

the Westsider

SPRING 2017



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Westsider
Crossword (*new!*)

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WELCOME

Hello Neighbors!

Happy New Year and thank you for taking the time to read the first issue of our 2017 newsletter! I'd like to introduce myself as the newest WNA board President. I've lived in Lansing for 10 years and at our (my husband Corey, our 3 cats and dog, Cookie) current house on S. Genesee for almost 4 years. I love Lansing and am so excited to be more involved in helping our neighborhood thrive.

Exciting neighborhood events are coming up this spring and summer. You can find an event calendar on page 10 that can be detached and posted on your refrigerator or bulletin board. We're working hard to create events that are inclusive of the entire community. Please feel free to reach out if you have any questions or ideas to help make our events as welcoming as possible!

The WNA board hopes the newsletter inspires you to get more involved, enjoy neighborhood events and helps you to connect with your neighbors. We have several committees looking for members (Events, Crime and Safety and Neighborhood Improvement, to name a few). Committee members are volunteers and are only asked to participate as much as their schedule allows. Visit our website at wnalansing.com for details.

I hope you enjoy the articles found in this issue and, as always, the board would love to hear your feedback, submissions or concerns. You can email the entire WNA board at board@wnalansing.com.

All the best,
Emily DeRushia
President, WNA Board of Directors



COREY & EMILY DERUSHIA



PHOTO BY
BRADLEY VAUTER

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The Board meets on the first Wednesday of every month at 6 p.m. at the Letts Community Center on Kalamazoo. Join us!

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SEXTON HEALTH CENTER

Inside Sexton there is a health care resource for all students of Lansing Public Schools. Sexton Health Center, part of Ingham Community Health Centers, provides a host of services for students including primary care, physicals, immunizations and treatment of minor illnesses and injuries.



The Sexton Health Center accepts many forms of payments, including Medicaid, and students are seen regardless of their ability to pay. The health center is open Monday through Thursday 7am-12pm and 1pm-4pm, as well as Friday from 9am-12pm and 1pm-4pm. You can contact the health center for more information by calling during their business hours at (517) 244-8041. The supervisor is Isaias Solis, LLMSW. He can be reached by email at isolis@ingham.org.

Ingham Community Health Centers operate several other locations throughout Lansing for both children and adults. Services through those centers include family practice, women's health, pediatrics, counseling and dental care. Several centers have evening appointment hours, and Ingham also offers help enrolling in health insurance as well as a sliding fee discount program for uninsured community members. If you would like more information about Sexton Health Center or Ingham Community Health Centers, the website is tinyurl.com/inghamhealth.

TOURING A REMODELED LIBRARY

by Merry Rosenberg

The downtown branch of the Capital Area District Library (CADL), which has been closed for renovations since December, reopened on March 13, 2017.



I recently met with Head Librarian Kathy Johnson, who is retiring soon. Overseeing this project was her last hurrah. She has been the Head Librarian at Downtown since CADL since 1998. Kathy had previously served as Asst. Director of the Ingham County Library System. She explained how a statutory revision in the mid-nineties provided for the creation of district libraries. Ingham County and the Lansing School Board both wanted out of the business of library funding, but agreed to the creation of the CADL. A millage was then presented to the voters and the CADL was born and funded. Millages have passed every four years ever since to keep the libraries open and running smoothly. The recent remodeling was only possible because Lansing residents continue to support CADL with their support of these millages.

The newly remodeled building is *beautiful*. The terrazzo floor has been polished and it looks terrific. Many of the old library tables (original to the building) have been refinished and equipped with electricity so patrons can sit at the desks and work with their computers and other devices. There are two new reference/circulation desks, one on each floor, for staff to dispense wisdom and assistance, check out books, etc. Many walls were removed, giving the library a totally open and fresh feeling. New signage makes it easy to locate every section of the library.

Mens and womens handicap accessible restrooms have been added to the second floor, and they are spectacular, especially the tile work and lighting. New carpeting has been laid throughout both floors and the place smells fresh. The children's area is also much more open, as much of the furniture was re-arranged, and the addition of new, brightly-colored carpeting adds to the cheerful ambiance. All new DVDs, Blu Rays, fiction and non-fiction books have been moved to the first floor. Also on the second floor are three new study rooms: two to accommodate four people and one to accommodate eight. There is also a multi-purpose room on the second floor for staff events, programming, and training sessions for patrons to work directly with a librarian on a one to one basis. Make sure to visit CADL and see for yourself!

