

The 420 Issue

Locally owned

April 14 - 20, 2021

FREE

CityPULSE

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A newspaper for the rest of us



Old Roma Bakery goes to pot (The green kind, that is)

See page 14



sidebar
dine & tap
East Lansing



Community
 MENTAL HEALTH
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 Together we can.

JOIN US AT THE
**VIRTUAL Annual
 Community Event**

Presenting the Community Mental Health Authority
2020 REPORT TO THE COMMUNITY

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April 25, 2021 • 11AM - 12PM
WILX

KEYNOTE SPEAKER:
SHARI SIMMONS

Executive Director | Fire Mountain Treatment Center

As a clinician, author, and professor, Shari provides an unforgettable story of love and transformation that will resonate with anyone who wants to understand trauma and its impact on the brain.

Shari tells the heart wrenching account of an orphaned child who suffered brutality at the hands of her mother. In this story, the client's mind was closed to the horrors of her abuse, betrayal, and abandonment until the day her memories came flooding back to her conscious mind.

Her search for self-worth was filled with jarring darkness, desperation and hopelessness that almost took her life. Through this case study, Shari helps audiences transform their ideas about clients moving from passive victims to resilient warriors.

To learn more about Shari, visit her website: **thetraumaspeakers.com**



HAPPY 420 FROM US @ REHBEL 😊



"The Establishment"

1950s AND '60s: REFERRED TO THE LARGELY REPUBLICAN, WHITE, WEALTHY MILITARY-INDUSTRIAL COMPLEX (a.k.a. "SQUARES")

SCRAM, HIPPIES!

Up next: COMMIES AMONG US?

SINCE THE '90s OR SO: IDEA EXTENDED TO ENTRENCHED, CORPORATE-FRIENDLY DEMOCRATIC POLITICIANS

M-MUST... REACH... ACROSS... AISLE...

2010s AND '20s: TERM USED BY THE RIGHT TO ENCOMPASS ALL EXISTING GOVERNMENT, INCLUDING ACTUALLY-FUNCTIONING FEDERAL AGENCIES AND SCIENTISTS

DOWN WITH THE CLIMATE ESTABLISHMENT!

DECONSTRUCT THE ADMINISTRATIVE STATE!

NOW: EVERYONE'S "ANTI-ESTABLISHMENT"!

I'M AGAINST THE ESTABLISHMENT.

YOU ARE THE ESTABLISHMENT, YOU TOOL.

NO, YOU'RE THE MAN.

YOU'RE THE TOOL, FOOL.

SORENSEN

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PAGE 8

Gillespie's plans for Clara's



PAGE 22

Greater Lansing's young artists get their own show



PAGE 27

Fast Forward: Get on your bikes and ride this weekend



Cover Art

Photos by Skyler Ashley

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CITY PULSE
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NOW AT 10:00 A.M.
SUNDAYS on

THIS MODERN WORLD

by TOM TOMORROW

LIFE IN THE STUPIDVERSE IT GOES ON AND ON AND ON

EXTREMELY GOOD-FAITH ARGUMENTS

THEY'RE NOT TRYING TO SUPPRESS THE VOTE IN GEORGIA!

THEY'RE JUST CONCERNED THAT A VOTER WAITING IN LINE MIGHT BE BRIBED WITH A REFRESHING BOTTLE OF WATER!



THE PARTY OF SMALL GOVERNMENT

GOVERNMENT SHOULD NOT FUND BROADBAND AND CHILD CARE AND OTHER THINGS THAT WOULD IMPROVE PEOPLE'S LIVES!

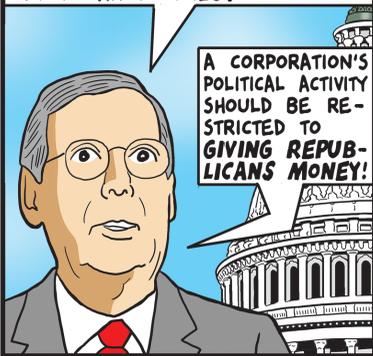
GOVERNMENT SHOULD BAN HEALTH CARE FOR TRANS YOUTH AND POLICE "GENDER NONCONFORMING" BEHAVIOR IN SCHOOLS!



CORPORATE INGRATES

AFTER ALL WE'VE DONE FOR CORPORATE AMERICA, THEY HAVE THE AUDACITY TO TAKE A PUBLIC STAND AGAINST OUR EXTREMELY UNPOPULAR POLICIES?

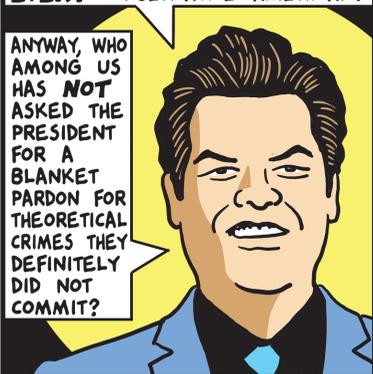
A CORPORATION'S POLITICAL ACTIVITY SHOULD BE RESTRICTED TO GIVING REPUBLICANS MONEY!



NOT SENDING THEIR BEST

WHEN THE LEFT COMES AFTER ME FOR ALLEGEDLY SLEEPING WITH TEENAGERS--IT'S AN ASSAULT ON EVERY CONSERVATIVE AMERICAN!

ANYWAY, WHO AMONG US HAS NOT ASKED THE PRESIDENT FOR A BLANKET PARDON FOR THEORETICAL CRIMES THEY DEFINITELY DID NOT COMMIT?



INSURRECTION? WHAT INSURRECTION?

REMEMBER THAT VIOLENT, CHAOTIC MOB YOU THOUGHT YOU SAW STORMING THE CAPITOL LIVE ON TV? ACTUALLY THEY WERE LAW ABIDING CITIZENS STROLLING PEACEFULLY THROUGH THE "PEOPLE'S HOUSE"!

WHO ARE YOU GOING TO BELIEVE, FOX NEWS--OR YOUR LYING EYES?



PUNDITRY IS A FLAT CIRCLE

REPUBLICANS WANT TO MAKE IT AS DIFFICULT AS POSSIBLE TO VOTE--WHILE MANY DEMOCRATS WOULD LIKE TO END THE FILIBUSTER AND PASS VOTING REFORMS!

BOTH SIDES ARE TRYING TO GAME THE ELECTORAL PROCESS!

WE ARE VERY SMART.



SUNDAY TALKING ABOUT STUFF SHOW

www.thismodernworld.com...twitter.com/tomtommorrow

Cannabis comes of age

Eighty-five years after the premiere of “Reefer Madness,” the 1936 anti-drug propaganda film that demonized marijuana, and three decades after the 1980s Reagan-era War on Drugs labeled it a gateway drug that would lead to a life of crime and addiction, cannabis has finally entered the mainstream, taking its rightful place alongside alcohol as an acceptable way for adults to relax after a hard day’s work. In the time between President Bill Clinton’s creative contention that he never inhaled, to President Barack Obama’s candid admission that he smoked plenty of pot in college, the cannabis landscape has changed in ways we never could have imagined just a few short years ago.

Tectonic shifts in the public perception and social acceptance of cannabis have come relatively quickly here in Michigan. Legalization for medicinal use was the first step, overwhelmingly approved by state voters in 2008. Eight years later, then-Gov. Rick Snyder signed legislation that finally authorized the operation of dispensaries, sparking a new retail industry to support medicinal marijuana sales. The next challenge was legalization for recreational use. Between 2013 and 2016, public opinion surveys on the question of legalizing recreational marijuana shifted from 41% in favor and 55% opposed to 53% in favor and 42% opposed. And so it came to pass that 10 years after they approved medicinal cannabis, Michigan voters took the next giant leap forward, approving adult recreational use by a 56% margin and adding rocket fuel to a burgeoning, vertically integrated industry of growers, processors, testing labs, secure transporters and retail storefronts.

Nonsensically, cannabis is still listed on the federal Schedule 1 of controlled substances, along with heroin, LSD and ecstasy, based on the dubious proposition that cannabis has “no currently accepted medical use and a high potential for abuse.” With a new president and Congress controlled by Democrats, we hope the federal prohibition is the next wall to crumble, sparking even more robust economic activity because cannabis-based businesses will be able to leverage traditional banking and lending facilities to support their operations and growth.

Legalization of both medicinal and adult recreational use has opened a new economic frontier in Lansing.

Hundreds if not thousands of new jobs are being created at cannabis-related enterprises across the city. The payroll of these enterprises has a ripple effect — what economists call a multiplier — that results from



The CP Edit

Opinion

each dollar paid to a cannabis employee reverberating through the local economy when they spend their wages at grocery stores, gas stations and restaurants.

Even more, numerous vacant storefronts and thousands of square feet of empty warehouse space have been repurposed to serve the needs of the industry, eliminating blight, increasing property values and generating new property and income tax revenue streams to support local government services. Fears that cannabis storefronts and other facilities would lead to more crime and impair the quality of life in nearby neighborhoods simply have not materialized. There have been a few attempted larcenies at dispensaries, but most retail cannabis establishments are as clean and safe as a liquor store, if not more.

Local governments are also getting a share of the state’s 10% excise tax on recreational cannabis retail sales. Last month, the first \$10 million was distributed by the state’s Marijuana Regulation Fund to 100 cities, townships and counties across the state. Lansing received \$280,000 for having 10 licensed establish-

ments. East Lansing, with just one licensee, received \$28,000. Ingham County got a check for \$308,000 for the 11 licensed establishments that operate in the county’s two largest cities. We understand why Lansing and East Lansing get the state cash: They carry the burdens of licensing, regulation and enforcement for the cannabis enterprises in their communities. It’s not so clear why Ingham County should share in the windfall since its government bears none of the burdens of indus-

try oversight.

That’s why we think it’s only fair and equitable that the county allocate those funds back to the communities from which they came. It would be an injustice, in our view, if county leaders used the funds to subsidize services like out-county road patrol for townships that have declined to allow cannabis enterprises, or to fill other holes in the county budget.

Speaking of equity and injustice, the cannabis industry has been very lucrative for those investors who have managed to obtain licenses. Very few of those licenses, however, have been granted to minority-owned concerns or used to directly benefit communities of color that have been negatively impacted by the war on drugs. In Lansing, that may be about to change. As reported in today’s edition (see page 10), dozens of cannabis licenses may soon be available in Lansing because previously awarded licensees have failed to secure their state licenses. This creates the potential for a new pool of licenses that could be awarded to qualified applicants with an eye toward enhancing social and racial equity within Lansing’s cannabis industry.

We think Ingham County should use their cannabis windfall to fund business development programs that help minority entrepreneurs in Lansing succeed in the cannabis sector. We urge Mayor Andy Schor and the Council to open that dialogue with county leaders.

Send letters to the editor to letters@lansingcitypulse.com.

Please limit them to 250 words

Ingham Co. prosecutor's plea deals undermine just sentencing of killers

By KAREN JACKSON
OPINION



Jackson

(The writer, an Okemos resident, is the mother of murder victim Jeffrey Ballor.)

"The dead cannot cry out for justice, it's up to the living to do so for them." — Lois McMaster Bujold

On Tuesday (April 20) at 2 p.m., sentencing by Ingham County Circuit Judge Clinton Canady is scheduled for Zachery Diederichs for the most recent double homicide plea deal down to second-degree murder given by Prosecutor Carol Siemon. This is nothing new. Since she took office in 2017, Siemon has been sidestepping Michigan's automatic Life in Prison Without Parole sentence for first-degree murder convictions by giving across the board/blanket plea deals to all murder offenders regardless of the heinous crimes they commit.

This action deprives victims of jury trials and assures offenders they will not face LWOP sentences (per her belief that no one should spend one's life in prison).

There is hope that Judge Canady will step in to consider the law and the merits of this case and reject the plea deal allowing unbiased justice to prevail through a jury trial for these victims.

Even the most extreme in their attempt to use leniency to reform the judicial system and reduce prison population surely must recognize that a strong line should be drawn at brutal murder. Unlike other crimes where restitution of some sort may be possible, murder is a crime of no return. There is no recovery, no restitution to bring back the dead. The crime of murder should stand apart from all other crimes when assessing prosecution and punishment as was intended with Michigan's LWOP law.

Perhaps there is an argument for leniency for nonviolent crimes, but I ask you, the voters in Ingham county, don't we need to take exception when it comes to violence, especially murder? Do we not have an expectation in Michigan that the job of a prosecutor is to prosecute to the full extent as the law allows? We are not asking for a conviction, but only the assignment of a jury of 12 peers to decide guilt and innocence of an offender based on evidence rather than allowing a prosecutor to predetermine an outcome.

Failure on the part of our prosecutor to provide her written policy on plea deals and an accounting of the plea deals she has given has kept the public in the dark with awareness only spread through media reports and personal encounters of co-victims during court proceedings. Is it too much to ask for the prosecutor to provide transparency? Is it too much to ask that the prosecutor set aside her personal agenda and start abiding by the very values she states on the Ingham County website to evaluate cases based on merits and keep with her oath to uphold the law? What are the rights of murder victims in Ingham County when a prosecutor is allowed to use her discretionary power to act as legislator, prosecutor, judge and jury to carry out her personal beliefs? Is justice as decided by an unbiased jury too much to ask for?

Prosecutors, police officials call for end to 'extreme sentencing'

By CAROL SIEMON
OPINION



Siemon

(City Pulse invited Ingham County Prosecutor Carol Siemon to respond to the letter on this page criticizing her views on life sentences without parole. In response, Siemon

submitted an edited version of a statement by the organization Fair and Just Prosecution.)

On April 8, 64 elected prosecutors and law enforcement leaders — including attorneys general, district attorneys, prosecutors, police chiefs and sheriffs from around the nation — issued a joint statement urging policymakers to create mechanisms to reduce the number of people serving lengthy sentences who pose little or no risk to public safety, including by creating second chances for many in our nation currently behind bars. The statement notes that in order to end mass incarceration, justice system leaders must address the high number of individuals serving extreme sentences and cites decades of research showing that these lengthy prison terms have not deterred crime or promoted public safety. Signatories, including Ingham County Prosecutor Carol Siemon, urge criminal justice leaders to end the use of decades-long sentences and implement mechanisms to review and reduce past extreme sentences.

"It's my belief that prosecutors should use their discretion to work for just outcomes to each individual case, under a consistent set of practices and beliefs," Siemon said. "I believe that once an inmate has served decades behind bars, the public has an interest in their having a meaningful review of their incarceration," Siemon said.

