked spontaneity" approach. If you were indeed given the chance to use a teleprompter, you'd probably ignore it. Everything I just said is especially and intensely true for you right now.

T AURUS (April 20-May 20): When Nobel Prize-winning Norwegian author Knut Hamsun was 25 years old, a doctor told him that the tuberculosis he had contracted would kill him within three months. But in fact, Hamsun lived 67 more years, till the age of 92. I suspect there's an equally erroneous prophecy or unwarranted expectation impacting your life right now. A certain process or phenomenon that seems to be nearing an end may in fact reinvent or resurrect itself, going on to last for quite some time. I suggest you clear away any misapprehensions you or others might have about it.

GEMINI (May 21-June 20): I invite you to remember what you were thinking and feeling around your birthday in 2019. Were there specific goals you hoped to accomplish between then and your birthday in 2020? Were there bad old habits you aimed to dissolve and good new habits you proposed to instigate? Was there a lingering wound you aspired to heal or a debilitating memory you longed to conquer? The coming weeks will be an excellent time to take inventory of your progress in projects like those. And if you find that you have achieved less than you had hoped, I trust you will dedicate yourself to playing catch-up in the weeks between now and your birthday. You may be amazed at how much ground you can cover.

CANCER (June 21-July 22): I can't swim. Why? There was a good reason when I was a kid: I'm allergic to chlorine, and my mom wouldn't let me take swimming lessons at the local chlorine-treated pool. Since then, the failure to learn is inexcusable, and I'm embarrassed about it. Is there an equivalent phenomenon in your life, my fellow Cancerian? The coming weeks might be an excellent time to meditate on how to correct the problem. Now excuse me while I head out to my solo self-administered swim lesson at Bass Lake, buoyed by the instructions I got from a YouTube video.

LEO (July 23-Aug. 22): Is William Shakespeare the greatest author who ever lived? French philosopher Voltaire didn't think so, calling him "an amiable barbarian." Russian superstar author Leo Tolstoy claimed The Bard had "a complete absence of aesthetic feeling." England's first Poet Laureate John Dryden called Shakespeare's language "scarcely intelligible." T. E. Lawrence, a.k.a. Lawrence of Arabia, declared The Bard had a second-rate mind. Lord Byron said, "Shakespeare's name stands too absurdly high and will go down." His contemporary, the poet and playwright Ben Jonson, asserted that he "never had six lines together without a fault." I offer these cheeky views to encourage you Leos to enjoy your own idol-toppling and authority-questioning activities in the coming weeks. You have license to be an irrepressible iconoclast.

VIRGO (Aug. 23-Sept. 22): Virgo-born Jack Ma is China's richest person and one of the world's most powerful businessmen. He co-founded Alibaba, the Chinese version of Amazon.com. He likes his employees to work hard, but also thinks they should cultivate a healthy balance between work and life. In his opinion, they should have sex six times a week, or 312 times a year. Some observers have suggested that's too much—especially if you labor 12 hours a day, six days a week, as Jack Ma prefers—but it may not be excessive for you Virgos. The coming months could be a very erotic time. But please practice safe sex in every way imaginable.

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

LIBRA (Sept. 23-Oct. 22): How hard are you willing to work on your most important relationships? How might your life change for the better if you gave them your most potent resourcefulness and panache? The next eight weeks will be a favorable time for you to attend to these matters, Libra. During this fertile time, you will have unprecedented power to reinvigorate togetherness with imaginative innovations. I propose you undertake the following task: Treat your intimate alliances as creative art projects that warrant your supreme ingenuity.

SCORPIO (Oct. 23-Nov. 21): "I make mistakes," confessed author Jean Kerr. "I'll be the second to admit it." She was making a joke, contrasting her tepid sense of responsibility with the humbler and more common version of the idiom, which is "I make mistakes; I'll be the first to admit it." In the coming weeks, I'll be fine if you merely match her mild level of apology—just as long as you do indeed acknowledge some culpability in what has gone amiss or awry or off-kilter. One way or another, you need to be involved in atonement and correction—for your own sake.