Did you know that the downtown branch of the Capital Area District Libraries is home to the Forest Parke Library and Archives? CADL's local history collections were named in honor of Mr. Forest Parke, a long-time Lansing resident and 1901 graduate of Lansing Central High School. When he passed away, his wife Mary made a gift to the library to ensure that local history materials would be preserved. Included in their materials is the Stebbins Real Estate Collection. Consisting of over 300 boxes, this collection contains card files for nearly every address in Ingham County (including the Westside Neighborhood), from about 1970 and earlier. The files usually contain a street view photograph and some basic structural and ownership information. One of the ways the collection is used is in property research, for a home, a business, or an entire block or neighborhood. To learn more about the Stebbins Collection and the Forest Parke Library & Archives, contact CADL at (517) 367-6313 or localhistory@cadl.org.

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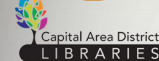
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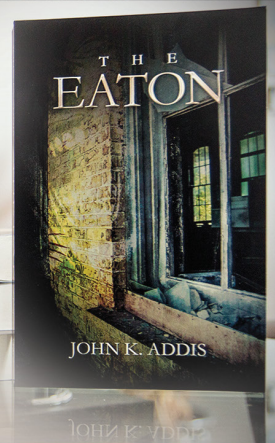
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Neighbor Spotlight: ANNA MAE ALEXANDER



Reverend Anna Mae Alexander may have been born elsewhere, but her legacy as a Lansing Westsider and an outstanding Michiganiaan has been established for more than 60 years! Born in Ragland, Alabama in 1920, Anna Mae came north in 1942, following family that had moved to Michigan as part of the Great Migration. Her brother sent his pay home from fighting in the war to encourage Anna Mae to pursue her cosmetology degree at Ruby's Beauty University. Receiving her license in Detroit (while living in an apartment owned by Joe Louis) gave her the financial independence and freedom to move—and that is exactly what she did, to a home in Lansing on Washtenaw St., where she even once rented Joel Ferguson a room.

Anna Mae was working at Pope's House of Style on Hillsdale St., and living in Lansing when she found a church home for herself that would become an anchor to her life, Collins A.M.E. Church. The church, which would later become Trinity A.M.E. Church, has been a rock of the Southside for over 150 years due to the succession of great spiritual leaders. Under the

guidance of Rev. Rosa Lee Porter, Anna Mae began her work in the church in the early 1960's, which was a time of great change for her. Anna Mae had married (to Robert J. Alexander), settled into her current Westside residence (across the street from Dick & Olivia Letts, their longtime friends), and adopted their only son, Robert J. Alexander (named after his father). But into the turbulent times of the 1960's came a newly minted Itinerant Elder, Rev. Anna Mae Alexander, one of the first wave of female African American spiritual leaders in Lansing that would go on to work with the next half-century of pivotal leaders at Trinity A.M.E. Church. Anna Mae Alexander worked closely with Rev. Preston, Rev. Van, Rev. Walter Reed to the current Rev. Lila Martin in her times with the church.



Rev. Anna Mae Alexander, now 97 years old, still resides at her home of more than 60 years with her son (Robert, who has been inspired by his mother's life and currently runs a salon) in the sweet southern streets of Lansing's Westside Neighborhood. Though her rich life is less busy than in prior decades, Anna Mae still spends time with her Trinity A.M.E. Bible study group and is recognized by both Catholic Social Services and Riddle Elementary as a foster Grandparent. She has additionally been honored by the National Black Women's Association and the Professional Business Association in her work. We at the Westsider are proud to have this august woman as our neighbor.

Know of a great neighbor who you'd like to nominate for next month's Neighbor Spotlight? Let us know at board@wnalansing.com.

HOW TO REPORT CONSUMER FRAUD

Guess what the most frequent Google search related to scams is. According to Google, it's simply "How do I report a scam?" The answer, of course, isn't simple.

Fraudsters can't be stopped unless their schemes are reported. For scams perpetrated by shady contractors and front-door solicitors, contact local police and your state attorney general or district attorney. For other scams, here's a guide to which federal watchdog agency should get your complaints. Depending on your scam, there may be several.

Federal Trade Commission | ftc.gov/complaint, 877-382-4357

This is the agency for reporting identity theft, abusive debt collectors and most types of fraud. After filing a complaint, you'll get a reference number to use when contacting the agency for future updates. The FTC received more than 3 million complaints in 2015, and it does not routinely respond back to you or resolve your individual case. Rather, your complaints will be entered into a database that the FTC and some 2,000 civil and criminal enforcement agencies use to track scam patterns and build cases against specific con artists. Fraud complaints should also be filed with your state's attorney general and even local law enforcement authorities.