The statement calls for four concrete steps to reform our nation's harsh sentencing practices and provide opportunities for release for those who have already served significant time and no longer pose a safety risk:

- ❑ **Vehicles for sentencing review** — already created by laws in some states — that recognize people can grow and change;
- ❑ **Creation of sentencing review units and processes** in prosecutor offices whereby cases

can be identified for reconsideration and modification of past decades-long sentences;

- ❑ **Expanded use of compassionate release** and elimination of obstacles and barriers that permeate the process, thereby facilitating release for incarcerated individuals who are eligible, including people who are elderly or terminally ill, have a disability or who have qualifying family circumstances; and
- ❑ **High-level approval within prosecutors' offices** before recommendations are made for decades-long sentences.

"Decades of increasingly harsh sentences have left the United States with the dubious distinction of being the world leader in incarceration rates; destroying families and communities without making us any safer," said Miriam Krinsky, executive director of Fair and Just Prosecution, the organizer of the statement. "In a criminal legal system plagued by past failed 'tough on crime' policies, too many individuals who pose no threat to public safety are behind bars serving excessive sentences, draining resources that would be better invested in building and fortifying communities. We need elected prosecutors and policymakers willing to prioritize rehabilitation over endless punishment and committed to taking action to break the destructive cycle of mass incarceration."

The statement highlights the fiscal concerns of extreme sentences, especially as the average age of those incarcerated grows increasingly older, as well as the humanitarian concerns resulting from denying people the opportunity for redemption: "While prosecutors and judges of decades past may have pursued and imposed harsh sentences with the misguided belief that certain individuals were incapable of rehabilitation, there is simply no justification for maintaining those sentences when a person demonstrates that the opposite is, in fact, true. There is no reason to conclude that the commission of a crime—no matter the offense—must define a person forever."

Read the full statement and see the list of signatories below:

<https://fairandjustprosecution.org/wp-content/uploads/2021/04/FJP-Extreme-Sentences-and-Second-Chances-Joint-Statement.pdf>

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CP#21-086

The political case for no new COVID restrictions

COVID-19 cases are surging in Michigan. Eight of the country's top 14 hotspots are in the Great Lakes State. Places like St. Clair,



POLITICS

KYLE MELINN

OPINION

Otsego, Gladwin, Shiawassee are making

The New York Times list for high positive case numbers, a dubious distinction.

What is Gov. Gretchen Whitmer doing about it? Exactly what Republican legislative leaders have wanted her to do from the pandemic's beginning: asking for no new state mandates.

After stretching the authority of her powers and those of her Department of Health and Human Services director by shutting down restaurants, high schools and large indoor gatherings, Whitmer isn't going there again ... unless absolutely necessary.

The Centers for Disease Control director, Dr. Rochelle Walensky, said Whitmer should "shut things down." She's not alone. As the Michigan State Medical Society reports that hospitals are filling up and medical professionals are running thin, CNN medical analyst Dr. Jonathan Reiner believes "Michigan needs to be shut down."

Whitmer's response: The people of Michigan know what they should do. Mask up. Stay 6 feet away from others. Don't dine indoors. Stay away from large gatherings.

Senate Majority Leader Mike Shirkey, R-Clarklake, and House Speaker Jason Wentworth, R-Farwell, are openly celebrating the approach.

They're putting their political capital on a theory that left to their own devices, people will do the "right thing."

But ever since the winter sports seasons started early, it's hard to argue people are "doing the right thing." In fact, with infection rates around 20%, it's clear many people will not.

After living a year with restrictions, even members are the governor's team needed to get out of town last week and vacation down south. Department of Health and Human Services Director Elizabeth Hertel was in Gulf Shores. Whitmer's COO was in Florida. Shoot, Justice Richard Bernstein has been in the Middle East for months.

Folks are tired of being bottled up. They want to live their lives, COVID-

be-damned.

Whitmer, always an astute politician is getting out of the way, less she be run over. By locking down schools and restaurants again, Whitmer risks political damage from otherwise independent or politically agnostic working moms and dads who are sick and tired of teaching their kids.

Beyond that, the governor doesn't want to see more Marlena Pavlos-Hackneys or Karl Mankes. She doesn't want to see more political martyrs who are willing to be arrested for defying her orders.

The more people begin questioning her authority, the less — functionally — her authority means. The Legislature already beat her court in once when the Supreme Court ruled she couldn't issue rolling executive orders.

She's doesn't want to lose in court again by stretching the scope of her authority.

Outside of that, Whitmer's decision to stand back doesn't appear to be costing — comparatively — a lot of lives, if it's costing lives at all.

The Michigan case rates March 29 to April 12 compared to the Michigan cases rates March 29 to April 12, 2020, is five times higher.

The death rates? They're down from 91 deaths a day this time in 2020 to 32 deaths a day right now.

Around 89% of Michigan's COVID deaths are from folks 60 and older and more than half of that population has already been fully vaccinated.

Younger adults are getting sick and showing up in the hospital, but they're not dying in the same numbers.

When the history books are written on the COVID-19 pandemic of 2020 and 2021, the topline figure will be on how many lives were lost. As of today, Michigan is about 20th among the 50 states in terms of COVID deaths per 100,000 people.

Eighteen months from now, Whitmer can claim that had it not been for her pre-vaccination restrictions, that number would have been higher. By holding back on restrictions now, she can also claim that her post-vaccination non-restrictions gave people their personal freedoms back.

How often does a politician succeed in having it both ways?

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

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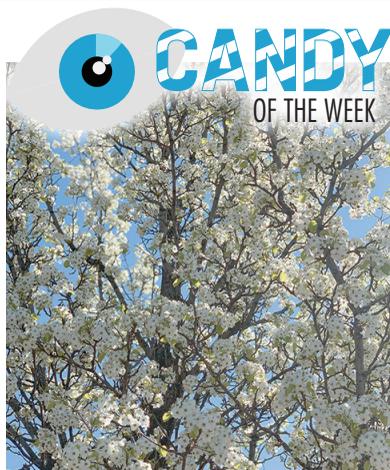
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#WeGrowGREEN



This month's Eye Candy is the early-spring flowering trees that are blooming all around us here in the Lansing area. These trees have popped open within the past few days, and because their blooms last only a short time, it makes them a very temporary pleasure. The pastel-hued blossoms look and smell like candy, filling the air with beauty and scent, but not pollen. The suffering of swollen eyes and inflamed nasal passages can be attributed to less showy trees, not the dogwoods and tulip trees that are so beautiful. There is something extra-special about the changing landscape that feels hopeful in these dark, plague-ridden times. We can count on the trees and flowers to do their thing every year, regardless of what else is happening in the world, and that constancy is reassuring. The bright colors are also an especially nice treat against the formerly gray skies of mid-Michigan that result in so many cases of seasonal affective disorder here each winter. In other words, get out there and enjoy them!

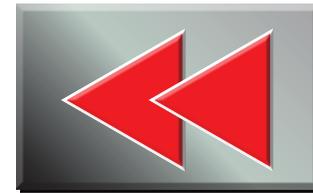
— CARRIE SAMPSON



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

REWIND

NEWS HIGHLIGHTS FROM THE LAST 7 DAYS



By KYLE KAMINSKI



Clara's eatery to be redone

Developer Pat Gillespie announced plans to redevelop the historic 113-year-old train station at 637 E. Michigan Ave. The broad concept includes the possibility of a coffee shop and a "mixed-use space for the entire community to enjoy." Gillespie plans to seek tax increment financing incentives to get the project moving.

Need a pot charge expunged?

Effective this week, those convicted of one or more misdemeanor or local ordinance marijuana crimes in Michigan can petition to have their convictions set aside if they were based on activity that would not have been a crime after Dec. 6, 2018. Residents can visit michigan.gov/ag to find a newly released webpage devoted to information about the state's new expungement laws.



Police search for murder suspect

They are looking for leads after they said 19-year-old Adrien Jayce Price died after being shot near the 1100 block of West Allegan Street about 7 a.m. Sunday (April 11). Those with information about the incident are asked to call LPD at 483-4600 or 483-4659. Send tips to Crime Stoppers at 483-7867.

Police focus on autism awareness

Lansing Police Department Chief Daryl Green and Ingham County Sheriff Scott Wriggelsworth gathered at the State Capitol building to raise awareness with the Xavier DeGroat Autism Foundation. The event promoted new laws that create a more sensory friendly interaction for those with autism when being approached by police officers.



Coffee shop opens on south side

City officials officially cut the ribbon to 517 Coffee Co., 6030 S. Martin Luther King Jr. Blvd. The new location supports the growth of the company's roasting and wholesale operations as well as expands the company into direct retail and cafe sales.

Virg Bernero quits Manufacturing Council

The former three-term Lansing resigned as the executive director of the Capital Area Manufacturing Council, turning his attention almost exclusively to his mayoral campaign. He was replaced by Cindy Kangas. Bernero's former chief of staff, Randy Hannan, who runs a consulting firm with



Bernero

Bernero, will also resign as CAMC's director of operations next month.

AG says police didn't kill Hulon

Michigan Attorney General Dana Nessel announced that four police and detention officers involved in the jailhouse death of Anthony Hulon last April will not face criminal charges. Nessel said: "The officers in this case did what they were supposed to do under the circumstances." Up next: An internal probe to examine officers' actions, department procedures and training protocols that allowed the death to occur. Wrongful death civil litigation will also continue.

Serial killer pursues parole

Don Miller, 66, who admitted to killing four women in East Lansing in 1977 and 1978, will have his ninth chance at parole this week. The Lansing State Journal reports that state officials denied him parole in 2016. Without it, Miller is set to be released after his full sentence in 2031. Meanwhile, the Michigan State Police are investigating reports that Miller had sexually assaulted yet another woman in 1978 who came forward with her story this year.



Miller

TJ Bucholz replaced at downtown board

Lansing Mayor Andy Schor appointed local business owner Jennifer Estill to replace him as a director of Downtown Lansing Inc. following his resignation earlier this month. Schor asked Bucholz to resign following several allegations of sexual harassment from former employees of Vanguard Public Affairs. Estill owns Redhead Design Studio, which created the new three-stacks city logo for Schor's administration in 2019. Schor also appointed Trevor Benoit, program manager for Mobile Network Services.



Bucholz

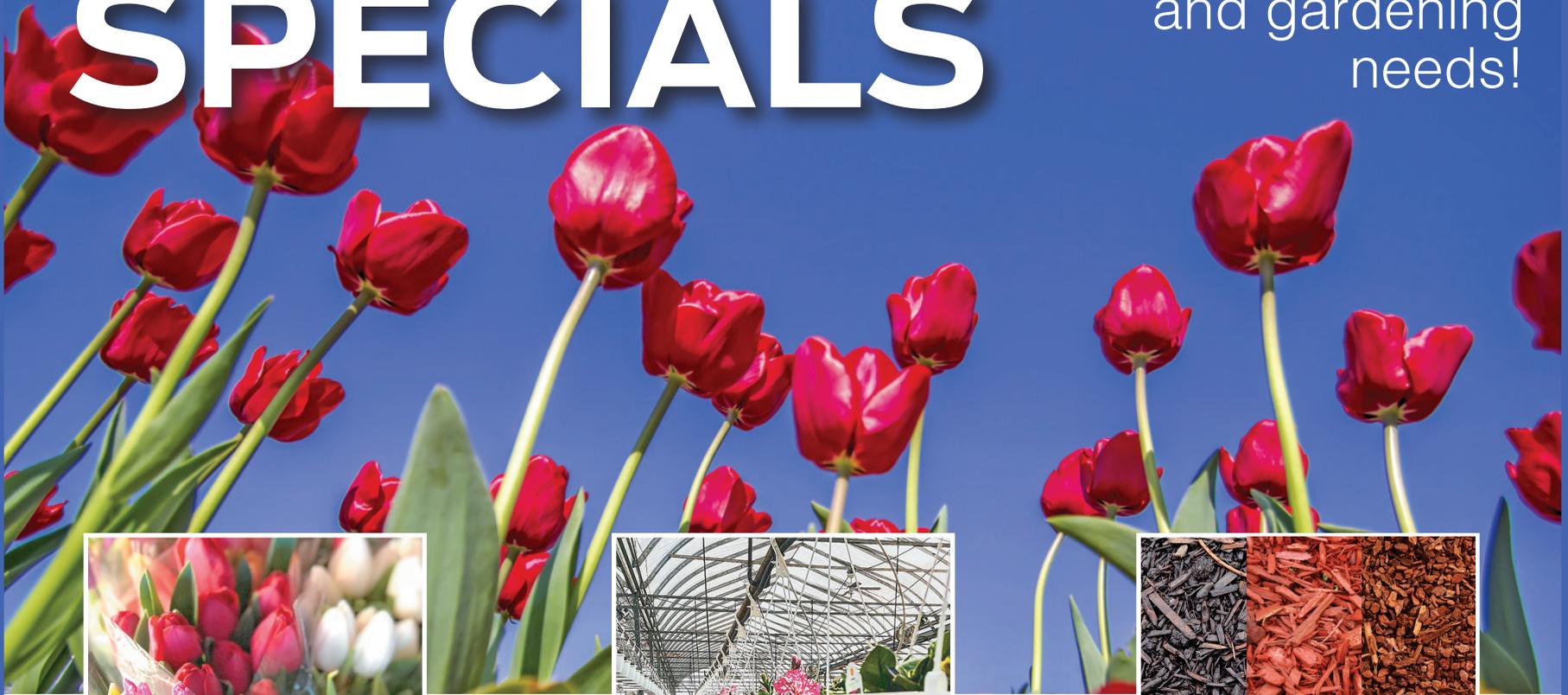
Semiconductor shortage hits GM

General Motors shut down its Lansing Delta Township Assembly plant through Friday, sending home more than 2,500 people amid a worldwide shortage. GM's Lansing Grand River plant, which has also been closed since mid-March, will stay shuttered through April 26.



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Lansing considers using revoked pot shop licenses for social equity

Clerk to release up to five more provisioning centers licenses by next year

Proposed changes to marijuana licensing laws in Lansing could help pave the way for more women and people of color to get involved in the local cannabis industry.

City Clerk Chris Swope sent letters last month to 81 city license holders — five retailers and 76 growers — that have yet to open. The letter demands they acquire state licenses or forfeit their licenses and make room for someone else. About half have until the end of September to comply, and the rest have till the end of the year.

Those license holders that wish to retain their city licenses must respond to Swope explaining their plans and the reasons for the delay in their state licensing. In addition, 11 processors haven't received their state licenses but haven't been warned.