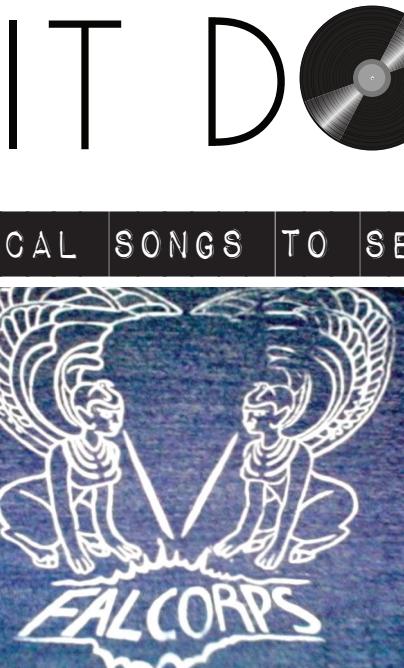
SAGITTARIUS (Nov. 22-Dec. 21): If you have been thinking of adopting a child or getting pregnant with a new child, the coming weeks will be a favorable time to enter a new phase of rumination about that possibility. If you've been dreaming off and on about a big project that could activate your dormant creative powers and captivate your imagination for a long time to come, now would be a perfect moment to get more practical about it. If you have fantasized about finding a new role that would allow you to express even more of your beauty and intelligence, you have arrived at a fertile phase to move to the next stage of that fantasy.

CAPRICORN (Dec. 22-Jan. 19): I suggest you make room in your life for a time of sacred rejuvenation. Here are activities you might try: Recall your favorite events of the past. Reconnect with your roots. Research your genetic heritage. Send prayers to your ancestors, and ask them to converse with you in your dreams. Have fun feeling what it must have been like when you were in your mother's womb. Get a phone consultation with a past life regression therapist who can help you recover scenes from your previous incarnations. Feel reverence and gratitude for traditions that are still meaningful to you. Reaffirm your core values—the principles that serve as your lodestar. And here's the number one task I recommend: Find a place of refuge in your imagination and memories; use your power of visualization to create an inner sanctuary.

AQUARIUS (Jan. 20-Feb. 18): Are we just being poetic and fanciful when we say that wonder is a survival skill? Not according to the editors who assembled the collection of essays gathered in a book called "Wonder and Other Survival Skills". They propose that a capacity to feel awe and reverence can help us to be vital and vigorous; that an appreciation for marvelous things makes us smart and resilient; that it's in our selfish interests to develop a humble longing for sublime beauty and an attraction to sacred experiences. The coming weeks will be a favorable time for you to dive deep into these healing pleasures, dear Aquarius.

PISCES (Feb. 19-March 20): For decades, the city of Sacramento, California suffered from severe floods when the Sacramento and American Rivers overflowed their banks. Residents authorized a series of measures to prevent these disasters, culminating in the construction of a 59,000-acre floodplain that solved the problem. According to my analysis, the coming weeks will be an excellent time for you to plan an equally systematic transformation. It could address a big ongoing problem like Sacramento's floods, or it could be a strategy for reorganizing and recreating your life so as to gloriously serve your long-term dreams.

TURN IT DOWN!



A SURVEY OF LANSING'S
MUSICAL LANDSCAPE
BY RICH TUPICA

LOCALS SUGGEST LOCAL SONGS TO SERENADE YOU THROUGH THE SHUTDOWN



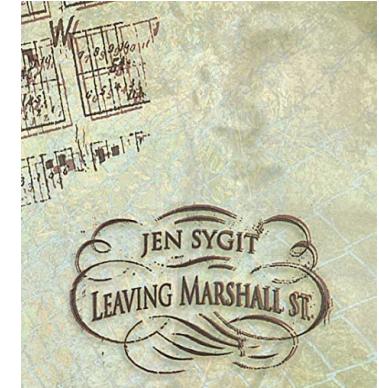
The Ones: "You Haven't Seen My Love," from the 1967 Motown single



Falcorps: "Oak Grove," from 2008 "The Nothing" EP.