National Do Not Call Registry | donotcall.gov, 888-382-1222

For reporting unsolicited sales calls. Start by putting your phone number on this registry. Once yours has been there for at least 31 days, you can report unwanted calls. Your information will be pooled with other data to help catch violators. Note that calls from legitimate charities, survey firms, debt collectors and political candidates or parties are not covered by the Do Not Call rules.

Consumer Financial Protection Bureau | consumerfinance.gov, 855-411-2372

For complaints about shady business practices and financial products, including loans, bank services, credit reporting, ID theft, debt collection and payment cards. The CFPB forwards complaints to the company, which has 15 days to respond. Cases are supposed to be resolved within 60 days. You can check the status of your case via the CFPB website. For credit cards and bank-issued ATM and debit cards that are used fraudulently, lost or stolen, contact the issuer.

Internet Crime Complaint Center | ic3.gov/complaint

For reporting internet-based scams, including online auctions; investment and sales fraud; internet extortion, hacking and phishing; and scam emails. Operated by the FBI, the IC3 forwards complaint information to appropriate law enforcement or regulatory agencies, but does not directly conduct investigations.

Postal Fraud Watch Network | postalinspectors.uspis.gov, 877-876-2455

To report scams distributed by U.S. mail, such as bogus lottery and sweepstakes "winnings," chain-letter schemes and deceptive ads—as well as mail theft.

Article by Sid Kirchheimer, AARP Bulletin, January 2017. Reprinted with permission.



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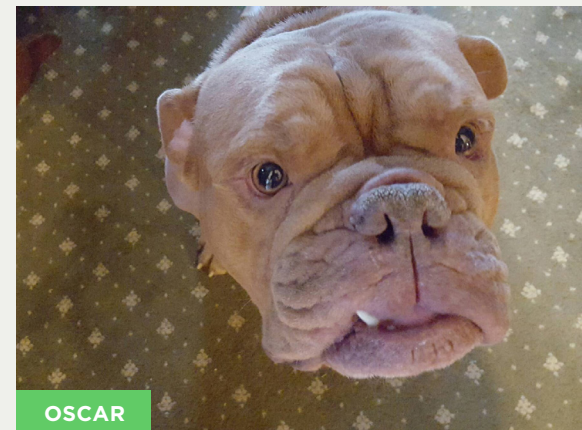
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WESTSIDE PET SPOTLIGHT: OSCAR

Hi, I'm Oscar! I am a three year old Olde English Bulldog.

I came to live with my mom in late January. It was originally a temporary arrangement but when she started thinking about me not being around, she got very, very sad.



What can I say, I'm just so lovable!

I love food... *all* food. My mom just introduced me to treats. They are delicious!

I enjoy snuggling the most because I'm not huge into that exercise thing. I do love being outside though.

I love meeting new people, so if you see me out on a walk, come say hi!

Events Calendar

April 29th—Beerfest at the Ballpark. Cooley Law School Stadium.

May 5th—Lansing Lugnuts: Lansing School District Night.

May 12th-14th—Mighty Uke Day(s). Old Town. mightyukeday.com

May 12th-14th, 19th-21st—*Fool for Love*, Riverwalk Theatre.

May 13th, 1 p.m.-4 p.m.—First Westside Jazz Party in the Park. Featuring Organissimo. Free for residents and families! St. Joseph Park.

June 1st-4th, 8th-11th—*Luna Gale*, Peppermint Creek Theatre Company.

June 3rd, 9 a.m.-10 p.m.—Be A Tourist in Your Own Town, Lansing.

June 3rd-June 4th—Riverfront Traditional Pow Wow, Riverfront Park.

June 4th—Sexton High School Commencement.

June 8th-11th, 15th-18th—*Catch Me if You Can*, Riverwalk Theatre.

June 10th, 8 a.m.—21st Annual Mayor's Family Riverwalk, Potter Park Zoo.

June 10th, 7 a.m.-7 p.m.—Neighborhood Garage Sale. Contact board@wnalansing.com to get your home on the map!

June 15th-17th—Three days of events, culminating in the Juneteenth Freedom Festival & African American Parade on the 17th at St. Joseph Park. Learn more at lansingjuneteenthcelebration.org.