And when those openings emerge, the City Council wants to keep focused on social equity — reserving as many of those newly opened license spots as possible for local women, people of color

Medical/Recreational Marijuana Licenses in Lansing

Growers — 196 Licenses	Safety Compliance — 5 Licenses
31 - Fully Licensed	2 - Fully Licensed
133 - Conditionally Approved	2 - Conditionally Approved
23 - Expired Licenses	1 - Pending Conditional Approval
9 - Pending Conditional Approval	
Processors — 67 Licenses	Secure Transporter — 26 Licenses
10 - Fully Licensed	13 - Fully Licensed
43 - Conditionally Approved	10 - Expired Licenses
6 - Expired Licenses	2 - Pending Conditional Approval
8 - Pending Conditional Approval	
Retailers — 72 Licenses	
26 - Fully Licensed	
27 - Conditionally Approved	
19 - Expired Licenses	

Note: Licenses can be stacked at a single physical location, allowing for both medical and recreational sales at dispensaries or increasing the harvest capacity at growing operations.
Source: Lansing City Clerk Chris Swope

and those who have been disproportionately and unfairly impacted by the war on drugs.

The concept would involve an amendment to city ordinances that piggybacks on the state's Social Equity Program designation for Lansing, which took effect last June and gives selected minority entrepreneurs access to licensing specialists and state fee reductions of up to 70%.

Because Lansing had already hit its cap of 28 retail operations before that designation was announced, city officials

have been unable to incorporate social equity components into its licensing criteria.

The availability of new licenses in the Capital City offers another chance, officials explained.

"It can't just be a reduction in licensing fees," said Councilwoman Patricia Spitzley. "We need to make sure that we are providing the support necessary for folks to be successful, developing a business plan, a utility plan and other things that make new small businesses likely to succeed."

COVID-19 restrictions have played a role in delaying those businesses in getting into full compliance, industry officials said. The provisional licenses under scrutiny were all approved at least a year before the pandemic crippled the economy and brought the city to a standstill.

Council President Peter Spadafore said he's "very interested" in transforming any license that becomes available into a social equity license. Spitzley also noted that the Council requested funding to hire a staff member into the city's financial empowerment program. She thinks that person could be tasked with assisting with business plans and mentoring young businesses.

"We need to make sure we're setting them up for success," she added.

Robin Schneider, executive director of the Michigan Cannabis Industry Association, said many provisional license holders (like in other industries) have been hampered by COVID-19. Part of the issue has been rising costs for building materials, she said.

"That has really been a huge part of the setback," Schneider added.

Swope also acknowledged that increased construction costs and additional virus-related restrictions could have played a role in the delay. Those who can provide evidence of temporary and unforeseen obstacles will receive leniency.

Schneider said she has not yet discussed Lansing's plans — which are in a nascent form — with city officials, but she is "looking forward to seeing their plan and talking with them."

The association is working with the city of Detroit to implement its social equity program. There, the city's civil rights and inclusion office steers assistance to those entrepreneurs who need it. Schneider labeled the partnership "incredible."

The idea of expanding access to licensing has also been met with enthusiasm by state officials.

"We support local governments and their efforts to create a more diverse, equitable, and inclusive marijuana industry here in Michigan," said Andrew Brisbo, director of the state Marijuana Regulatory Agency.

Spadafore said discussions over changes to the city's marijuana licensing ordinance began Friday. It could be weeks before draft amendments make their way to the full City Council.

"We're making sure that anything we are proposing is not only helpful, but legal," he added.

— TODD HEYWOOD

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Ingham County puts pause on Johnson & Johnson vaccines

Six reports of rare blood clots trigger ‘abundance of caution’ from CDC

COVID-19 vaccines from Johnson & Johnson will no longer be administered in Ingham County — or anywhere else in Michigan — until health officials can better assess six reports (of more than 6.8 million doses nationwide) of women who developed blood clots after their vaccinations.

“Safety is our highest priority. It is important that the CDC and the FDA take time to investigate these rare but serious adverse events,” said Ingham County Health Officer Linda Vail. “The pause is a sign that our vaccine reporting and investigation systems are working to ensure safety. It is a sign that the CDC and the FDA are exercising extreme caution with the vaccines.”

The temporary recommendation is based on reported cases of a rare and severe type of blood clot called cerebral venous sinus thrombosis that developed in six patients after their shots.

State and local health officials are awaiting results of a federal investigation to determine their next steps, including whether the J&J vaccine will again be deemed safe for widespread use. The Pfizer and Moderna vaccines are not affected by the pause and will be used for all scheduled vaccine appointments at the Health Department. No appointments were canceled.

Health officials stressed that fewer than one in every million J&J vaccine recipients have reported the rare blood clot. All six reported cases are among women between the ages of 18 and 48. Still, all those who received the shot in the last three weeks should watch for symptoms such as severe headache, abdominal or leg pain and shortness of breath. If these symptoms develop, residents are asked to contact their health care provider and report online at vaers.hhs.gov. The CDC convenes this week to review the cases and assess their significance, health officials said.

Doses of the J&J vaccine in Ingham County will remain in storage until a determination is found. Michigan’s chief medical executive, Dr. Joneigh Khaldun, also encouraged residents to continue making appointments for other brands of vaccines, which have not involved similar reactions.

Anyone age 16 and older is eligible to receive a free COVID-19 vaccine in Michigan. Visit michigan.gov/coronavirus to find a local vaccination location and schedule an appointment.

To date, more than 5.3 million vaccines have been administered statewide. And while state officials have requested additional shots to combat recent caseloads, President Joe Biden’s administration has emphasized that it doesn’t plan to distribute shots based on case trends.

In related news...

Greater Lansing continued to top nationwide lists of metropolitan areas with the highest rates of COVID-19 transmission in the country this week. The New York Times included 14 Michigan cities — including Lansing, Jackson and Ionia — in its list of 15 cities with the worst outbreaks on Tuesday. Lansing, for the third week in a row, earned a spot in the Top 10 biggest hotspots.

Though more than 260,000 shots have been put in arms across Greater Lansing, Michigan’s seven-day average of new cases has doubled since March and now rests at among its highest points so far this year, with a statewide average positivity rate of about 15% on Tuesday.

Gov. Gretchen Whitmer pointed to a recently increased spread in COVID-19 variants, as well as a lackadaisical attitude toward continued social distancing for the statewide case surge. Still, no additional state restrictions have been put in place. Instead, Whitmer has been trying a notably different tact — relying more on personal responsibility than on heavyhanded state mandates.

“We’re in a different moment,” Whitmer said at a news conference late last week. “Everyone one of us has the ability and knowledge to do what it takes, and it’s on all of us to do it.”

The 54B and 54A district courts in Lansing and East Lansing are closed to the public until further notice after shifting back to “phase one” of the State Court Administrative Office’s four-phase system for pandemic court operations. Courts will use remote technology as much as possible. All out-of-custody matters have been adjourned. Jury trials have been suspended.

— KYLE KAMINSKI

CORONAVIRUS IN MICHIGAN BY THE NUMBERS...

WEEK 56

Michigan

	CASES	DEATHS	VACC.
4/6/21	707,463	16,297	4,706,383
4/13/21	747,697	16,512	5,370,443
Weekly Change	↑5.7%	↑1.3%	↑14.1%

Eaton County

	CASES	DEATHS	VACC.
4/6/21	7,153	160	58,013
4/13/21	7,657	162	61,834
Weekly Change	↑7.0%	↑1.3%	↑6.6%

Greater Lansing

	CASES	DEATHS	VACC.
4/6/21	31,170	535	232,706
4/13/21	32,845	540	262,440
Weekly Change	↑5.4%	↑0.9%	↑12.8%

Clinton Co.

	CASES	DEATHS	VACC.
4/6/21	5,133	71	32,282
4/13/21	5,323	71	44,613
Weekly Change	↑3.7%	↑0.0%	↑38.2%

Ingham County

	CASES	DEATHS	VACC.
4/6/21	18,884	304	142,411
4/13/21	19,865	307	155,993
Weekly Change	↑5.2%	↑1.0%	↑9.5%

The “Vaccines” category refers to the total number of doses administered to patients that reported living within each jurisdiction, according to state data. Patients require two doses.

City of East Lansing Zoning Board of Appeals

NOTICE OF PUBLIC HEARING AT ELECTRONIC MEETING Wednesday, May 5, 2021 at 7:00 p.m.

The Zoning Board of Appeals of the City of East Lansing, Ingham County, Michigan (“Zoning Board of Appeals”) will hold a public hearing on Wednesday, May 5, 2021, at 7:00 p.m., concerning the following:

A public hearing will be held to consider an application from Jessica and Benjamin Eysselinck for the property located at 211 Northlawn Avenue, in the R-2, Medium Density Singly-Family Residential, for a variance from the following requirement of Chapter 50 – Zoning Code of the City of East Lansing:

Section 50-301: accessory structures in the rear yard shall have a 3’ setback from the rear lot line and a 3’ setback from the interior side lot line.

The applicant is proposing to construct a treehouse that is located 1 foot from the rear property line where a 3-foot setback is required and 1.2 feet from the interior side property line where a 3-foot setback is required.

This meeting will only be held electronically pursuant to the Open Meetings Act, Act 267 of 1976, and the capacity restrictions and social distancing requirements set forth in the Michigan Department of Health and Human Services (MDHHS) Director’s Emergency Orders. The purpose of the meeting will be to hold the public hearing described above and consider any other business that comes before the Zoning Board of Appeals. Pursuant to the Open Meetings Act, the City gives notice of the following:

1. **Reason for Electronic Meeting.** The Zoning Board of Appeals is holding this meeting by electronic means only due to the restrictions imposed by the MDHHS Director’s Emergency Orders. If the Orders are revised and if an in-person meeting is to be held instead of an electronic meeting, the meeting may be rescheduled to a different date and time. Notice of any such change will be posted at the City Hall and on the City’s website.

2. **Procedures.** The public may participate in the meeting and may make public comment electronically by video/telephone using the following method:

Join Zoom Meeting by Video: <https://us02web.zoom.us/j/83553168163>

Or Dial In By Telephone** - Call in: 312-626-6799, Toll Free: 888-788-0099
Meeting ID: 835 5316 8163
Password: Not required

**To unmute microphone from a cell phone dial *6 (star 6)
To raise your hand from a cell phone dial *9 (star 9)

3. **Contact Information.** For those who desire to contact members of the Zoning Board of Appeals to provide input or ask questions on the business that will come before the public body at the meeting, please contact Rebecca Urdiales, at (517) 319-6922 prior to the start of the meeting.

4. **Persons with Disabilities.** Persons with disabilities may participate in the meeting through the methods set forth in paragraph 2. Individuals with disabilities requiring auxiliary aids or services in order to attend electronically should notify Rebecca Urdiales, 410 Abbot Road, East Lansing, MI 48823 (517) 319-6922, TDD 1-800-649-377, within a reasonable time in advance of the meeting.

Jennifer Shuster
City Clerk

CP#21-084

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Suzy returned for several follow-up neurofeedback sessions. She learned to make less high frequencies. She felt more comfortable, and found both her schoolwork and daily life to be much easier. Once she found some relief, a few more sessions were done to help her body to learn to hold onto the positive changes. She continues to do well, many months after the sessions were completed.

Neurofeedback is increasingly becoming known and widely used to help stress, sleep, mood, pain, behavioral issues, and a range of other conditions. It is endorsed by the American Academy of Pediatrics, the Mayo Clinic, and leading trauma researcher, Bessel van der Kolk, M.D., among others.



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There is a movement in the United Kingdom that has extended around the world; “Just A Card.” Their efforts are to show how purchases even as small as buying a greeting card can have a dramatic increase on a small business’ or makers’ bottom line. Imagine is 500 people would commit to purchasing between \$3 and \$5 per month in a shop. That \$1,500-\$2,500 can mean the difference between paying bills and not. Think about it.



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CityPULSE'S 420 Celebration

Rainbow belts, hash cookies and sex chocolate

Old ovens at Roma Bakery churn out potent edibles

Much like Valentine's Day for the flower shops, the 420 holiday on April 20 is serious business for the cannabis industry. New products and giveaways abound. There's something special out there for just about every stoner in Lansing who needs to replenish their stash before Tuesday.

As the Capital City's premier weed aficionado, I was able to get my hands on some (perhaps too many) product samples about a week in advance.

Pure Options — Rainbow Belts

Price — TBD

THC content — 24.82%

Pure Options is dropping an exclusive new strain called Rainbow Belts next week. The first harvest is testing at nearly 25% THC.

And it's so new that the prices haven't even been set.

A bouquet of fruity scents — citrus, grape, papaya — burst from the jar, interwoven with spicier, lavender-like floral notes. Incredibly dense, popcorn-sized buds shimmered chartreuse with crystalline trichomes under the light.

Don't let the candylike name and aromas fool you. The flavor is much more spice than fruit. The effects also come on very quickly. A brand new strain called for a brand new bowl, and just a few tokes led to an hour-long wave of relaxation under the sun in my backyard. I'd recommend this strain for those searching for an incredibly smooth-hitting way to relieve anxiety or pain.

Northern Lights FX — Premium Chocolate

Price — \$20*

THC content — 100 mg

Northern Lights FX, a relative newcomer to the recreational cannabis market in Michigan, is one of three pot com-



Lansterdam in Review: 420 Edition

panies operating out of the old Roma Bakery

in Lansing. Pure Options and Edgewood Wellness just started stocking its line of cannabis-infused chocolate bars this month.

Each 2.5-ounce chocolate bar includes 100 mg of THC, as well as a blend of natural modifiers — like melatonin, l-theanine, muira puama, caffeine — to achieve some very specific effects.

The classic bar is about as simple as it gets. The "highest quality milk chocolate imported from France" blended with a moderate dose of cannabis extract. Five pieces make for easy dosing. And aside from the mild hashy taste, I could've been tricked into thinking this was Ghirardelli.

The snooze bar, as the name implies, is best suited for dosing up right before bedtime. The whole bar contains a whopping 40 mg of melatonin designed to boost your body's natural sleep hormones. In addition to the usual relaxed sedation from the THC, this one knocked me out in about an hour.

The relax bar includes a 1:1 THC to CBD ratio, as well as a relaxing blend of green tea extract l-theanine — designed to decrease tension and lift you off into an increased state of bliss. This one might be my favorite of the lineup. An even CBD to THC mix helps to reduce some of that paranoia or head rush that some smokers feel.

The daytime bar is essentially just four cups of coffee (or 400 mg of caffeine) packed into one dank chocolate bar. This might be the best choice for wake and bakes. I only had half of the package and could hardly stay seated.

The focus bar is supposed to be Adder-



all disguised as cannabis. It includes an energizing blend of nootropics — specifically bacopa and rhodiola extracts — that are designed to boost concentration and improve mental cognition. Paired with 100 mg of THC, I didn't notice much. Then again, maybe it was because I wasn't trying to focus on much of anything this weekend.

The love bar is more risqué. Formulated with an herbal blend of muira puama and ashwagandha, this aphrodisiac concoction is designed to enhance arousal and heighten intimate sensations. I'd say it works. But even if it didn't, at least you'll go to bed baked.