Joel Mabus: "Hopelessly Midwestern," from the 1990 "Firelake" LP



Jen Sygit's "Pay For What You Get," from the 2006 "Leaving Marshall St." LP

Wally Pleasant, Matthew Milia, DeShaun Sparkle Snead & Rich Tupica offer up picks

With all the music venues and live-performance spaces being temporarily closed due to COVID-19, this week's Turn It Down! features a few Michigan-made songs for you to take in while you're locked down inside your crib.

Aside from a pick from me, I also asked a few local musicians to offer up a Michigan song that's been speaking to them over the past couple of weeks. Seek them out; give them a spin — what else is there to do?

Rich Tupica
Turn it Down! writer
Pick: The Ones "You Haven't Seen My Love" (1967)

The Ones were perhaps Lansing's first breakout band, signing to Motown Records in 1967 thanks to their entrancingly dynamic single, "You Haven't Seen My Love." This moody ballad, sonically driven by the haunting keys of bandmember Kerry Nicholoff, was the first Motown single to not be recorded in-house at the now-legendary Detroit studio. Instead, it was cut by producer Bob Baldori (of The Woolies) at Fenton Records—a movie theater-turned recording studio in Sparta, Michigan.

While initially released on Baldori's Spirit Records, after Berry Gordy heard the stunningly soulful lead vocals of Danny Hernandez, he picked it up and re-issued it on his massive imprint. Soon, it was a regional hit. While "You Haven't Seen My Love" never broke out nationally, it remains a Lansing masterpiece.

Matthew Milia
Singer/songwriter, Frontier Ruckus, solo
Pick: Falcorps "Oak Grove" (2008)

Falcorps was a great East Lansing band from the late aughts. Despite my bias of it being led by my Frontier Ruckus bandmate, Zachary Nichols, it was a truly fun and talented ensemble. It's full of melodica, cello, oboe, trumpet and a lovely blend of lush-harmony vocals. My favorite track is the sweetly lugubrious "Oak Grove"—named after Zachary's hometown cemetery in Milford, Michigan. It's also referential to Milford's local undertaker and poet laureate, Thomas Lynch. It's a heartbreakingly ode to mortality and familial love.

Wally Pleasant
Singer/songwriter
Pick: Joel Mabus "Hopelessly Midwestern" (1992)

It was 1993, I had just finished listening to the Jim Abbott and Earl Robinson local sports radio talk show on WKAR. I left the radio on while working on some post cards that I'd send out to people on my mailing list to advertise upcoming shows. Yes, this was the pre-internet marketing days when artisan advertisers didn't push a send button to let folks know about upcoming gigs. Actual postcards were handmade. Kinko's was visited and stamps were bought. While working on the cards, a really good song came on WKAR called "Hopelessly Midwestern." Though the style of the song was a little more laid back than mine at the time, I really wanted to cover it. I found out that Joel Mabus not only wrote and recorded the song, but he also lived nearby and he gave guitar lessons at Elderly Instruments. The next day, I stopped into Elderly and signed up for a guitar lesson with Joel. What a thrill it was to learn a song I admired from the actual songwriter.

DeShaun Sparkle Snead
Vocalist, Mighty Medicine
Pick: Jen Sygit "Pay For What You Get" (2006)

Lansing's music scene is tightly knit. It's full of storytellers who sing and write songs that can define a moment in time. Jen Sygit is definitely one of those musicians whose songs have a lasting impact on me. "Pay For What You Get," on Jen's 2006 album "Leaving Marshall St." has a haunting melody and artful lyrics in tradition of old-time blues, gospel and jazz. The song is a cautionary tale. The unsettling, mysterious chords and guitar solos are the perfect outlet for this time of uncertainty.

I first heard Jen perform this song at Dagwood's when she ran her open-mic there on Tuesdays. I have so many fond memories of the Lansing music scene and Jen who facilitates a platform for local musicians. The message, the music and the images of this song stayed with me and I'd often request that she perform it. "Pay For What You Get" reminds listeners of their personal responsibility to make wise choices. And we need the wisdom and the beauty of music now so desperately.

