Issue 48 SUMMER 2015



HUNGRY HOWIE'S Good food, good prices, and good community partners



PREMIER
REHABILITATION
An advanced

An advanced approach to physical therapy



HOLT FINE WINE & SPIRITS

An amazing array of wines, spirits and convenience items

OURTOWN AT A GLANCE >>



Music in the Garden 2015

The family-friendly Thursday night concert series will feature a first-rate, diverse lineup, said Arts Council President Kara Hope. "We have a couple of returning favorites and a couple of artists who will be new to Music in the Garden," she said. "We try to bring in something fresh every summer, and our audiences seem to appreciate the effort."

The Arts Council is an independent, all-volunteer 501(c)(3) nonprofit with no paid employees. Funding for the concert series comes through direct contributions from local businesses and individuals, from grants, and support from the Delhi DDA. There

Load up the kids, the blankets and the lawn chairs! For the eighth consecutive year, the Holt Community Arts Council will present Music In the Garden, its free summer concerts at Veterans Memorial Gardens.

is no charge for admission or parking, but donations are appreciated. For more information, visit www.holtarts.org.

Music In the Garden 2015

July 9 - Hullabaloo

Fun, high-energy music – everything from Talking Heads to reggae- and Latin-infused original tunes.

July 16 – Twyla Birdsong

This versatile Lansing-based vocalist sings anything beautifully, including jazz, show tunes and rock. But she is best known for singing the blues.

July 23 - Flat River Big Band

This 17-piece band will bring the sounds of Benny Goodman, Glenn Miller, and other 1940s favorites to life.

July 30 - Red Sea Pedestrians

Engaging and fun but hard to categorize, this band draws on influences as diverse as American roots, klezmer and Eastern European folk.

All shows begin at 7 p.m. in the amphitheater at Veterans Memorial Gardens at 2074 Aurelius Road, Holt, behind the Delhi Township Community Services Building.



Making connections

The Holt Community Connect Volunteer Bureau needs you!

Do you find yourself seeking more joy? More enrichment? New skills or knowledge? Volunteering through Holt Community Connect (HCC) may be the gift that keeps on giving, says HCC Executive Director Marcy Bishop Kates.

"We provide avenues for volunteerism that also benefit the volunteer," Marcy emphasizes. "We match you up with things *you* are comfortable doing."

Holt "super volunteer" Judy Tuttle has a long history of giving back to our community; several years ago, she received a Presidential Service Award through the Michigan Community Service Commission. Judy talked about her two most recent volunteer roles and how volunteering has enriched her life.

"The first time I volunteered was at [Veteran's Memorial Garden]," Judy said. "I did that for a year and enjoyed it. The next year, I was asked to do the same thing, but as an employee. So volunteering led to a paying position. I met a lot of nice people and cute kids while working in the park. It was so peaceful, and I felt like it was my own little paradise.

"And then, volunteering at the [farmer's market]—I've made so many friends there, and I enjoy all the people. From the older couples who give me kisses and hugs every weekend, to the very little kids who tell me I'm 'vewy cweative.' I just love it."

Many events and activities rely on volunteers to be successful. Here are a few simple ways you can get involved in the fun!

Visit Holt Community Connect's Facebook page, https://www.facebook.com/ HoltCommunityConnect?fref=ts

Or go to Volunteer Spot, http://www. volunteerspot.com/mobileweb/vspot.html?ac tivitykey=926416756013&prompt=false#a nonymous_invite_page

Or email Involved@ holtcommunityconnect.org.



Holt Hometown Festival needs you, too!



Because of plans to expand activities this year the Holt Hometown Festival needs volunteers more than ever! The Holt Hometown Festival is spreading its wings. "It's going to look very different; we're very excited," said Marcy Bishop Kates, executive director of Holt Community Connect, which oversees the festival.

This year's festival is August 22. In addition to the traditional festival area between Kiwanis Park and the Holt Junior High School, there will be activities at Veterans Memorial Gardens, Holt Plaza and around the Holt triangle. You'll still find the traditional favorite events—including the parade and fireworks, of course!—but this year's focus is on expanding activities for all ages and

encouraging people to enjoy more of what our hometown has to offer.

All of this means that the Hometown Festival needs volunteers more than ever! Holt resident Kelly Schalter is coordinating the festival volunteers.

If you'd like to help, visit http://www.volunteerspot.com/mobileweb/vspot.html?activitykey=926416756013&prompt=false#anonymous_invite_page

or https://www.facebook.com/ HoltCommunityConnect?fref=ts

or email involved@ holtcommunityconnect.org.

Hungry Howie's

Good food, good prices, good community partners

A lthough it's consistently ranked among the 10 largest pizza franchises in the country, Hungry Howie's likes being part of small communities like Holt.