Noble Road — Brownies, Cookies and Gummies

Price — \$20*

THC content — 100 mg

The owners of the old Roma Bakery have been keeping a fairly low-key operation over on S. Cedar Street since they bought the place last year. There isn't a big Noble Road sign out front. Aside from the employee parking lot, one could be forgiven for thinking the building is vacant.

But inside, those old Italian ovens are being put to good use with an array of baked goods and gummies, all infused with premium hash rosin — a major rarity on the Michigan edible market.

Most edibles are made with distillate, a sterile sort of THC concentrate that often comes from low-end dried flower and trim. It also lacks the full spectrum of cannabinoids from the plant. Hash rosin, on the other hand, is all about preserving the original terpene and flavor profiles of cannabis. After harvest, the flower is frozen, pressed and processed in its most primal form. From there, Noble Road mixes it with sweet cream butter into a variety of decadent desserts.

The double fudge brownie bites con-

tain about 5 mg of THC. The cookies contain about 10 mg and come in three standard flavors — chocolate chip, peanut butter and molasses. A special rainbow colored "Dazed" sugar cookie was also released for the 420 holiday this year, and it's my personal favorite of the bunch. All of them had a mild hashy flavor, which staff told me was intentional to help differentiate the product from other non-intoxicating products on the shelves.

Most edibles leave me with a little bit of couchlock and, depending on the day, a bit of anxiety followed by a mild headache. These baked goods, however, were a different story. The entourage effect of the terpenes from the hash rosin made for a much more balanced high.

Nobel Road also just released a line of rosin-infused gummies made with real fruit juices. I tried two varieties — the cherry-lime and the apple-ginger. And both were absolutely delectable.

In addition to being gluten-free and vegan, these little 10 mg candies included a very simple list of ingredients and a natural fruit taste. The ginger was a perfect pairing for the hashy aftertaste.

Kyle Kaminski is City Pulse's managing editor and a cannabis enthusiast who has been smoking marijuana just about every day for the last decade. Almost weekly, Kaminski samples some of the best cannabis products available in Greater Lansing, gets real high and writes about them.

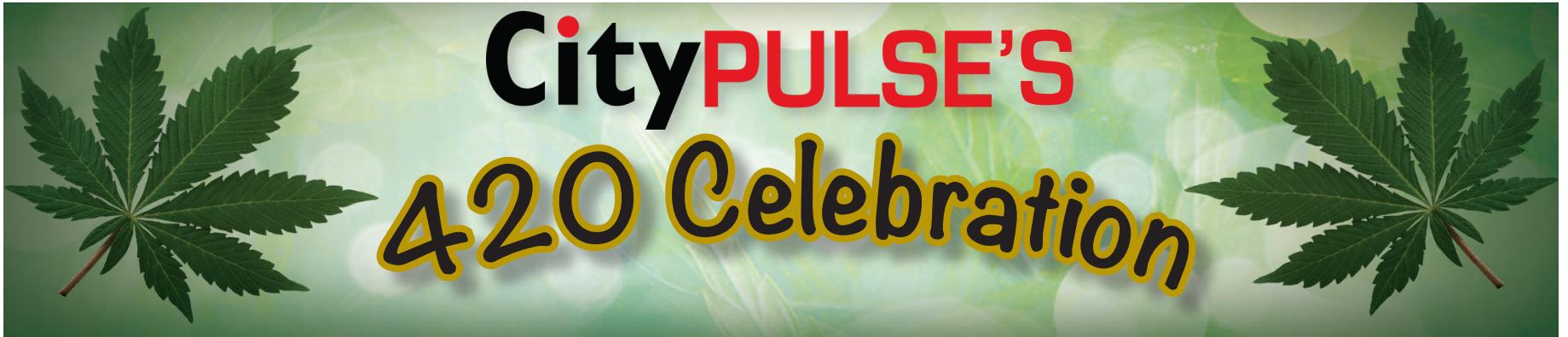
**Prices may vary and are estimated based on availability at multiple retailers in Michigan.*

Next week: High Life Farms recently released a new line of bit-sized pretzel cores dipped in chocolate and peanut butter called "Nuggies." Company officials said these 100 mg packages are currently the third best-selling THC-infused chocolate product in Michigan. Unfortunately, I simply didn't have time (or the mental capacity) to eat them before our print deadline. Check back next week for a full product review — including High Life Farms' decadent blueberry cheesecake chocolate bar.



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CityPULSE'S 420 Celebration



Photos by Skyler Ashley/City Pulse

Nobel Road staff mix ingredients and load packages of fudge brownie bites, among other cannabis-infused edibles, last Friday.

From cannoli to cannabis

Noble Road builds edible empire from old Roma Bakery

By **KYLE KAMINSKI**

Lansing may never again have paczki like Sostine and Mena Castriciano could churn out at Roma Bakery and Deli. More than a century of combined baking experience with artisanal Italian goods can be hard to come by, and perhaps even more difficult to replace once it is gone.

The craft cannabis culiniers at Noble Road, however, are trying their best. The new occupants of the longtime home of Roma Bakery, at 428 N. Cedar St., in Lansing, are even using the same countertops, mixers and commercial ovens that made the Castriciano family recipes famous — though these particular confections are filled with a bit more than just ricotta cheese.

Noble Road produces an array of concentrates and cannabis-infused baked goods that are sold at Lume Cannabis Co., with shops in Owosso and Jackson, and nearly 150 other medical and recreational pot shops across Michigan. A new line of gummies launched this week. Tinctures are planned for later this year.

“I’m from Lansing. I’ve always known about this place,” said owner Travis Wilson, who bought the building — with help from some friends — in 2019 and launched Noble Road last spring. “It’s just all sort of coincidental that it came together the way things did. It’s a great location.”

The Castricianos, who started the bakery as young

Italian immigrants in 1969, announced Roma was closing in August 2019. The family had tried to sell the bakery for three or four years, but the plans just never came together. That was until the marijuana industry started to boom.

This year, Lansing is home to hundreds of licensed marijuana facilities — growers, retailers, testing labs, transporters. And processors like Noble Road also help keep the edibles flowing.

Dozens of employees, each wearing a tie-dyed

t-shirt as a uniform, helped bring Roma Bakery back to life last Friday. A commercial cookie-making machine oozed carefully weighed chunks of dough into molds. Trays of gummies and brownie bites were piled across the production floor.

Sweet cream was being mixed with flour and cannabis extract in Roma’s old mixers. From there, they’re slid into the same oven that used to produce thousands of paczki for Fat Tuesday.

“A lot of this equipment is original to Roma,” Wilson explained as he gave a tour last week.

Wilson is a former hospice nurse who noticed the benefits of cannabis firsthand on his patients. He doesn’t have a Michelin star or much culinary training at all, he said. Instead, his business is driven purely by a longstanding passion for the recreational and medical benefits of the plant.

His journey into the industry began with managing a small grow operation just outside Lansing. His nights were spent reading everything he could about marijuana. He immersed himself in the cannabis community, spending every minute consumed by his newfound obsession. Roma “serendipitously” hit the market just as Wilson was ready to expand into the processing industry.

Oh, and the location of Wilson’s first hands-on



Skyler Ashley/City Pulse

Staff use much of the same equipment — like dough mixers and commercial ovens — that was used at the old Roma Bakery.

See Edibles, Page 16

CityPULSE'S 420 Celebration

Edibles

from page 15

cultivation project near Lansing? Noble Road.

“A lot of other brands are coming in from outside the state of Michigan, and we’re a Michigan-owned company. We’re a small, family-owned business. The people that work in this facility are like a very tight-knit little family,” added Sales and Marketing Director Alyssa Price.

Since December, Michigan has reported about \$15 million in edible sales statewide every month. It routinely trails behind sales of flower and vaporizer cartridges, but market research suggests that cannabis-infused confections represent a growing segment of the industry.

Research from BDS Analytics suggests that the entire North American edible market tracked about \$1.5 billion in sales in 2018, which is predicted to climb to \$4.1 billion by next year alone. Headset reports that sales of adult-use

and medical edibles climbed by 60% across seven markets — to \$1.23 billion in 2020 from \$767 million in 2019. Edibles also experienced a 14% rise in Michigan’s market share in 2020, reflecting a rising interest in non-smokable alternatives.

Cookies and brownies often serve as the entry point for customers into the newly legalized market, Price explained. They contain very specific concentrations of THC for easy dosing. They’re also discreet, so customers don’t walk around smelling like a freshly smoked blunt.

Noble Road also uses an ingredient that’s rarely found in other gummies or cookies: Hash rosin.

The vast majority of Michigan’s processors purchase bulk flower and trim which is distilled into a sterile sort of concentrated oil known as distillate. That process — which often uses low-grade bud — separates the THC from the plant, as well as from the full spectrum of cannabinoids.

Hash rosin, on the other hand, is all about preserving the original terpene and flavor profiles of the plant. After harvest, it’s frozen, pressed and processed in its most primal form. The result is an entourage of psychoactive components that make for a much more balanced sort of high. “When the state



Photos by Skyler Ashley/City Pulse

Hash rosin is at the center of Noble Road’s edible operations. After marijuana plants are harvested, the flower is frozen, pressed and processed using only chemical-free methods that are intended to preserve the original terpene and flavor profiles of the plant — resulting in a much more balanced sort of high.

Medical/Recreational Marijuana Sales (in millions)			
	Flower	Vapes	Edibles
December 2020	\$48.57	\$22.85	\$16.95
January 2021	\$52.87	\$24.64	\$16.62
February 2021	\$51.77	\$23.38	\$15.59

started to pinch the supply, it was really hard to get any distillate. We just didn’t have the set up to do our own distillation, so we decided to perfect our recipes with hash rosin,” Price explained. “It’s just a premium way to consume cannabis. No chemicals touch the plant.”

The remaining ingredients are simple — eggs, butter, flour, vanilla, salt and cocoa powder. The newly released “fruit gems” are also made using natural fruit ingredients and herbs like ginger.

“There’s something about having that real fruit in there that makes it a better high,” Wilson said.

Noble Road has also transformed itself into a business incubator, leasing production space to two other companies focused on the edible market: Northern Lights FX and Fwaygo. Northern Lights just released its first line of cannabis-infused chocolates last week. Dozens of Fwaygo boxes were stacked on tables at Roma last week. They moved in “like yesterday,” Wilson said.

Officials at all three companies pointed to the city of Lansing — with easy access to markets in Detroit and Grand Rapids — as a growing focal point of the cannabis industry in Michigan.

Mike Thackeray, the owner of Northern Lights, also brings no culinary experience to the table. He entered the industry as a caregiver, only developing his chocolate products after realizing how many other edibles were inconsistent in quality and had contained varying levels of THC.

His chocolate bars — which come in six varieties for six distinct effects — use ingredients imported from France.

Some have caffeine. Others have herbal remedies for relaxation. One of them, with muira puama and ashwagandha root extract, is designed to enhance sexual arousal.

“We spent a lot of time doing market research, going to other states to see what everyone else was doing,” Thackeray said. “We developed these for six types of effects. It’s all fair trade. We wanted the best chocolate we could find and to make a better product than what was out there.”

Thackeray’s favorite is the caffeine-infused “daytime” bar, which he described as a “hippy speedball.” Those were just delivered to Pure Options and Edgewood Wellness last week.

“Everybody talks sativa and indica, but when you’re going into the shop, many new customers have never consumed cannabis before. They don’t want that couchlock. They want to know what sorts of effects they’re going to be feeling. This is designed for them,” Thackeray added.

The effects of each chocolate bar, for the most part, work exactly as advertised. Check out this week’s “Lansterdam in Review” column for more detailed information about the edible products.

Perhaps this story also shouldn’t be shared with the Castricianos, who never publicly revealed that Nobel Road bought the building in 2019 while Wilson and his team sent out press releases announcing the acquisition. Why the secrecy? “It’s definitely the stigma on the industry,” Wilson added. “I don’t think they were exactly proud to see what was going to be done with the place.”

Su Casa

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Welcome to Lansterdam

It's almost 420. Here's where to score the best weed in Greater Lansing.

The official City Pulse guidebook to getting (really) high in Greater Lansing

The Capital City is now home to nearly two dozen medical and recreational marijuana dispensaries. And just about all of them have cooked

up some type of dank promotional special for the holiday season. As a public service to our readers, we've aggregated a list of every pot shop

within about 50 miles of Lansing, including as many 420-related discounts we could find. You're welcome.



Arcanna
29 Beardsley Rd., Ionia
616-755-6656
arcannausa.com
Monday - Sunday: 9 a.m. to 10 p.m.
Deals: Free pre-rolled joints for all customers. Flower is 20% off on April 20. Free gram with every eighth through April 30. Other daily deals begin April 14 and last through April 20.



Bazonzoes
2101 W. Willow St., Lansing
517-273-3000
bazonzoes.biz
Monday - Saturday: 10 a.m. to 9 p.m.
Sunday: 12-6 p.m.
Deals: 42% off flower. \$25 eighthers. Vendors, food trucks and special giveaways all day long.



Cannaisseur
3200 N. East St., Lansing
517-580-7602
cannaisseur.net
Monday - Saturday: 9 a.m. to 10 p.m.
Sunday: 9 a.m. to 8 p.m.
Deals: \$5 pre-rolled joints of select medical/recreational strains through April 20.



EDGEWOOD WELLNESS
134 E. Edgewood Blvd., Lansing
517-580-7078
edgewoodcannabis.com
Monday - Sunday: 11 a.m. to 7 p.m.
Deals: Vegan food truck from 12-5 p.m. Vendors on site from 2-5 p.m. Three raffle entries with every purchase, plus other giveaways and prizes. First 20 customers receive a \$100 grab bag. Discounts on Monster, DRIP Carts, Terrapin Carts, Northern Lights and Motor City Cannabites.



First Class Cannabis Co.
2515 N. Grand River Ave., Lansing
517-993-6490
first-class.kushcart.us
Monday - Saturday: 10 a.m. to 9 p.m.
Sunday: 10 a.m. to 8 p.m.



GAGE CANNABIS CO.
Gage Cannabis Co.
3425 S. Martin Luther King Jr. Blvd., Lansing
888-424-3463
gageusa.com
Monday - Sunday: 9 a.m. to 10 p.m.



Homegrown Cannabis Co.
5025 S. Pennsylvania Ave., Lansing
517-708-7729
hgcannabisco.com
Monday - Saturday: 9 a.m. to 9:45 p.m.
Sunday: 10 a.m. to 8 p.m.



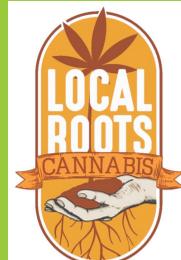
JARS CANNABIS
Jars Cannabis
7045 S. Cedar St., Lansing
517-997-8223
901 W. Main St., Owosso
989-494-5155
jarscannabis.com
Monday - Sunday: 10 a.m. to 9 p.m.
Deals: Text JOIN "JARS517" to 218-400-1383 for the latest deals.