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, April 1

Allen Farmers Market - 3-6:30 p.m. Allen Neighborhood Center, 1611 E. Kalamazoo St., Lansing. allenneighborhoodcenter.org.

Thursday, April 2

Refuge Recovery Lansing (Virtual) - 6-7 p.m. Cristo Rey Community Center, 1717 N High St., Lansing. www.facebook.com.

Friday, April 3

Refuge Recovery Lansing (Virtual) - 7:30-8:30 p.m. Just B Yoga, 106 Island Avenue, Lansing. www.facebook.com.

Saturday, April 4

Refuge Recovery Lansing (Virtual) - 10:30-11:30 a.m. The Fledge, 1300 Eureka St., Lansing. www.facebook.com.

Monday, April 6

Refuge Recovery Lansing (Virtual) - 6-7 p.m. The Fledge, 1300 Eureka Street, Lansing. www.facebook.com.

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Braving the outside world for catfish and okra

By SKYLER ASHLEY

While everybody is hunkering down in self-isolation, it's important to remember that our favorite local restaurants are still on the front lines serving takeout and delivery. I do not have a stock of frozen fish, nor do I have deep fryer capable of producing mass quantities of delicious fried okra. My only alternative was to seek an order for takeout from Eastside Fish Fry.

My order only took roughly 25 minutes to be completed, and when I arrived at Eastside Fish Fry on Kalamazoo Street, I noticed plenty of other people have been supporting the local favorite as well. Six cars were lined up in the parking lot waiting for their food to be delivered to their window.

I am a big supporter of drenching food in hot sauce. Obviously it's not ideal for all dishes, but for a pile of fried catfish and okra? It's perfect. For fish, I prefer a sauce like Texas Pete, which Eastside Fish Fry provided, to something like Frank's Red Hot. Something about the thinner consistency of Texas Pete seems to bode better with fish. It's also great on oysters.

The catfish was crisp, delicious and plenty hot by the time I got my food



Skyler Ashley/City Pulse

Eastside Fish Fry's catfish and okra.

home. I've had plenty of unsuccessful experiences ordering fried fish for takeout, sometimes when I'd finally sit down to eat my food it would be too luke-warm and mushy. This time around at Eastside Fish Fry was a homerun. But, the true secret weapon was the okra. I developed a fondness for fried okra at Michigan State University's Akers Hall

cafeteria, where it was served often. Maybe I have a weird social circle, but it doesn't seem to be very popular. I think it's the ideal fried vegetable to serve with fish.

If you're itching for something your quarantine stash can't provide, hit up your favorite restaurant and see what solutions they may be able to offer.

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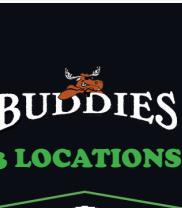
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RFP/20/083 MOORES PARK POOL DESIGN SERVICES as per the specifications provided by the City of Lansing. The City of Lansing will accept sealed proposals at the CITY OF LANSING, PURCHASING OFFICE, at 124 W MICHIGAN, 8TH FLOOR, LANSING, MICHIGAN 48933 until 2:00 PM local time in effect on **MAY 19, 2020** at which time they opened. Complete specifications and forms required to submit proposals are available by contacting Stephanie Robinson at (517) 483-4128, or stephanie.robinson@lansingmi.gov or go to www.mitn.info. The City of Lansing encourages proposals from all vendors including MBE/WBE vendors and Lansing-based businesses.

CP#20-091

ADVERTISEMENT FOR BIDS

MONTGOMERY DRAIN MAINTENANCE AND IMPROVEMENT PROJECT
DIVISION II – RANNEY PARK, 2020

NOTICE IS HEREBY GIVEN that I, Patrick Lindemann, Ingham County Drain Commissioner, being Chair of the Montgomery Drain Chapter 20 Drainage Board, will receive bids until **Wednesday, April 22, 2020, at 10:00 a.m.** Due to the COVID-19 pandemic my office is implementing Social Distancing protocols for this Project by conducting a Virtual Bid Letting only and will only accept bids submitted through QuestCDN, unless further advised via Addendum. Bids relative to Division II will then be opened on Wednesday, April 22, 2020, and, after a meeting of the Montgomery Drain Drainage Board, will be publicly announced for work to be undertaken in connection with a drain known and designated as the "Montgomery Drain." The time and format of bid opening will be announced via Addendum.