June 16th-17th—Party on Friday night; Michigan Pride March to the Capitol, Rally and Festival on Saturday. michiganpride.org

June 17th—Westside Neighborhood Clean Up.

June 17th—Lansing Beer Fest. Reo Town. lansingbeerfest.com

June 23rd-24th—Festival of the Moon & Festival of the Sun. Old Town.

June 27th, 6:30 p.m.—Neighborhood Walking Tour with Andi Crawford, Lansing's Neighborhood Resource Coordinator. Refreshments to follow.

July 6th-9th—Common Ground Music Festival. commongroundfest.com

July 9th, 9 a.m.—Run for Rob 5k: Rally around longtime local resident Rob Hecksel to raise money to battle pancreatic cancer. Run or walk.

July 14th-15th—Old Town Scrapfest. Old Town.

July 20th-23rd—*Coraline*, Riverwalk Theatre.

July 19th—Westside Neighborhood Association Annual Picnic. Free at St. Joseph Park. Bring the family and a dish to pass!



July 29th, 9 a.m.-3 p.m.—Car Capital Auto & Bike Show, Streets of Downtown Lansing in front of the Capitol Building.

July 31st-August 5th—Ingham County Fair. Ingham County Fair Grounds.

August 4th-5th—Lansing JazzFest. Old Town. jazzlansing.com

August 12th—Armory Smooth Jazz Fete. The Armory, Lansing. smoothjazzfete.com

August 19th—ArtFeast. Art fair, sidewalk sale, and food truck rally. Old Town.

Know of a great event you'd like to highlight in our upcoming August issue? Let us know at board@wnalansing.com.

Business Spotlight: RIVER TOWN ADVENTURES

by Elizabeth Battiste

A world of adventure is hidden right in the heart of downtown Lansing. Miles of rivers and streams are threaded throughout our community, which posed a great opportunity for Paul Brogan and Nathan Williams to start River Town Adventures, a kayak and canoe rental and excursion company.

"We have a deep love for this city," said Paul. "We grew up here and are proud to bring a business that brings something new, adventurous, and fun for our residents."

Starting with just six kayaks, their fleet has expanded rapidly to 88 single kayaks, 7 double kayaks, and 17 canoes. Customers can choose from about 10 different routes from Dimondale to Lansing and all the way to Grand Ledge, including a popular choice from Aurelius Road to the Lansing City Market. Families with small children may also be interested in testing the waters on Fidelity Lake in Crego Park.

River Town Adventures has a deep passion for the community, including a partnership with the Lansing Parks and Recreation Department to bring free programming to children who may not otherwise be exposed to outdoor water activities. They're also stewards of the environment and are kick starting the Lansing Earth Project this year to help keep our community clean.

"One thing we've noticed is the need for more cleanups in our trails, rivers, and parks," said Paul. "Many organizations are working hard to address the trash and debris, and we look forward to partnering with them to expand our reach. Our goal is to do at least 20 cleanups this spring, summer, and fall."

A Red Paddle Kayak race will be held on the Red Cedar on April 29th at 9:00 a.m. with the proceeds going to Friends of the Lansing Regional Trails. Registration is open at www.redpaddle.org.

This year, in partnership with the Michigan Fitness Foundation and the Detroit Bicycle Company, River Town Adventures will be renting out bicycles for customers who want to explore the river trail and Lansing from a different perspective. They have plans to expand their bicycle offerings to tandem and trailers for children.

Located inside the Lansing City Market, this year marks their 4th season in business and they have continued to grow and grow. Their space includes Capitol Loop Gifts with various offerings like Michigan-themed apparel and items created by local artists. Coming attractions include an expansion of their indoor space with Michigan-made food products and sweet treats including MI Pops, ice cream, gelato, and a cooler to cater to kayak customers with juices, cold coffee, and teas. Be sure to check out River Town Adventures in the Market, on Facebook, or on their website at www.rivertownadventures.com.



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RACER TRUST UPDATE

RACER's Lansing Area Properties Under Contract with NorthPoint Development; Remediation Work Continues

In November RACER Trust announced it had entered into agreements with Kansas City-based NorthPoint Development for the sale and development of nearly 260 acres of RACER's industrial properties in the City of Lansing, Lansing and Delta charter townships. NorthPoint plans to develop a mix of manufacturing, warehouse, and distribution operations for the automotive sector.

NorthPoint is fast emerging as a national leader in build-to-suit logistics and light manufacturing, including the redevelopment of a former RACER property in Kansas City, Kan. To read about some of NorthPoint's work, visit their website beyondthecontract.com and click "Who We Are."