Kinship Cannabis Co.
2199 N. Concord Rd., Albion
517-257-7372
kinshipcannabisco.com
Monday - Saturday: 10 a.m. to 8 p.m.
Sunday: 10 a.m. to 5 p.m.



Lansing Botanical Co.
3535 Capitol City Blvd., Lansing
517-679-1170
thebotanical.co
Monday - Saturday: 10 a.m. to 8 p.m.
Sunday: 10 a.m. to 6 p.m.
Deals: Food trucks on site. The first 20 customers receive a t-shirt. Raffle giveaways and discounts on Red Arrow Farms/Redemption products. Spend \$50, get a free \$350 grab bag.



Local Roots Cannabis
120 W. Grand River Ave., Laingsburg
517-881-0585
localrootscannabis.com
Monday - Sunday: 12-8 p.m.



Lumberjack's Provisioning Center
8975 S. M-37 Hwy., Dowling
269-721-8708
lumberjackspc.com
Monday - Saturday: 9 a.m. to 9 p.m.
Sunday: 11 a.m. to 5 p.m.
Deals: Select grams for \$4.20 each. Select pre-rolled joints (25%+ THC) for \$5 each.



Lume Cannabis Co.
116 N. Washington St., Owosso
989-494-4527
1425 W. Main St., Lowell
616-330-3812
lume.com
Monday - Saturday: 10 a.m. to 9 p.m.
Sunday: 11 a.m. to 9 p.m.
Deals: Discounts on just about every medical and recreational product. Every \$100 spent through April 20 earns a raffle ticket for a chance to win a prize package valued at over \$1,500.



Meds Cafe
1965 W. Main St., Lowell
616-260-3098
medscafe.com
Monday - Sunday: 9 a.m. to 9 p.m.
Sunday: 12-4 p.m.
Deals: \$20 gift bags that include an assortment of at least 10 THC products, including pre-rolled joints, edibles, tablets and more, available while supplies last from 9 a.m. to 9 p.m. on April 20.



Pleasantrees
1950 Merritt Rd., East Lansing
517-237-3050
enjoypleasantrees.com
Monday - Sunday: 10 a.m. to 9 p.m.
Deals: Two ounces of Pleasantrees flower for \$420 through April 20. BOGO edible deals on Friday, Saturday and Sunday. 20% off Choice gummies on Monday. Free gram with any purchase on April 20. All deals are only available from 10 a.m. to 9 p.m. while supplies last.



PureCanna Cannabis Co.
5829 Executive Dr., Lansing
517-897-9496
purecannami.com
Monday - Saturday: 10 a.m. to 8 p.m.
Sunday: Closed



PURE OPTIONS Lansing Locations
5815 S. Pennsylvania Ave • 517-721-1439
2905 N. East St. • 517-708-7090
1900 E. Kalamazoo St. • 517-318-6932
pureoptions.com
Monday - Sunday: 9 a.m. to 9:45 p.m.
Pure Options is dropping an exclusive new strain on April 20 called Rainbow Belts. We got it first. Check out the Lansterdam in Review column in this issue for a full product review. Additional discounts and promotions are set to begin on April 17 and continue through April 20.



The River Provisioning
101 N. Front St., Chesaning
989-334-5282
theriverprovisioning.com
Monday - Saturday: 10 a.m. to 8 p.m.
Sunday: 12-5 p.m.



skymint
3315 Coolidge Rd., East Lansing
517-376-4640
2508 S. Cedar St., Lansing • 810-250-7627
1015 E. Saginaw St., Lansing
810-379-0090
skymint.com
Monday - Saturday: 10 a.m. to 8 p.m.
Sunday: 11 a.m. to 8 p.m.
Deals: Any purchase made through April 20 earns a raffle entry for a giant, 10-gram joint. Daily discounts continue through April 20 — including various BOGO discounts on grams and vapes.



Sunnies Cannabis Co. (Medical Only)
1410 N. Eaton St., Albion
517-343-2070
sunniesmi.com
Monday - Sunday: 10 a.m. to 8 p.m.



We asked. They answered: What makes your pot shop better than the rest?

Last week, we kicked off our 420 coverage with online Q&As featuring as many medical and recreational dispensaries as we could find in Greater Lansing. Several responses included fascinating details about how these local companies got started — and where they're going.

We also asked: What sets your shop apart from others on the local market?

Here's what they said:

Lansing Botanical Co.

"Our people and our culture. We strive daily to live our mission, which equates to making cannabis approachable no matter where our customer is on the cannabis spectrum. From the canna-curious to the cannasseur, our BoCo staff is dedicated to providing the level of respect, compassion and expertise our customers deserve."

Pleasantrees

"Pleasantrees is, at its core, a company started by cannabis people who have been deeply involved in the industry and culture for most of their lives. We believe that connection to, and respect for, the plant is recognizable in everything we do, including growing top-shelf flower and manufacturing high-end water hash rosin without the use of any additives or chemical solvents.

"Similarly, our stores feel authentic and our branding strikes a meaningful balance between traditional cannabis culture and the modern societal refinement of the now legal industry.

"Understanding the variety of delivery methods available and to differentiate ourselves, our product assortment includes the following categories: packaged flower; vapor pens and cartridges

(distillate, rosin & resin); concentrates; edibles; tinctures; topicals; capsules/tabs; CBD products; and apparel. Our retail establishments feature diversified product offerings that showcase our flagship brand, Pleasantrees, and our newly introduced value brand, Gud Nuff."

Edgewood Wellness

"The best customer service, the friendliest and most knowledgeable staff, our dedication to Lansing and cannabis generally. Our design and the size of our establishment will be the most unique once completed. We aren't 'big corporate' cannabis. Our team is mostly local and we still consider ourselves 'mom and pop' in this industry."

Bazonzoes

"We truly appreciate our customers and patients and try to spend time get-

ting to know them and their likes and dislikes. We put quality care and quality products first. We also are big advocates on eliminating the stigma surrounding marijuana and want to help people learn and appreciate the power of this amazing plant for healing."

Arcanna

"We are dedicated to providing customers accessibility to the best, safest and largest variety of cannabis products in Michigan. Similar to a "farm-to-table" concept, consumers will be able to see how our plants are grown and processed before purchasing their favorite products. We are also diligent in the rigorous testing of our products, testing for microbes, pesticides, cannabinoid content and more."

Pure Options

"The most obvious advantage we have over our competitors is our precision crafted cannabis. Our team at Pro Gro is turning out some of the best quality flower Michigan has ever seen, and introducing new strains to the market that are turning heads."

Skymint

"Our dispensaries are one-of-a-kind experiences that reflect the neighborhood and communities in which they're set. What they all have in common is support for local artisans, both in the handmade display items we use in each store as well as the unique items we offer for sale. Our stores are filled with natural light in order to be welcoming to adults of all ages. We use original art and unusual merchandizing to create an experience that is always intriguing and unique so that each time a customer visits, he or she finds something they hadn't seen before — as well of course as the excellent cannabis we pride ourselves on providing."

Lume Cannabis Co.

"Lume was founded on four brand pillars: quality above all, open to everyone, forward-thinking and Michigan made. Since day one, we've designed our stores with these tenets in mind. There's no single stereotypical cannabis consumer, so we made sure that we created a welcoming, approachable environment that simultaneously surpasses the experts' expectations without intimidating the novices. A clean, modern aesthetic coupled with a personalized, guided shopping experience ensures you'll walk away satisfied with your visit, not to mention your Lume brand cannabis, which can only be found at our 15 locations."

Visit lansingcitypulse.com/lansterdam for full Q&As from our "12 Days of Cannabis" coverage.

Your 420 headquarters.

Deals begin on 4/17/21. Be the first to know. Visit pureoptions.com to sign up now!

420 STRAIN DROP

Rainbow Belts /Hybrid/
Effect: Cerebral, Creative, Sociable, Tingly, Uplifting

24.8% THC
HYBRID

Rainbow Belts maximizes the desired effects of the popular Zkittlez strain by crossing it with Moonbow — itself a cross of Zkittles and Do-Si-Dos — creating a beautiful cultivar packed with fruity flavor. The double Zkittlez dose increases the uplifting effects of Rainbow Belts, while still retaining enough of the Do-Si-Dos relaxation to result in an even hybrid. Expect Pure refreshment.

Available for adult-use only. Rainbow Belts drops 4/20/21.

Wedding Cake /Hybrid/

Effect: Relaxing, Euphoric, Creative

This slightly indica-dominant hybrid has an earthy, vanilla aroma that gives way to a sweet, mellow flavor. Expect Pure wedded bliss.

30-32% THC	\$30	NET WT. 1/8 OUNCE	SAVE \$5
HYBRID			

Available for medicinal and adult use. Cannot be combined with any other offers or discounts. Offer valid 4/19/21-4/25/21, while supplies last.

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ARTS & CULTURE

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Learning acceptance during Autism Awareness Month

By COLE TUNNINGLEY

In past years, April was referred to as Autism Awareness Month. In 2021, the Autism Society of America is encouraging a shift towards calling it Autism Acceptance Month instead. After all, awareness isn't really the issue. "While we will always work to spread awareness, words matter as we strive for autistic individuals to live fully in all areas of life," said Christopher Banks, president and CEO of the Autism Society of America. "As many individuals and families affected by autism know, acceptance is often one of the biggest barriers to finding and developing a strong support system."

Anthony Ianni — the first Division I college basketball player known with autism and current autism advocate — agrees with this sentiment. He found out he was on the spectrum at age 4.

"We're in a better spot now than we were 15 years ago. When I was in high school, none of my classmates really knew what autism was," said Ianni. "There was no talk about Autism Awareness Month. Fast-forward to now, you see a lot more schools getting involved with autism awareness." He said that there's still a lot of work to be done to increase both awareness and acceptance.

To illustrate his point, he used a sports metaphor. As a team, you never stop practicing. You try to get better and better every day. He views autism activism in a similar way. The work will never truly be done.

Ianni does work for the Michigan Department of Civil Rights and also runs an all-stars basketball camp for kids on the spectrum.

"Whether it's donating or volunteering or just getting involved with some nonprofit organizations, it really goes a long way," said Ianni. "It helps those kids get the accommoda-

Nonprofit News



This is a new occasional feature highlighting events and milestones at local nonprofits. If you

would like to submit a suggestion please email skyler@lansingcitypulse.com

For more information about autism and advocacy, visit

Autism Society of Michigan
autism-mi.org

Xavier DeGroat Foundation
xavierdegroatfoundation.org

Anthony Ianni
raind.msu.edu/people/anthony-ianni

tions they need. It also lets those kids know that society is aware of what autism is and accepting of those individuals as well."

Around 2012, Ianni founded The Relentless Tour — an anti-bullying initiative that took him across the country. He shared stories about being bullied for being on the spectrum. Eventually, that got him the attention of the MDCR.

"It's been a fun ride, being able to travel all over the country and getting to meet all these great individuals," said Ianni. "For me to be able to tell people that I represent the autism community, I feel a lot of pride in that."

When Ianni joined the MSU basketball team, he wanted to keep his autism a secret. But Draymond Green got upset when Ianni didn't understand one of his jokes. A training coach explained that Ianni didn't understand the joke because he is on the spectrum.

After that, the floodgates opened. The whole team learned about it, and Ianni felt much more comfortable being himself.



Ianni

"I wasn't angry. Draymond was asking me why I didn't tell him. I just told him that I didn't know how he'd react," said Ianni. "From that day forward, it was awesome. I had no issue asking my teammates whether or not someone was being sarcastic."

That little anecdote about Ianni shows the value of acceptance and awareness. Revealing his autism gave Ianni the freedom to be himself and navigate the world.

"I thought they were going to treat me different after I told them," said Ianni. "The thing I loved most about it is that it gave my teammates an opportunity to learn about autism. It was something they didn't know about before. And now they're all experts."

Autism activist Xavier DeGroat, head of the Xavier DeGroat Foundation, said acceptance involves being inclusive.

"You should be friendly and open-minded, instead of just sticking to your own perspective or your own way of seeing things," DeGroat said. "You have to have neurodiversity in order to have justice for people with autism."

DeGroat's foundation has had a busy month. Earlier this week, he held a ceremony at the Capitol with the Lansing Police Department celebrating the passage of a law that allows drivers with autism to include their condition as part of their driv-



DeGroat

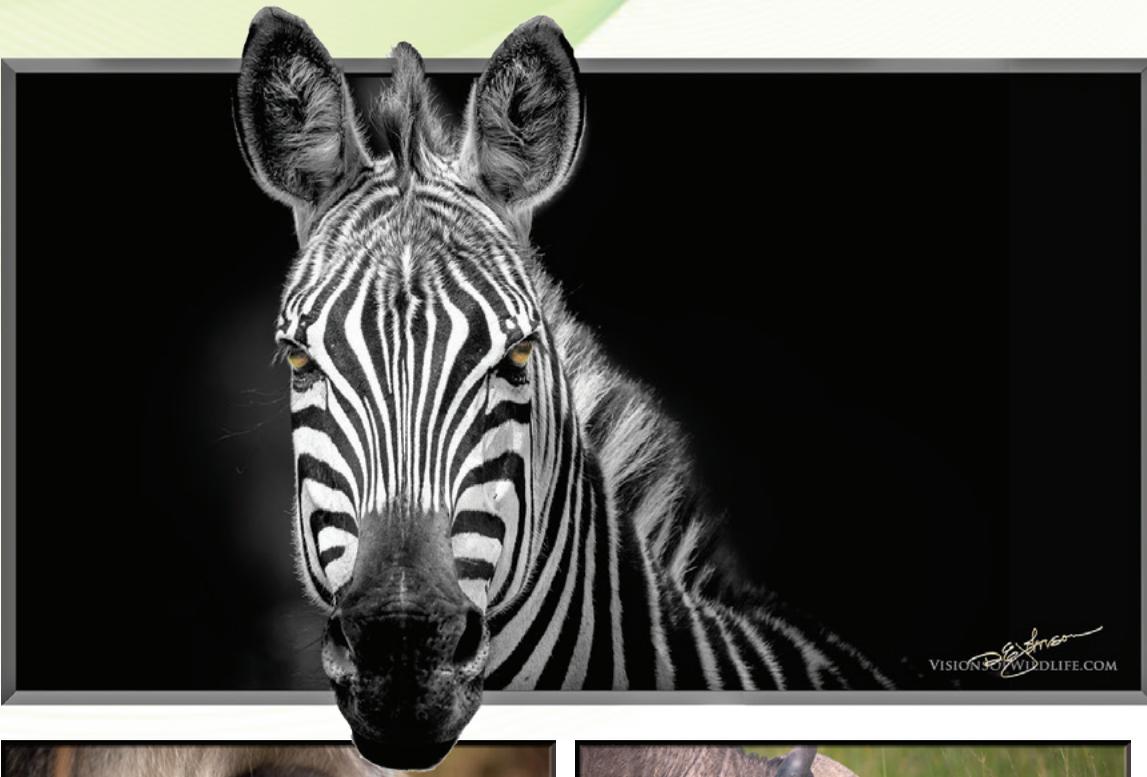
ing record. The law, which goes into effect in July, requires officers to make special accommodations for autistic drivers. DeGroat said this will help prevent routine traffic stops from going awry.