"We want to get to know you and be able to greet you by name when you come in," said Michelle Follman, corporate director of marketing. Adds Jenny Morgan, manager of the Holt store, "I love the customers. I love making them happy."

Hungry Howie's believes in giving back to the local community as well. "We do a lot of donating," Michelle said. "We especially like to support the schools."

Of course, it's the pizza that makes it all possible.

"We're the home of the 'Original Free Flavored Crust" Pizza'" Michelle said of Hungry Howie's signature offering. "There are eight flavors, and we introduce a new one every quarter. And there's no extra charge for our flavored crust."

Manager Jenny adds that "good deals" are a big draw, too, with special offers available in the store and on the website. "People are always saying, 'this is a lot of food for the money," she said. The Holt store began opening for lunch about a year ago, and Michelle said the \$5 lunch combos are a great option for busy people who want to grab a quick, tasty and reasonably priced lunch.

Customers can browse the menu on the website and order online or by phone, and delivery is available. You can also sign up to receive exclusive offers via email.

Hungry Howie's is at 2361 Cedar Street, 517.699.9000, www.hungryhowies.com.







Clark Wentz, employee, and Jenny Morgan, manager, of the Holt Hungry Howie's store

We're the home of the 'Original Free Flavored Crust® Pizza'" Michelle said of Hungry Howie's signature offering

77

Premier Rehabilitation

Advanced approach to physical therapy helps patients get better faster

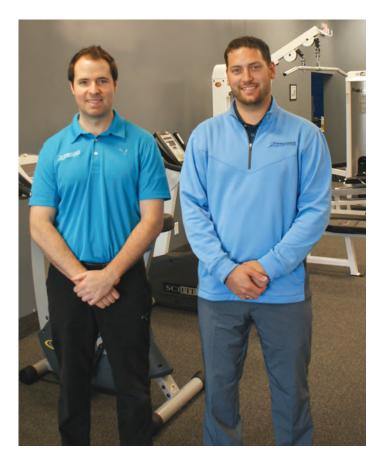
Maybe it's a sports injury or auto accident; maybe a heart attack, stroke or orthopedic condition. For a variety of reasons, many of us may find ourselves in need of physical therapy at some point in our lives. Premier Rehabilitation has the expertise to help patients get better faster and achieve their maximum quality of life, whatever their age or physical challenge.

Jeffrey Cook, PT, DPT, OMPT, and Tyler Wilson, PT, DPT, OMPT, founded Premier Rehabilitation because they share an advanced approach to physical therapy. Premier focuses on orthopedic manual physical therapy (OMPT), a hands-on approach that integrates the most current evidence-based treatment. OMPT requires an additional two years of specialized training beyond the doctorate of physical therapy, which both Jeff and Tyler hold.

"Our standard is to provide a minimum of 30 minutes of one-to-one manual treatment per session," Jeff said. "Our highly advanced manual techniques allow for greater pain relief than conventional physical therapy" for many conditions. Premier also instructs patients in specific exercise programs that empower them to continue their success once physical therapy has ended.

Like their approach to treatment, Jeff's and Tyler's areas of expertise complement one another, allowing them to provide therapy for a wide range of conditions.

"I have a lot of experience in neuro, cardiac and post-stroke rehabilitation," Jeff said, "and Tyler works extensively with complex spinal conditions and total joint therapy. He's also had great outcomes with chronic low back and neck pain, headaches and migraines, and



whiplash injuries." Both excel at sports rehabilitation, which comprises the largest portion of their practice. Kayla Harrington, a physical therapy technician and personal trainer, adds another dimension to the clinic, working with individuals of different fitness levels to help them achieve their personal goals at a faster rate.

Jeff and Tyler spent a lot of time deciding where to establish their practice, Jeff said, "but we kept coming back to Holt." The clinic opened in early May and will welcome the community to a grand opening on August 11, 2015.

Premier Rehabilitation is at 2380 Cedar Street, Holt, 517.709.4677, http://www.premierrehabpt.com/

Staying Safe on Two Wheels



Pre-ride:

Check your bike — Remember to check your bike and make sure it is in safe condition. Are the tires properly inflated? Does the chain have the right amount of tension to keep it from coming off? If your bike has hand brakes, how well do they function?

Check your helmet — If you have been in a crash, if you see cracks in the surface, or if the webbing and/or straps are not in good condition, you should replace your helmet. Most helmet manufacturers suggest replacing helmets every five years, which may or may not be necessary, depending on when your helmet was made and the condition it is in.

Check your clothing — Loose clothes, untied shoelaces, and dangling items are an invitation for a crash, as they can become easily tangled in the wheels, chain, and crank of the bike. Be sure to check that there is nothing hanging that can get caught as you ride. Consider wearing bright colors that will allow motorists to easily see you.

