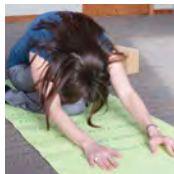




**SPECIFIC,
SHARP &
INTENSE**

Vivid Ink Tattoos
& Piercing



**NEW LOCATION
OFFERS EXPANDED
SERVICES**

Lansing Institute of
Behavioral Medicine



**HELPING
THOSE IN
NEED**

Holt Community
Food Bank

OURTOWN AT A GLANCE >>

Delhi earns five stars for economic development



Delhi Township has long been committed to attracting and supporting local economic development. In November 2013, those efforts were recognized by the annual eCities study conducted by iLabs, the University of Michigan-Dearborn's Center for Innovation Research.

More than 100 communities throughout Michigan participated in the study. Delhi Township was one of only two communities in the mid-Michigan area—and one of only three townships in the state—to earn a five-star rating, the Center's highest. East Lansing also received five stars, and the city of Mason garnered a four-star rating.

"We're very pleased that Delhi Township has been recognized for its efforts to attract and support business development and entrepreneurship," said Howard Haas, executive director of the Delhi Downtown Development Association (DDA). "Doing so while continuing to enhance the quality of life in our community is a core commitment of Delhi Township government and the Delhi DDA."

The primary purpose of the annual eCities study is to understand and share the best practices for entrepreneurial growth, economic development, and job growth. Understanding the best practices and utilizing these concepts across Michigan will have a positive impact on the state's economic future.

To learn more about the eCities study and the 2013 winners, visit <http://www.umdilabs.com/ecities>



"We're very pleased that Delhi Township has been recognized for its efforts to attract and support business development and entrepreneurship."

— Howard Haas, executive director, Delhi DDA



DEDICATED TO HELPING OUR COMMUNITY & ITS BUSINESSES GROW

A publication of the Delhi Charter Township Downtown Development Authority • www.DelhiDDA.com



FROM LEFT: Nurse practitioner Mary Jacobs; Judy Luckett, office manager, and Dr. Pamela Thompson

Health care for the whole family

Thompson Family Practice

“I love taking care of whole families,” said Dr. Pamela Thompson. “My happiest days are [for example] when I get to see a baby in the morning and her grandma that afternoon.”

A board certified family practitioner who has practiced in Holt since 1992, Dr. Thompson started her own practice in 2004. She counts many multigenerational families among her patient base.

“It helps me understand the family dynamics,” she said. “I enjoy being able to treat the whole spectrum, from babies to grandmas.”

Dr. Thompson is always happy to welcome new patients, and said the fact that she and nurse practitioner Mary Jacobs are the only two providers in the practice is an advantage to those they serve. “We both know what is going on with all our patients,” she said. “It provides continuity for the patient and allows us to develop a consistent plan of care.”

Quality care is, of course, why Dr. Thompson does what she does—and her love of working with patients is obvious.

“With all the health care changes, doing health care is not always easy,” she said. “But I genuinely enjoy spending time with my patients. That makes all the difference.”

Thompson Family Practice is at 4221 Charlar Drive, Holt, 694.7006.

“I enjoy being able to treat the whole spectrum, from babies to grandmas.” — Dr. Thompson

Fibertec Environmental Services

Fibertec Environmental Services occupies the same physical location it did when *Our Town* last profiled the company eight years ago—but it has never stopped being an organization on the move.

Founded by Matt Frisch in 1987, Fibertec provides specialized services to the environmental cleanup industry. Simply put, much of its work involves analyzing samples from contaminated commercial properties before those properties are purchased. The Holt headquarters is home to Fibertec's analytical laboratory—its largest division—and the industrial hygiene division. A satellite laboratory in Cadillac specializes in analyses related to petroleum products, and the drilling division in Brighton supplies light-duty drilling rigs for groundwater and soil sampling.

Together, the three offices provide Fibertec's clients a "one-stop shopping" approach that simplifies and expedites projects—and keeps clients coming back. Matt noted that in the past two or three years, Fibertec has also added new technological services that enable clients to access their data electronically in a variety of formats.