"When a person with autism is pulled over, they can automatically go into a severe stimulation that increases their sensory overload and anxiety," DeGroat said. "It might lead into a tantrum, and before this law a police might not understand that the flashing siren lights and other issues can cause sensory problems."

DeGroat also appeared on former Arkansas Gov. Mike Huckabee's television show this month, and his foundation still has several other plans for the rest of April, including several local community seminars, a fundraiser at Zap Zone and the release of a documentary, which details DeGroat's life with autism — including his time spent as the first autistic White House intern.

"I hope that it motivates people to look at their struggles and focus on their abilities, rather than their disabilities, to become successful in life. Having autism can be difficult economically and socially, and there's a lot of politics involved with it. I hope the documentary inspires other families to move along with their own energy," DeGroat said.

VISIONS OF WILDLIFE



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Favorite Things

Jaxon Kolhoff and his record collection

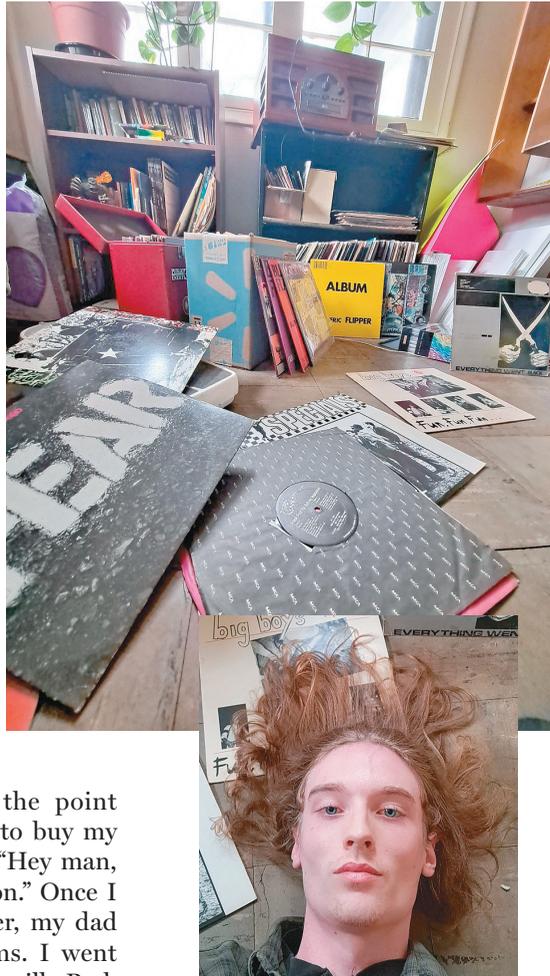
Jaxon Kolhoff, 21, who can be seen working the register at The Record Lounge, inherited his favorite thing, a vast record collection, from his father. Kolhoff details why vinyl is such a special and personal way to enjoy your favorite music.

I got this collection as sort of a hand-me-down. It was my dad's collection from his older brother. It's a bunch of punk records that have been passed down from the '80s and '70s and it's one of those things where it always sat on a shelf, and I'd say "Oh, what's this? Can I look at this?" And I'd be told, "No, you're going to mess it up and break it."

Eventually, it got to the point where I was old enough to buy my own records and I'd say, "Hey man, now I've got this collection." Once I got my own record player, my dad gave me all of his albums. I went from having one or two Orville Peck records to having like all of these original Cramps records and Big Boys records. There's even Black Flag and the Flipper record with the cardboard van that you can cut out. It's interesting stuff from the '70s that my father got from his brother. He had the Cheech and Chong record with the giant rolling paper — stuff you're never going to find today in this condition.

Looking through the collection is kind of a treasure hunt, and it feels like passing down Excalibur. When I first got into vinyl I was like 10, I had an MP3 player in my pocket or something and I'd scroll through songs. When I saw the record collection, I thought it seemed way more like books and it gave the music way more value.

It felt like something important, it takes space, rather than just having



10,000 songs from LimeWire. It taught me how much people had to go through to find good music back in the day. I thought about how I would find about bands just from getting a link, instead of the actual scavenger hunt that people used to have to go through. I think that was the big inspiration, it felt like an adventure.

The actual sound of vinyl is so crisp. It's like the difference between seeing a bird in a YouTube video versus seeing a bird in-person on a nature walk. It's almost like a different vibration. It's the difference between drinking a Dasani and drinking some really good mineral water. You know what I mean?

Interview edited and condensed by Skyler Ashley. If you have a suggestion for Favorite Things, please email Skyler@Lansingcitypulse.com



Courtesy

"Footed Justice," by Landen Blixt.

Lansing Art Gallery awards talented young artists

By SKYLER ASHLEY

The Lansing Art Gallery and Education Center has debuted its selections for the 36th annual Art Scholarship Alert High School Exhibition. An exhibit of artwork crafted entirely by talented Greater Lansing high school students is on display at the Lansing Art Gallery's space by appointment on Washington Square through April 26. If you'd rather not venture out to downtown, you can enjoy the entire collection virtually on the Lansing Art Gallery's website.

View the Art Scholarship Alert Exhibit at
www.lansingartgallery.org.



Courtesy

"Tara's Dog," by Bella Spagnuolo.

Though created by a score of very young artists, the selected works display a range of powerful themes. Paintings by Fowlerville High School student, Landen Blixt, are inspired by the nationwide protests against police brutality in the wake of George Floyd's death. His oil painting "Footed Silence" shows a shoe squashing the face of a protester into the pavement. Other works featured in the exhibit craft striking images inspired by frontline healthcare workers and interpersonal issues, such as becoming comfortable with your body image.

The Art Scholarship Alert has raised \$119,550 for high school artists. The local recipients this year received funding ranging from \$200 to the \$1,000 Sara Jane Venable Scholarship, which was received by Bella Spagnuolo of Williamston High School. Jurors for this year's scholarship included local art and education figures Hailey Lamb,

Brian Whitfield and Michelle Detering.

On Thursday (April 15), those who tune into an online event hosted by the gallery will have the opportunity to hear from several of the high school student artists that had their work selected for the Art Scholarship Alert exhibit. The Q&A session is part of the Lansing Art Gallery's Brown Bag Lunch Artist Talk series, which creates a venue for intimate discussions between exhibited artists and visitors to the gallery.

The Art Scholarship Alert has been helping young Michigan Artists in nine different counties — grades 9 through 12 — for 36 years. The program was created in order to raise recognition of youth talent and help kick in some much needed financial assistance for promising art students. To participate, a student must submit a portfolio of artwork, which is then juried by a team of professional artists or art teachers.

Riverwalk's online talent show challenges local performers

By **DAVID WINKELSTERN**

Looking to boost your acting repertoire? Thanks to a new recurring online performance project, anyone has a chance to include "Riverwalk Theatre Performer" on a resume. By sharing a video that conforms to each month's theme, you could be one of Riverwalk's featured artists for its new monthly virtual talent show series.

"The Online Talent Showcase is just an opportunity to try some new things for our audiences and for ourselves,"

Riverwalk's Online Talent Showcase

Viewable online at [Facebook.com/riverwalktheatre](https://www.facebook.com/riverwalktheatre)

Riverwalk board member Laura J. Croff said. Croff is a regular contributor to Riverwalk's

stage productions. She received a Pulsar nomination for her 2019 performance in Riverwalk's "The Elephant Man."

Croff originated the idea for a Riverwalk talent show. "Since the pandemic has shut down in-person events and shows, we've decided to get a bit experimental about how we can still be doing creative projects," Croff said.

March's edition of the Online Talent Showcase focused on comedy. For the next showcase, which will be available on Riverwalk's Facebook page starting April 29, the theme is a virtual dance party. Amanda Tollstam and Karyn Perry have each posted a video with a dance routine for participants to mimic.

Tollstam's choreography is from "The Greatest Showman." Perry's is an original dance. Volunteers may choose either or both as a template for their entry. All video submissions are to be submitted via email to maiora07@gmail.com by April 16.

Riverwalk's Facebook page viewers are able to see and judge the entries. "The current plan is to have an online audience vote," Croff said.

The March comedy showcase is still available on Riverwalk's Facebook page. "The first event was very well received," Croff said.

The just-over-an-hour-long show has nine very different segments. Host Mark Boyd adds his own comedic interludes between performances. That includes virtual chats with Jim Hoffmaster in Los Angeles, who has a part in Showtime's just-



Courtesy

An animated segment by Dan Currie from Riverwalk's Online Talent Showcase.

wrapped "Shameless." Hoffmeister, who appeared at Riverwalk 20 years ago, acts sarcastically like a star who cannot even remember Lansing.

Gay Oliver, Charles Hoogstraten and Julia Stroman provide chuckles with their homemade stand-up comedy routines. Oliver offers a comedic take on fakeness, Hoogstraten jokes about Shakespeare's "dick jokes" and Stroman gives her dramatic take on men.

A 1990 Boston recording from "The Last Laugh" featuring Al Krulick on guitar and Laurie Myers' stand-up is included. Krulick sings witty lyrics to the tune of "The Edmund Fitzgerald" in front of an appreciative audience.

Meyers' witty jokes about being a runner are a highlight of the March Riverwalk show.

Dan Currie shares an original adult cartoon with recorded laughter and Bella Croff animates Lemony Poppy's sketches set to "Grand to Know You" from "She Loves Me."

Heath Sartorius and Nick Lemmer act out a skit about an escalating argument about the best monster. Sartorius also narrates a mock relaxation clip that becomes hilariously less and less calming. Croff adds a funny fantasy piece about a mom

daydreaming of getting family help while she pantomimes "One Moment in Time."

The theme for Riverwalk's May edition of the Online Talent Showcase is battle of the bands.

"There is a planned schedule for these online events through December of this year," Croff said. "Many types of arts and performance will be featured."

The theme requirements will be announced at the beginning of each month and the selected compilations will be posted on the fourth Thursday of the month. There is no set length to each show.

"None of these events are intended to require face-to-face interactions from people outside of their own families or bubble groups," Croff said. "Patrons may create their submissions in ways they are comfortable with per COVID guidelines."

Because COVID limited ticket sales, the free Online Talent Showcase series is meant to be a fundraiser. Each event has a link for patrons to make contributions.

"Riverwalk is trying hard to cultivate growing relationships with other artists, volunteers, and organizations, through the pandemic and beyond," Croff said.



CHARTER TOWNSHIP OF LANSING SYNOPSIS OF PROPOSED MINUTES

A REGULAR MEETING OF THE BOARD OF TRUSTEES OF THE CHARTER TOWNSHIP OF LANSING WAS HELD ON TUESDAY, MARCH 30, 2021 AT 7:00 P.M. IN COMPLIANCE WITH MICHIGAN PUBLIC ACT 228, THIS MEETING WAS CONDUCTED VIA ZOOM PLATFORM.

MEMBERS PRESENT: Supervisor Hayes, Treasurer McKenzie
Trustees: Harris, Broughton, Brewer
MEMBERS ABSENT: Clerk Sanders, Trustee Ruiz
ALSO PRESENT: Michael Gresens, Attorney
Scott Cunningham, Assessor

ACTION TAKEN BY THE BOARD:
Meeting called to order by Supervisor Hayes.
Approved minutes of meetings held on March 2, 2021.
Agenda approved as amended.
Un-tabled Bogus Swamp Drain discussion.
Approved Bogus Swamp Drain Agreement in substantial form with contingencies.
Approved Police Department Recommendation for Detective position.
Approved Budget Amendment as recommended.
Approved moving into Executive Session.
Approved return to Regular Session.
Approved claims as presented.
Meeting adjourned.

Diontrae Hayes, Supervisor
Maggie Sanders, Clerk

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Cross-country novel rife with Midwest teenage blues

By **BILL CASTANIER**

This year has been very kind to Lansing native Edward McClelland. His new novel, "Running for Home," is his second book in 2021. Earlier, he published "Midnight in Vehicle City: General Motors, Flint and the Strike That Created the Middle Class," a non-fiction examination of the 1937 sit-in strike in

Edward McClelland

Facebook Live

Tuesday, April 27, 7 p.m.
Facebook.com/EverybodyReads

Flint that resulted in the recognition of the United Auto

Workers.

In "Running for Home," McClelland fast-forwards to the '80s using a shop-rat family as the backdrop for a tale about the American dream gone awry. His novel follows high school student Kevin Ward, who dreams of running away from his hometown of Wenniway, a decidedly blue-collar community.

McClelland, who lives in Chicago, grew up in the shadow of Fisher Body and ran cross-country for Sexton High School. In the book, Wenniway is the literary substitute for three Michigan cities and Empire Body subs for Fisher Body.

"For the purpose of the book, I decided to create an amalgam of Flint, Saginaw and Lansing as the backdrop of the novel. Thanks to Michigan State University and state government assistance, Lansing didn't experience the same devastation when the auto industry began downsizing," he said.

However, Lansing residents will recognize some of the trails and paths that Ward trains on every day. His favorite route is the north side of the Grand River — right where the Board of Water and Light power plant is. The book mentions Ward's running by the Family



McClelland

Motorcycle Club bar, with its infamous sign warning folks to stay away.

The story picks up as Ward — the second-best runner on the Wenniway team — decides he wants to run a 4:06 mile, which is more than a half-minute faster than his personal record. Kevin puts everything on the backburner besides that seemingly unachievable goal, which he winnows away at over the course of a couple years. Kevin knows that his ticket to a good four-year college depends on an athletic scholarship for track.

Athletes who grew up in the '60s and followed the exploits of world-class runners Jim Ryun, Gerry Lundgren, Frank Shorter, Steve Prefontaine and Bill Rodgers will love this book. Ward reads about their exploits in Runner's World and Track and Field News. He has dreams of beating Gerry Lundgren's high school records by matching his routine of more than 200 miles a week.

Dreams are just dreams, until reality sets in and the Empire Auto Co. is



targeted as obsolete and Ward's father is faced with a terrible decision of commuting to Tennessee to keep his job. The decision throws the entire family into survival mode.