Under the sale agreements, NorthPoint is now in the process of its due diligence and planning. Ultimately it will have to seek approvals from the city and townships for its project(s). Those approvals must occur before the sales close and construction begins. All development activity will be coordinated with ongoing environmental cleanup, which remains the responsibility of RACER Trust under the oversight of the Michigan Department of Environmental Quality (MDEQ). RACER Trust will work closely with NorthPoint to integrate remediation work with site development.

Regarding remediation of the Lansing and Lansing Township sites, RACER is working with MDEQ on cleanup activities. Under current conditions, contamination at the sites does not pose a risk to the community. RACER is continuing its focused investigations to better characterize contaminants at the sites and to complete pilot studies, both to allow for development and evaluation of remedial alternatives, particularly for the lower 1,4-dioxane groundwater contamination. Pilot studies are expected to wrap up in early summer and developing and evaluating alternatives will follow; however, it is not clear how long this process will take.

RACER continues to monitor groundwater quality, and in the event changes occur, RACER will address them.

Questions about RACER's Lansing sites can be directed to Sam Solomon at ssolomon@racertrust.org or (248) 990-1042.



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HONORING ANN KRON

Our neighborhood association founder, Ann Kron, passed away peacefully on April 3, 2017, surrounded by family and friends.

Ann moved to her home on West Street in 1964 and was a neighbor until 2015. Ann gathered neighbors in her living room over 40 years ago when she saw the need to organize and support her neighborhood. That gathering led to the establishment of the Westside Neighborhood Association and she was the first president. Her desire was to promote and welcome the growing diversity of the Westside. Kron was quoted as saying: "Our purpose was to make everyone welcome, and we still have a beautiful, welcoming neighborhood." Kron's community activism was the basis of the play *Well*, written by her daughter Lisa Kron, the Tony-award winning playwright of the musical *Fun Home*.

To this day, the WNA continues the traditions that Kron started in 1965: to protect the residential character of the neighborhood; serve as a link to government; address issues and concerns of residents; bring neighbors together to support, enhance, and maintain the Westside's unique qualities; support and seek excellence in its schools; improve the standard of living and quality of life for all residents; and to celebrate the neighborhood's beauty and diversity. As current members of the board, we are thankful for her leadership and offer our condolences to her family, friends and all whose lives were touched by her many efforts to improve our neighborhood and the greater Lansing community.



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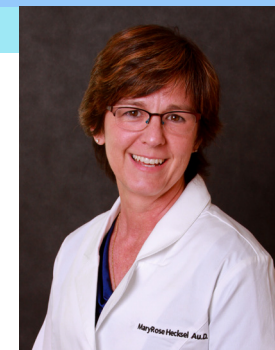
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EARS RINGING? COULD BE TINNITUS.

by Dr. MaryRose Hecksel AuD, CCC-A



I hear ringing. I hear crickets. I hear buzzing. I hear whooshing.

You are not alone if you experience a sound in your ears or head without an external sound. It is estimated that 10-15% of the adult population experiences persistent or bothersome tinnitus. For some, it can impair the ability to enjoy life as they once did. Relationships with friends and family members may change because of the response to tinnitus. Activities that were once enjoyable and relaxing may now be tedious or wearisome. There are no FDA approved medications to cure tinnitus and often times there are no simple cures. The results may leave the tinnitus sufferer feeling distressed and with little hope. Despite this, there are ways to manage tinnitus. There is no single best approach to managing tinnitus for everyone. Treatment plans need to be custom-made for each individual.

Some causes of tinnitus:

- **Sensorineural hearing loss** – Damage to the inner ear (cochlea) or auditory nerve that sends auditory information to the brain. Most commonly, this is due to the natural aging process or excessive noise exposure. The American Tinnitus Association states that 70% of all tinnitus may be caused by noise exposure. Nine out of ten people with tinnitus also have potentially treatable hearing loss.
- **Ototoxic medications** – A large number of medications can cause tinnitus or make it worse. Be aware of how medications may be affecting your tinnitus and discuss this with your doctor. Do not stop taking a medication without first talking with your doctor.
- **Somatosensory movements** – Sometimes movements of the head and neck cause tinnitus to change. It is frequently related to whiplash or head injury.