"This allows them to easily cut and paste charts, graphs and other data into reports," he said.

Fibertec has worked on thousands of environmentally-impacted sites throughout Michigan, and has begun to attract business from Ohio, Indiana and Illinois as well. The company now has 70 employees across its three locations.

Fibertec's headquarters is at 1914 Holloway Drive, Holt, 699.0345, <http://www.fibertec.us>

Fibertec provides specialized services to the environmental cleanup industry. Simply put, much of its work involves analyzing samples from contaminated commercial properties before those properties are purchased.



Matt Frisch, president



Our Town goes digital-only

More than a year ago, the Delhi DDA began offering readers the option of receiving *Our Town* online rather than in the mail. Many of you have made the switch.

With the new year comes a new direction. Effective with the next issue—to be published in April—*Our Town* will be available only as a digital publication.

The primary reason for this change is the DDA's commitment to fiscal responsibility. Paper, ink and printing costs continue to rise; so do mailing costs. In addition, many of you prefer to receive news and information via computer, tablet or smartphone, wherever you happen to be.

The digital *Our Town* will have the same look and content as the printed version. You can check out the digital version of this issue on the Delhi DDA website at delhidda.com—just click the cover image in the upper left-hand corner of the home page. *Our Town* will continue to be available on our website; you'll also find all the archived editions if there's a past article you want to revisit.

If you haven't already done so, please send your email address to lori.underhill@delhitownship.com, and future editions will be emailed to you.

Thanks for reading *Our Town*!

On Patrol in OURTOWN

This month I want to provide all of you with a few safety reminders concerning the wintry weather we experience in the Great Lakes State. The Centers for Disease Control advise you do the following:

When outdoors in extreme cold, remember to dress warmly and stay dry

Adults and children should wear:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry—wet clothing chills the body rapidly. Do not ignore shivering. It's an important first sign

that the body is losing heat. Persistent shivering is a signal to return indoors.

Remember to stay safe when traveling

- Listen for radio or television reports of travel advisories issued by the National Weather Service.
- If you must travel, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.
- Check and restock the winter emergency supplies in your car before you leave.
- Carry extra clothing and blankets with you. Don't rely on a car to provide sufficient heat; the car may break down.

If your vehicle does break down, stay with it. Tie a brightly colored cloth to the antenna as a signal to rescuers and raise the hood of the car (if it is not snowing).

Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not

blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

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.



Deputy Kelly Bowden

Vivid Ink Tattoos & Piercing



Photos courtesy of Ryan Aiman

Stu Vosburgh, above, and with his staff, at left

“To be vivid means to be intense, to be sharp, to be specific.” So said Vivid Ink founder Stu Vosburgh, who feels those words perfectly describe his business.

Stu was just 25 years old when he opened Vivid Ink in 2006. And, he said, although there have been some bumps in the road along the way, the business just keeps growing.

A graduate of the Art Institute of Pittsburgh with a degree in graphic design and specialized technology, Stu is passionate about art—and about the career that allows him to put his art first. He wasn’t always able to do that. Upon graduation from the Art Institute, he took a job at a newspaper.

“It got old and boring,” he said. “I knew I could do something bigger and better.”

That “something” turned out to be tattooing. Although he’d previously done it as a sideline, Stu knew that launching a business was a whole different level.

“Tattooing is a competitive business,” he said. “I knew if I opened a shop I’d have to do something to set it apart. I wanted to set the standard.”

Today, Vivid Ink welcomes customers with amenities including an aquarium, big-screen TVs, a pool table and comfy leather chairs—in short, said Stu, it’s a comfortable place to hang out. It’s also clean, regulated, and monitored monthly to ensure it adheres to the strictest standards. Sometimes, Stu said, he looks around the place and marvels at what he’s built.