The ride:

Go with the flow — Michigan law requires you ride with the flow of traffic, not against it. Remember to obey all traffic signals, signs, and lane markers, just as you would in an automobile. Remember to yield to cross-traffic when necessary. Ride far enough away from the curb that you are able to react to the unexpected, such as car doors opening and vehicles pulling out from driveways. Remember to watch for debris in the roadway, potholes, storm grates and wet leaves, all of which can make you crash.

With summer here in full force, everyone is hopefully outside and enjoying the sunny days. For those of you who are avid bike riders, whether for pleasure or as your source of transportation, here are a few safety and courtesy tips.

Use flashing lights and reflective materials — front and rear to make yourself more visible.

Be familiar with the rules in your jurisdiction — Know whether riding on the sidewalk is an available option. In Delhi Township, you may ride on the sidewalk if you wish. Remember to share the space with pedestrians. Alert them when you are passing them with a simple "Excuse me" or "Passing on your left." Again, stay aware of and alert to your surroundings and watch for cars leaving driveways and other potential obstacles.

If you're going for a long ride, consider bringing some essentials with you — Spare tubes, tire patch kits, water, and something to snack on for energy are all excellent choices.

I hope we have offered some useful tips that will help to make your summer bike riding incident-free.

The Ingham County Sheriff's Office hopes you are having a safe and happy summer! As always, if you have questions or concerns you can reach the Delhi Officers at 517.694.0045. Suspicious persons or activities can be reported by dialing 911.

Stay safe out there.





Taco Bell is coming to Holt

"People seem to be pretty excited about this," said Tracy L.C. Miller, Delhi Township director of community development.

"This" is the news that a Taco Bell restaurant is coming to Holt. It's one of 16 new Taco Bells being built this year by Brighton, Michigan-based Sundance, Inc.— one of the country's largest Taco Bell franchisees, with 150 stores across multiple states.

Sundance Director of Operations Molly Trosko said the strength of the brand has spurred her company's growth.

"Sales are up eight to 10 percent," she said, adding that the company has been actively hiring to meet the demand. "It's a good problem to have."

The Holt store will bring about 40 jobs to the community.

"We're excited to be in Holt," she said. "It's a good market."

Taco Bell is slated to open sometime this summer on the former Henderson Glass site at 2420 Cedar Street. Construction of the restaurant will begin as soon as the existing building is razed.

"You can expect it to open about 90 days from the time you see the first shovel," Molly said.





Holt Fine Wine & Spirits

An amazing array of wine and spirits, along with food and small convenience items

Holt Fine Wine & Spirits is brand new to Holt, but owner Kashmir Singh is a seasoned pro in the convenience store business. He now owns four stores in the Lansing area, including Rich's Country Store on Bishop Road. This one, however, is designed specifically for the Holt market, said Kashmir.

"This store is completely different from the others," he said, with a different clientele, store design and merchandise.

As the name suggests, the store carries an amazing array of wine and spirits, along with food and small convenience items. In the morning you can wake up with fresh coffee and donuts, a cream cheese bagel or a breakfast burrito; for

lunch or dinner, sandwiches and subs—made in-house—are available. There's even a milkshake machine, serving up a creamy Hershey's ice cream shake in your choice of flavors in one minute!

To celebrate the grand opening in late May and welcome the community, the store offered free coffee, fountain drinks and popcorn every day through the end of June. Visit the store's Facebook page regularly to check out featured products and offers.

Holt Fine Wine and Spirits is at 2102 North Aurelius (in the former Brower's location), Holt. 517.709.3815.



Get connected with Holt Community Connect: Do you know what's happening in our community? Do you want to be more involved, learn or do something new, or volunteer your time? Contact the Holt Community Connect Volunteer Bureau or for more info: Involved@holtcommunityconnect.org or call 517.974.8944



THE DDA — WHO WE ARE AND WHAT WE DO

The Downtown Development Authority (DDA) promotes economic development through business attraction/ retention programs and works to foster investment within the DDA district. It strives to increase the township's tax base and strengthen the local economy while maintaining those qualities that make Delhi Township a desirable place to live and work. For more information, visit us at www.DelhiDDA.com.

To contact us: Howard Haas, Executive Director

2045 North Cedar Street, Holt, MI 48842

517.699.3866 or 517.699.3867 Howard.Haas@delhitownship.com

THE DDA BOARD MEMBERS:

David Leighton, Chairperson

Kim Cosgrove,

Holt Schools Representative, Treasurer

Nanette Miller, Secretary

Dr. Tim Fauser, Vice Chairperson

Dr. Brian Houser

Steven L. Marvin

C.J. Davis, Township Supervisor

Marcy Bishop Kates

Tonia Olson, Planning Commission Representative