Ward keeps running and his performance times keep improving, but his dream of leaving Wenniway and running at a big-time running program is a long shot, since only the best of the best are awarded full-time scholarships for track and cross-country.

The book does an astute job of balancing a teenager's life and sensibility against the terrible reality of family dynamics. Ward's grandfather was one of the workers who struck against the auto giant General Motors in the '30s to demand better wages and benefits. The now retired patriarch eggs on Kevin's father to stand up to the auto company.

"You could say my book 'Vehicle City' inspired 'Running for Home,'"

McClelland said.

While all of this unfolds, Ward finds himself in a romantic relationship with Sara, a member of the girl's cross-country team. As he navigates his first love, running is still at the forefront for Ward, whose goal is to win the state cross-country championship. The book has several tender moments that unveil themselves during the high school crush. Many boomers will remember listening to records at a girl's house with some kissing on the side.

McClelland has included a lot of shop-rat lore, such as enjoying sandwiches and beers at Pete's Bar near the auto plant. Pete's Bar is a stand-in for Gus' Bar on Lansing's west side, which catered to autoworkers on their lunch break.

There are some lighter moments in the book, like when a member of his cross-country team is kicked off after streaking at a football game. McClelland said the event actually happened and he was friends with the get-away driver.

The novel, according to McClelland, who still runs although not competitively, examines characters who were forced to make tough decisions and stick together despite their personal problems.

McClelland, who has garnered critical acclaim for his non-fiction books, said, "Writing this novel wasn't hard. It felt like the story was moving along naturally and I was filling in the blanks."

Although the book's ending is somewhat mercurial, McClelland likes it that way. "I'll see if I have another novel in me," he said.

In consideration of what Ward might be doing today, McClelland said, "I'd like to think he that he went on to become a high school teacher and a track coach."

Curious Book Shop

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Mon.-Sat. 10-7pm, Sun. 12-5 pm
curiousbooks.com

"There is more treasure in books than in all the pirate's loot on Treasure Island."

-Walt Disney

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Jonesin' Crossword

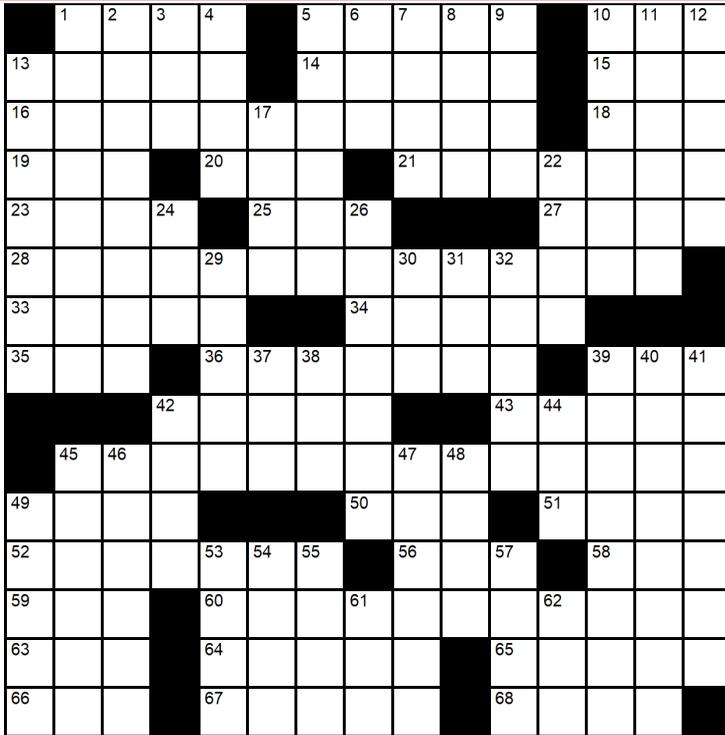
By Matt Jones

"Well, sorta"-
partway
there.

by Matt
Jones

Across

- 1 "We're calling with an urgent message about your car's warranty," e.g.
- 5 Creator of Pudd'nhead Wilson
- 10 "Right now"
- 13 Care Bear
- 14 "Yankee Hotel Foxtrot" band
- 15 Debtor's letters
- 16 Hotel heiress who popularized "That's hot"
- 18 Hurricane heading, sometimes
- 19 Affirmative vote
- 20 It may be doffed
- 21 Bad movie rating
- 23 Actress Seehorn of "Better Call Saul"
- 25 Torn ___ (athlete's knee injury)
- 27 Crafty
- 28 Gear seen frequently in 1980s court matches
- 33 Districts
- 34 Organization
- 35 Australian outlaw Kelly
- 36 Satirical "Prize" given by the Annals of Improbable Research
- 39 Patty Hearst's kidnappers, for short
- 42 Californie et Colorado
- 43 Septet plus one
- 45 He plays Thor
- 49 French islands
- 50 Truth, in Chinese



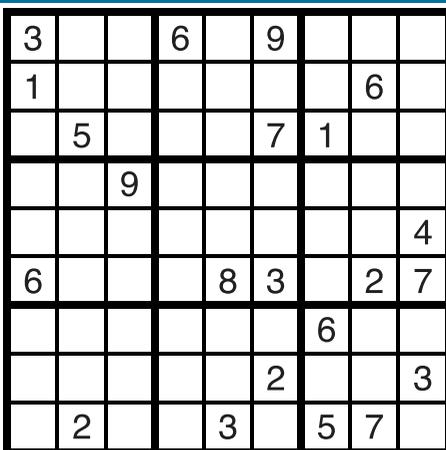
- philosophy
- 51 39-Down, for one
- 52 Roommate of Frylock and Master Shake on "Aqua Teen Hunger Force"
- 56 John's "The Office" character
- 58 "Groove Is in the Heart" DJ/producer
- 59 Bud
- 60 Title for the Pope or the Dalai Lama
- 63 Rhinitis-treating M.D.
- 64 "Damn Yankees" composer Richard
- 65 Big name in thesauruses
- 66 Suffix meaning "sorta" (found in the theme answers)
- 67 Conditions' partner
- 68 English horn's cousin
- Down**
- 1 "Don't move"
- 2 Lurched and swerved
- 3 Former White House press secretary
- 4 Fit snugly
- 5 Ninja's platform
- 6 Actor/blogger
- 7 Choral voice range
- 8 Graphic representation
- 9 Not a bit
- 10 Cobbler's container
- 11 Scrooge's nephew
- 12 Search engine input
- 13 Austere
- 17 "Witness" actor
- 22 Bartering result
- 24 "SNL" alum Gasteyer
- 26 Millennium Falcon in 7,500 pieces, e.g.
- 29 "Lord, ___?" (Last Supper question)
- 30 NYSE trader
- 31 Anonymous Jane
- 32 Claus von ___ ("Reversal of Fortune" character)
- 37 Station's supply
- 38 To the ___ degree
- 39 It's played on a 10x10 board
- 40 "Hmmm ..."
- 41 One beyond belief?
- 42 Lead-in to "while"
- 44 Gear component
- 45 Disinfects
- 46 Wellness
- 47 University focuses
- 48 Garden store supply
- 49 Louvre Pyramid architect
- 53 "Beg pardon?"
- 54 Delegation member
- 55 High-end camera type
- 57 Artist Joan
- 61 Bottom of a pant leg
- 62 San Francisco's ___ Hill

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Answers on page 27

SUDOKU

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 26

Free Will Astrology

By Rob Breznsky

April 14-20, 2021

ARIES (March 21-April 19): "Today I feel the whole world is a door," wrote poet Dennis Silk. In a similar spirit, 13th-century Zen master Wumen Huikai observed, "The whole world is a door of liberation, but people are unwilling to enter it." Now I'm here to tell you, Aries, that there will be times in the coming weeks when the whole world will feel like a door to you. And if you open it, you'll be led to potential opportunities for interesting changes that offer you liberation. This is a rare blessing. Please be sufficiently loose and alert and brave to take advantage.

TAURUS (April 20-May 20): Taurus philosopher Ludwig Wittgenstein was called a genius by Nobel Prize-winning author Bertrand Russell. His "Philosophical Investigations" was once voted the 20th century's most important philosophy book. Yet one of Wittgenstein's famous quotes was "How hard it is to see what is right in front of my eyes!" Luckily for all of us, I suspect that won't be problem for you in the coming weeks, Taurus. In fact, I'm guessing you will see a whole range of things that were previously hidden, even though some of them had been right in front of your eyes. Congrats! Everyone whose life you touch will benefit because of this breakthrough.

GEMINI (May 21-June 20): Why don't rivers flow straight? Well, sometimes they do, but only for a relatively short stretch. According to the US Geological Survey, no river moves in a linear trajectory for a distance of more than ten times its width. There are numerous reasons why this is so, including the friction caused by banks and the fact that river water streams faster at the center. The place where a river changes direction is called a "meander." I'd like to borrow this phenomenon to serve as a metaphor for your life in the coming weeks. I suspect your regular flow is due for a course change—a meander. Any intuitive ideas about which way to go? In which direction will the scenery be best?

CANCER (June 21-July 22): Cancerian poet Denis Johnson eventually became a celebrated writer who won numerous prizes, including the prestigious National Book Award. But life was rough when he was in his twenties. Because of his addictions to drugs and alcohol, he neglected his writing. Later, in one of his mature poems, he expressed appreciation to people who supported him earlier on. "You saw me when I was invisible," he wrote, "you spoke to me when I was deaf, you thanked me when I was a secret." Are there helpers like that in your own story? Now would be a perfect time to honor them and repay the favors.

LEO (July 23-Aug. 22): What do you believe in, exactly, Leo? The coming weeks will be a fine time to take an inventory of your beliefs—and then divest yourself of any that no longer serve you, no longer excite you, and no longer fit your changing understanding of how life works. For extra credit, I invite you to dream up some fun new beliefs that lighten your heart and stimulate your playfulness. For example, you could borrow poet Charles Wright's approach: "I believe what the thunder and lightning have to say." Or you could try my idea: "I believe in wonders and marvels that inspire me to fulfill my most interesting dreams."

VIRGO (Aug. 23-Sept. 22): Virgo poet Charles Wright testifies, "I write poems to untie myself, to do penance and disappear through the upper right-hand corner of things, to say grace." What about you, Virgo? What do you do in order to untie yourself and do penance and invoke grace? The coming weeks will be an excellent time for you to use all the tricks at your disposal to accomplish such useful transformations. And if you currently have a low supply of the necessary tricks, make it your healthy obsession to get more.

LIBRA (Sept. 23-Oct. 22): Kublai Khan, ruler of the Mongol Empire and China in the second half of the 13th century, kept a retinue of 5,000 astrologers on retainer. Some were stationed on the roof of his palace, tasked with using sorcery to banish approaching storm clouds. If you asked

me to perform a similar assignment, I would not do so. We need storms! They bring refreshing rain, and keep the earth in electrical balance. Lightning from storms creates ozone, a vital part of our atmosphere, and it converts nitrogen in the air into nitrogen in the ground, making the soil more fertile. Metaphorical storms often generate a host of necessary and welcome transformations, as well—as I suspect they will for you during the coming weeks.

SCORPIO (Oct. 23-Nov. 21): "Unexpressed emotions will never die," declared trailblazing psychologist Sigmund Freud. "They are buried alive and they will come forth, later, in uglier ways." I agree, which is why I advise you not to bury your emotions—especially now, when they urgently need to be aired. OK? Please don't allow a scenario in which they will emerge later in ugly ways. Instead, find the courage to express them soon—in the most loving ways possible, hopefully, and with respect for people who may not be entirely receptive to them. Communicate with compassionate clarity.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian author Cristin O'Keefe Aptowicz wrote a poem entitled "Not Doing Something Wrong Isn't the Same as Doing Something Right." I propose that we make that thought one of your guiding themes during the next two weeks. If you choose to accept the assignment, you will make a list of three possible actions that fit the description "not doing something wrong," and three actions that consist of "doing something right." Then you will avoid doing the three wrong things named in the first list and give your generous energy to carrying out the three right things in the second list.

CAPRICORN (Dec. 22-Jan. 19): In the past few weeks, I hope you've been treating yourself like a royal child. I hope you've been showering yourself with extra special nurturing and therapeutic treatments. I hope you've been telling yourself out loud how soulful and intelligent and resilient you are, and I hope you've delighted yourself by engaging with a series of educational inspirations. If for some inexplicable reason you have not been attending to these important matters with luxurious intensity, please make up for lost time in the coming days. Your success during the rest of 2021 depends on your devout devotion to self-care right now.

AQUARIUS (Jan. 20-Feb. 18): Sometimes when a disheartening kind of darkness encroaches, we're right to be afraid. In fact, it's often wise to be afraid, because doing so may motivate us to ward off or transmute the darkness. But on other occasions, the disheartening darkness that seems to be encroaching isn't real, or else is actually less threatening than we imagine. Novelist John Steinbeck described the latter when he wrote, "I know beyond all doubt that the dark things crowding in on me either did not exist or were not dangerous to me, and still I was afraid." My suspicion is that this is the nature of the darkness you're currently worried about. Can you therefore find a way to banish or at least diminish your fear?

PISCES (Feb. 19-March 20): "Some people, if they didn't make it hard for themselves, might fall asleep," wrote novelist Saul Bellow. In other words, some of us act as if it's entertaining, even exciting, to attract difficulties and cause problems for ourselves. If that describes you even a tiny bit, Pisces, I urge you to tone down that bad habit in the coming weeks—maybe even see if you can at least partially eliminate it. The cosmic rhythms will be on your side whenever you take measures to drown out the little voices in your head that try to undermine and sabotage you. At least for now, say "NO!" to making it hard for yourself. Say "YES!" to making it graceful for yourself.

TURN IT DOWN!

Loud dispatches from Lansing's music scene

BY RICH TUPICA

MOTOWN RECORD'S 'ICH-I-BON #1' WAS INSPIRED
BY AN OWOSSO DONUT SHOP



Issued in Aug. 1959, "Ich-I-Bon #1" is one of the earliest Motown releases. (courtesy images)



A print ad for Itchi-Bon Donut Shop in Owosso, the inspiration for "Ich-I-Bon #1."



Motown founder Berry Gordy. (courtesy photo of Motown Museum)

Looking back at Nick and the Jaguar's scorching 1959 surf instrumental

Motown Records will always be associated with its string of brilliant pop-infused R&B hits by The Supremes, Temptations, The Miracles and a long roster of others. The sound founder Berry Gordy masterminded alongside Smokey Robinson defined a generation of '60s youth and continues to inspire the hitmakers to this day.

However, the label veered from its formula a few times, especially during its infancy as an independently owned imprint. The classic example of a Motown one-off is "Ich-I-Bon #1," a proto-surf rock instrumental by Nick and the Jaguars, a Pontiac-based trio. The only words heard on the scorching track is the group yelling "Ich-I-Bon! ... number one ..." at the onset of the two-and-a-half-minute song.