The major items of work in connection with construction of the Montgomery Drain and coordination of work for other permitted activities within Division II include the following:

- 1 Lump Sum for On-Site Grading & Excavation work of approximately 31,000 CYD's of material.
- 1 Lump Sum for Grading & Excavation work of approximately 65,000 CYD's of material for off-site haul off.
- 1 Lump Sum of Underground Detention and Storage System.
- 10,000 Square Yards of Compacted Clay Liner.
- 150 linear feet of 8-inch PVC storm sewer, 160 linear feet of 12-inch RCP storm sewer, 224 linear feet of 24-inch RCP storm sewer, 170 linear feet of 42-inch RCP storm sewer, 76 linear feet of 48-inch RCP storm sewer and other minor amounts (50 linear feet or less) of RCP and HP storm sewer.
- Also includes all site features, SESC, restoration, removals and various stormwater facilities.

All quantities listed are approximate and final payment will be made on measured quantities.

One contract is being let for this work, which will include all material necessary to perform same. This contract will be let in accordance with the Contract Documents and bids will be made and received in accordance with these documents.

Bidders wishing to download the Plans and Specifications at a cost of Fifteen Dollars (\$15.00) may do so by downloading digital project bidding documents by entering Quest Project Number 6902943 on the website's project search page, or by using this link:

<https://gap.questcdn.com/gap/projects/pri Browse/ipp Browse Grid.html?projType=all&provider=6901061&group=6901061>.

Please contact QuestCDN Customer Support at (952) 233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with the digital project information. Bidding documents are also available at www.geiconsultants.com (click on the "GEI Bidding" link).

Bid security in the amount of 5% for and subject to the conditions provided in the Instructions to Bidders must be submitted with each Bid. Bids may not be withdrawn for a period of 90 days after the actual date of opening thereof. This time period may be extended by mutual agreement of the Ingham County Drain Commissioner and any Bidders.

A MANDATORY pre-bid conference will be held on Wednesday, April 8, 2020, at 10:15 a.m. Due to the COVID-19 Social Distancing protocols, this pre-bid conference will be conducted via video and/or telephone conference. Please contact Kyle Smith or Brian Cenci for log-in/dial-in information at ksmith@geiconsultants.com or bcenci@geiconsultants.com. Representatives of the Ingham County Drain Commissioner and Engineer will be available at the pre-bid conference to discuss the Drain Contract. Prospective Bidders are required to attend and participate in the pre-bid conference. All prospective Bidders must "sign in" by providing the name of the attendee, business represented, and email address. All prospective bidders will also be required to submit a certification of compliance with Public Act 517 of 2012 prior to bid award. Only bids from Bidders in attendance at the pre-bid conference will be opened. All other bids will be considered non-responsive and will be disqualified from bidding on the Drain Contract. The Engineer will transmit to all prospective Bidders of record such Addenda as the Engineer considers necessary in response to questions. Oral statements may not be relied upon and will not be binding or legally effective. Use the Bid Form on QuestCDN for submittal of bids. **You must download the Contract Documents from QuestCDN to bid on the project, to be included on the plan holders list, and to receive Addenda.** The Contractor is responsible for ensuring all addenda have been received and acknowledged prior to submittal of the bid.

Contracts will be entered into with the successful bidder giving adequate security for the performance of the work and meeting all conditions represented in the Instructions to Bidders. The Montgomery Drain Chapter 20 Drainage Board reserves the right to reject any and all bids, award the Contract to any bidder for any reason, and to adjourn the letting to such time and place as it shall publicly announce.

Bidders shall comply with the Ingham County policies regarding the payment of Prevailing Wages, and Equal Opportunity/Nondiscrimination, as set forth in Ingham County Board of Commissioners Resolutions #02-263 and #02-283, respectively. The work must be substantially complete by September 30, 2020.

CP#20-092

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SUDOKU SOLUTION

From Pg. 18

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