Tinnitus treatment options that an audiologist may provide include:

- **Hearing aids** – Amplify sounds in frequencies where hearing loss is identified and can help mask or partially mask tinnitus. Many hearing aids now include tinnitus masking as a basic feature.
- **Sound enrichment** – Induces sounds to distract attention from tinnitus. (fan, soothing music, noise generators, etc.)
- **Cognitive behavior therapy** – Helps a person with tinnitus understand how behaviors can make tinnitus worse.
- **Tinnitus retraining therapy** – Improves negative thoughts and emotions associated with tinnitus through counseling and applying sound enrichment to change the perception of it.

Tinnitus is real. It can impact thoughts, emotions, concentration, hearing and sleep. Although it usually can't be cured, tinnitus can be treated! Make an appointment with your primary care physician or audiologist to start the treatment process.

Dr. MaryRose Hecksel AuD, CCC-A is a licensed audiologist with almost 30 years of experience, managing her own practice, Audiology & Hearing Aid Center, in Lansing. She earned her Master of Arts in Audiology from Michigan State University and her Doctorate of Audiology from A.T. Still University. Call her office at (517) 321-6801, or visit her online at www.hearingpath.com.

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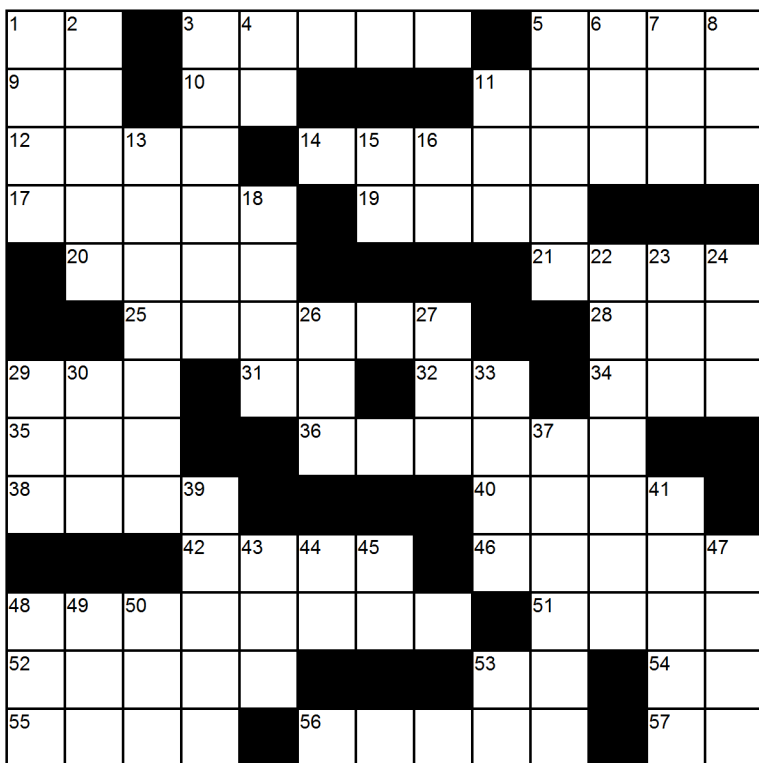
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- 52 Des Moines denizen
- 53 A road like Kingsley
- 54 Assistant to a professor
- 55 Water pitcher
- 56 WNA board member(s) name
- 57 Yard (abbr.)

DOWN

- 1 Historical hometown motors
- 2 I love the Westside / It's the best place in Lansing / To live, work and play
- 3 Careener
- 4 Something a business owner should place in The Westsider
- 5 Seriously, calm down
- 6 Game official
- 7 Not healthy
- 8 Local amber cream
- 11 Lanka
- 13 Guarding or keeping safe
- 15 Freudian term
- 16 MSU dorm master
- 18 Fun Home lyricist, or WNA founder
- 22 Stage
- 23 Ours is named Andy
- 24 Lansing's top employer
- 26 Sports official
- 27 nm, u?
- 29 Gent
- 30 Title of respect
- 33 A tree rarely found in Lansing
- 37 Freshly rising dough
- 39 Pointed weapon
- 41 Mucky water
- 43 The city without a vocalist?
- 44 And T
- 45 Toward
- 47 Clothed
- 48 A gift from Kositchek's
- 49 In what manner
- 50 Female sheep
- 53 Centiliter

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- 20 full color, full bleed 5.5" x 8.5" pages
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- Reach a diverse, active & engaged community

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- Posted to 1,100-member Facebook group

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CREDITS

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COVER PHOTO: Young Westside resident makes first rainbow of the Spring.

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Email your newsletter ideas and photos to board@wnalansing.com.

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the Westsider

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