Released in August 1959, months after Gordy launched Motown with a \$800 loan, the single was issued via the label's Tamla Records imprint. The pounding rocker mirrors the surf sounds of the legendary Dick Dale, though Dale wouldn't release his debut record until 1962—three years after "Ich-I-Bon #1" was cut to vinyl at American Pressing Company. That pressing plant in (of all places) Owosso, is where all of the early Motown releases were pressed. Owosso residents recall seeing not only Gordy, but other Motown stars at various diners across their farming town. Occasionally,

Gordy tasked the still emerging artists with making the three-hour roundtrip drive to pick up boxes of freshly manufactured records at the plant.

With a long discography of releases being recorded nonstop, the Motown crew became quite familiar with the small cow town. It was hit after hit, so many trips were made. Just one of the go-to Owosso spots for Gordy was Itchi-Bon Donut Shop, located on 527 S. Washington St. in downtown Owosso.

Known for its high-calorie menu that included French Crullers, Banana Fluffee pastries, Peanut Butter Cream Bismarks and Maple Cream Filled Triangles, Itchi-Bon was the popular morning breakfast hangout for area construction workers and other chatty locals, but it was also the perfect bakery for Gordy to grab some coffee and a sugary snack before his jaunt back to the Motor City.

The smell of freshly baked donuts and cigarette smoke that often wafted through the air at Itchi-Bon must've struck a nerve with Gordy because, in the fall of 1959, he suggested Nick & the Jaguars name their freshly cut single after that very bakehouse — hence the slightly obnoxious group-yell at the start of the tune.

Nick & the Jaguars, which comprised guitarists Johnny Ferro and Marv Weyer, also featured drummer Nick Ferro, who is credited as the writer of "Ich-I-Bon

#1" on the yellow Tamla label. A year prior, the group backed The Ferros, led by Johnny Ferro, on "Come Home My Love," a doowop single released via Hi-Q Records. Then, Nick Ferro's father Gus introduced his son's trio to Gordy, who was still finding his footing as a label head.

Soon after his short-lived surf-rock foray, Gordy would stick closely to his hit formula, and understandably so. It became the sound of a generation, alongside The Beatles. But these one-off singles are always fun to explore, especially when it's so drastically different from the Four Tops and Mary Wells. "Ich-I-Bon #1" is an auditory document of a young Gordy fumbling about and searching for his niche in the music business. That said, iconic labels aside, this instrumental is remarkable. Its energy is primal yet cinematic. You can almost hear the guitars and saxophone booming across a Quentin Tarantino flick.

As for The Jaguars, they were headliners across the Detroit area for a bit, but dissolved not long after their Motown venture (which also included a single under the name The Biscaynes on Gordy's Ridge Records subsidiary). Beyond that, the late guitarist Marv Weyer went on to become a notable Michigan rockabilly artist.

Today, Itchi-Bon Donut Shop is long

gone, but Jack White's Third Man Records is helping to keep the song alive. In 2015, the label partnered with Universal Music to bring Tamla's classic early Motown records back to vinyl. "Ich-I-Bon #1," the mighty odd one out, was chosen in that series of seven 45s.

Also, as a side note, on Oct. 30, 1972, American Pressing Co. inexplicably burned to the ground. The massive late-night blaze coincided with Motown's big move to California and the end of their mutually lucrative partnership with the vinyl plant. It's a fiery, mysterious end to the perplexing Owosso-Motown connection.

SUDOKU SOLUTION								
From Pg. 25								
3	8	7	6	1	9	2	4	5
1	9	4	3	2	5	7	6	8
2	5	6	8	4	7	1	3	9
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6	4	1	5	8	3	9	2	7
4	1	3	7	5	8	6	9	2
7	6	5	1	9	2	4	8	3
9	2	8	4	3	6	5	7	1

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 14

Allen Farmers Market - 1629 E. Kalamazoo, 3-6:30 p.m. 517-999-3911.

Biomedical Engineering Virtual Seminar Series- Join us for our weekly series. 11 a.m. events.msu.edu

MSU Science Festival - a FREE celebration of the many ways science, technology, engineering, art, and mathematics (STEAM) touch our everyday lives. All week. sciencefestival.msu.edu.

Threads of Wisdom: Air and Athame - Join us on Zoom. 6:30-7:30 p.m. Weavers of the Web. weaversoftheweb.org.

Thursday, April 15

MSU Science Festival - a FREE celebration of the many ways science, technology, engineering, art, and mathematics (STEAM) touch our everyday lives. All week. sciencefestival.msu.edu.

Friday, April 16

April Take-Home Crafts @ GLADL - Make a fun craft with our kits! Or flex your science muscles! 10 a.m.-9 p.m. Grand Ledge Area District Library, 131 E Jefferson St, Grand Ledge. www.viethconsulting.com.

Clayworks Pottery Sale Friday, 3 p.m. - 8 p.m. Saturday, 10 a.m. - 5 p.m. Clayworks Studio, 13121 Wacousta Road, Grand Ledge. 517-626-1160.

MSU Science Festival - a FREE celebration of the many ways science, technology, engineering, art, and mathematics (STEAM) touch our everyday lives. All week. sciencefestival.msu.edu.

Tom Paxton - From the Archives: Audio of Tom Paxton's April 19, 2013 performance will be available streaming here. tenpoundfiddle.org.

Virtual Preschool Family Storytime - Listen, play & sing along virtually on our YouTube channel! 11-11:30 a.m. Grand Ledge Area District Library. gladl.org

Saturday, April 17

Clayworks Pottery Sale Friday, 3 p.m. - 8 p.m. Saturday, 10 a.m. - 5 p.m. Clayworks Studio, 13121 Wacousta Road, Grand Ledge. 517-626-1160.

Curbside Dinner - Curbside dinner features sauerkraut and pork roast, mashed potatoes and gravy, green beans and homemade spatzle, applesauce,

bread and butter and 4-6 p.m. Lansing Iederkranz club, 5828 S. Pennsylvania Avenue, Lansing. 517-882-6330.

Painting Nature Fundraiser for Harris Nature Center - Harris Nature Center Foundation is inviting artists of all ages and skill levels to a virtual fundraiser. Harris Nature Center, 3998 Van Atta Rd., Okemos. 517-220-0058. paintyourpoison.com.

Hunter Park GardenHouse Presents: Beginning Bee Keeping, What's the Buzz All About? - 10-11:30 a.m. Hunter Park, 1400 E Kalamazoo St, Lansing. allenneighborhoodcenter.org

MSU Science Festival - a FREE celebration of the many ways science, technology, engineering, art, and mathematics (STEAM) touch our everyday lives. All week. sciencefestival.msu.edu.

Sunday, April 18

2021 Spring Wedding & LifeStyle Expo - Lansing Mall, 5330 W. Saginaw, Lansing.

MSU Science Festival - a FREE celebration of the many ways science, technology, engineering, art, and mathematics (STEAM) touch our everyday lives. All week. sciencefestival.msu.edu.

Monday, April 19

Cinderella's Closet - giveaway at Ever After Opportunities in Lansing Mall, April 19-24. By appt. only - call 517-885-5646 or email info@everafteropportunities.org

MSU Science Festival - a FREE celebration of the many ways science, technology, engineering, art, and mathematics (STEAM) touch our everyday lives. All week. sciencefestival.msu.edu.

Music Bingo - Join us for an amazing night of music, prizes, food, and drink specials. 10 p.m.-12 a.m. Crunchy's, East Lansing. 517-351-2506. crunchyseastlansing.com.

Refuge Recovery Lansing (Virtual) - 6-7 p.m. refugerecovery.org/

Tuesday, April 20

Jug & Mug Ski Club for Single Adults - General Club Meeting - 6:30 pm at Tony M's, 3420 S Creyts Rd., Lansing.

MSU Science Festival - a FREE celebration of the many ways science, technology, engineering, art, and mathematics (STEAM) touch our everyday lives. All week. sciencefestival.msu.edu.

Virtual Job Fair - Nearly 200 available positions 4-7 p.m. Peckham Inc, 3510 Capital City Blvd, Lansing. app.brazenconnect.com.

Refuge Recovery 6:30-7:30pm. The Fledge, 1300 Eureka St., Lansing.

CROSSWORD SOLUTION

From Pg. 25

■	S	C	A	M	■	T	W	A	I	N	■	P	D	Q
S	T	A	R	E	■	W	I	L	C	O	■	I	O	U
P	A	R	I	S	■	H	I	L	T	O	N	■	E	N
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FAST FORWARD



UPCOMING EVENTS AND HAPPENINGS COMING TO LANSING

By SKYLAR ASHLEY

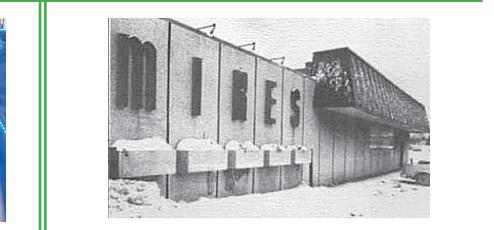


Lansing Bike Co-Op Spring Sale
April 17, Saturday, Noon to 5 p.m.
175 E. Kalamazoo St., Lansing
Facebook.com/lansingbikecoop

Lansing Bike Co-Op is inviting you to its annual spring-cleaning. You'll have access to a special sale that includes completely refurbished bikes; discount bikes and new and used accessories and parts.



Cars, Coffee and Karts
April 17, Saturday, Noon
1982 W. Grand River Ave. #800, Okemos
Facebook.com/highcaliberkartingmi
 High Caliber Karting and Entertainment is hosting a meet up that includes delicious coffee and specials on go-karting. This also coincides with the Meridian Township Farmers Market, so there will be dozens of other great vendors nearby for you to check out as well.



100th Anniversary Celebration at Westlund's
April 16, Friday, 11 a.m. to 6 p.m.
2301 E. Grand River Ave., Lansing
Westlundsapplemarket.com
 Westlund's Apple Market is celebrating its 100th anniversary with a special rib cookout. Not only will there be delicious ribs, but you can expect awesome sales on produce and other giveaway events that celebrate the special milestone.

Welcome Back to The Airport Tavern!
 Home of the World Famous Sizzler
1/2 OFF LUNCH OR DINNER
 Buy one lunch or dinner and receive a 2nd of equal or lesser value for 1/2 off
 Valid Sunday-Thursday Only. Dine-In Only. Valid with coupon Only. Void if reproduced. Not valid with any other offers or discounts. Expires 4/27/2021.

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FOOD & DRINK

DINING OUT IN GREATER LANSING

Oats + Water

By ARI LeVAUX

“You have to eat oatmeal or you’ll dry up. Anybody knows that.”

The above claim has never been disproved. It was authored by Kay Thompson and uttered by a 6-year-old girl named Eloise, who lived in the Plaza Hotel in New York with Weenie the dog and Skipperdee the turtle. Ever since I first saw that quote, in the margin by the oatmeal raisin cookie recipe in the Silver Palate Cookbook, I’ve wondered what she meant.

Perhaps young Eloise understood that oats absorb a lot of water as they cook, such that when you eat oats you’re eating mostly water. Or maybe she meant “dry up” as a euphemism for “slow down.” Certainly, oatmeal has a reputation for keeping you going all day like the Energizer Bunny, thanks to the slow release of sugars from the complex carbohydrates in whole oats.

Nowadays, more and more people reach for oatmilk when they want their oats and water. It’s a rising star in the non-dairy milk category, especially among coffee drinkers looking for a dairy substitute. It’s no wonder the oatmilk sector has a target on its back, with its fellow vegan milkmakers taking aim.

Regulators are too — though not out of jealousy. In 2019, the USDA



asked several oatmilk makers to disclose added sugars in their nutritional labels, even though technically there are none. But manufacturers have figured out how to use enzymes to release sugar that had been locked up in oat starch. This adds sugar without adding sugar.

I wanted to try my hand at enzymatic oatmilk, so I reached out to Oatly, the undisputed leader in the oatmilk industry, hoping for some clues. An Oatly representative declined to share which enzymes they use, so after a bit of research I ordered my best guess of some good candidates, including amylase and beta-glucanase. A few weeks later, when my wife acknowledged that my latest batch of oat milk was not awful, I knew I was getting close to the recipe. Or so I thought. A few days later, while working on my project, I stumbled upon the actual patent that Oatly had filed.

As I scrolled through U.S. patent no. 6451369B1, titled “Non-dairy, ready-to-use milk substitute, and products made therewith,” I quickly



Ari LeVaux

Homemade oatmeal made with oatmilk.

found this passage:

“The disclosed cereal suspension is prepared by treating a suspension of oatmeal with beta-amylase, which has no glucanase and proteinase activity, in a first enzyme treatment step, which specifically generates maltose and maltodextrin units.”

In English, it says that amylase enzyme — which I had been using — is indeed responsible for generating sugar from oat starch. I celebrated this moral victory with one of my favorite late-night snacks: dry oats with canned whipped cream and maple syrup.

Eloise would not approve, and this treat probably won’t make it onto any dessert carts, but I really like the

juxtaposition between the moist, fatty whip and plain dry grains. I also enjoy the esoteric contrast between wholesome oats and trashy canned whipped cream. Most canned whip is quite sweet, but the syrup takes this dish over the edge, which is what a midnight snack is all about.

The next morning I made oatmeal for breakfast and realized my morning bowl of oats is almost as much of an indulgence as my midnight snack, and with a lot more water. There may be less glory in a bowl of oatmeal than a fresh-squeezed glass of oatmilk, but there is ample joy, and plenty of room for artistry.

Custard-style Oatmeal (patent pending)

This is how I get oatmeal to the consistency of custard. The key is to cook it slowly, and once everything is added, no stirring! The butter and cream form something of a frosting on top, while the lower level of oats is drier. Although the active time for this recipe is barely two minutes, allow an hour for the oatmeal to properly simmer and rest.

Serves two

1 cup whole oats

3 cups water

1 tablespoon salted butter

1 tablespoon heavy cream

½ cup frozen blueberries (or the fruit or berry of your choice)

Syrup to pour on top

Add the oats, water and butter to a pan and set it on high until it boils, about four minutes. Turn down to medium for about two minutes while you add the cream and blueberries and stir them in. As you stir this final time, feel the bottom with your implement and scrape it well if anything happens to be sticking.

Turn it down to low and cook with the lid off for 20 minutes, not stirring. Then turn it off and let it rest another 20 minutes, covered. Serve with maple syrup.

Flash in the Pan is food writer Ari LeVaux’s weekly recipe column. It runs in about 100 newspapers nationwide, nourishing food sections large and small with complete protein for the belly brain.

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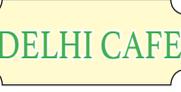
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