Although the business “took off right from the beginning,” the customer base has changed. “When I opened, it was mostly the 18-to-25 age group,” Stu said. “Now it’s everybody, all ages, grandmas...it’s much more mainstream.”

Stu’s loyalty to Holt is strong. Married to his high school sweetheart, he’s proud to be involved with the community and the schools. He’s happy to have the opportunity to speak about his business—to groups from Cub Scouts to high school art classes.

“I’m a Holt hometown homeboy,” he said.

***Vivid Ink is at 2375 N. Cedar Street, Holt, 694.0833,
<http://www.vividinkslingers.com>***



HOLT COMMUNITY
food bank

*“Making a difference for
the community, by the
community.” — HCFB motto*

*Click here
to see a video
about the
food bank*

Student volunteer Nick McMillen sorts canned goods for distribution

Holt Community Food Bank

Volunteers serving families in need

It all began with two compassionate individuals and a few bags of food.

Twenty years ago, two men from Holt Presbyterian Church noticed that some members of the community were having difficulty making ends meet. They began carrying a few bags of non-perishable food in their cars “just in case” someone needed a little help.

From that idea came the beginnings of what is now Holt Community Food Bank. Today, HCFB is an operation staffed completely by volunteers who believe in helping their neighbors. The food bank serves an average of 170 families each month, providing them with enough food for approximately a week’s worth of meals.

“It’s really a labor of love that’s supported by the community,” says Holt Community Food Bank coordinator Bonnie Zdankiewicz. “Our motto is, ‘Making a difference for the community, by the community.’”

In addition to an all-volunteer staff that sorts donations, stocks the shelves, bags food, greets clients, and handles all the day-to-day operations, HCFB also relies on the support of local businesses, service organizations, and individuals. Such support may include holding food

drives, giving monetary donations, or pitching in on a special effort. For example, Bonnie said, Holt Public Schools students helped load food for the Christmas 2013 distribution—and moved 7,000 pounds of food in just 1.5 hours!

It’s not just about quantity, however. HCFB strives to ensure that recipients receive healthful food options. In addition to non-perishables, the food bank may also provide fresh produce, a small selection of meats and cheese, and coupons for eggs, milk and bread, depending on availability.

“We believe it’s an important service to the community to keep the community healthy,” Bonnie said.

The food bank also offers information about healthy food choices, and ways to prepare food that stretch a family’s food dollars. “We want to give them encouragement and respect,” Bonnie said. “A hand up, not a handout.”

The Holt Community Food Bank is always grateful for donations of money or non-perishable food—and, Bonnie emphasized, for any volunteer time, whether on a one-time, occasional or regular basis.

“I get calls daily about how to volunteer,” she said. “We always love to have more people join the family.”

Holt Farmers Market, winter edition!

You know the Holt Farmers Market is open rain or shine during the season—but this year, it may be rain, shine or snow! The market is open one Saturday per month this winter—so mark your calendars for these remaining winter market dates:

► **February 8**

► **March 8**

► **April 12**

Winter markets will be open 9:00 a.m.-2:00 p.m.

There will be more than 20 vendors offering ready-to-eat food, baked goods, winter produce, beef and chicken, knife sharpening, arts and crafts, and cooking demonstrations. Planning a special Valentine's Day dinner? Don't miss delicious chef demos from Capital Prime Steaks and Seafood!

If you're interested in becoming a vendor, Holt Farmers Market is now accepting vendor applications! Visit <http://www.holtfarmersmarket.org> and select Be A Vendor. Questions? Call 517-268-0024.

Holt Farmers Market is at 2150 Cedar Street, Holt, 517.268.0024, <http://www.holtfarmersmarket.org>



Lansing Institute of Behavioral Medicine

For more than a decade, Lansing Institute of Behavioral Medicine has provided mental health services to Delhi Township and the Greater Lansing community.

"Given the increasing stress burden in our society, we need to maintain a focus on local health services and exceptional care," said Dr. Roy Meland. "We are committed to the wellness of individuals and families in our community."

Lansing Institute of Behavioral Medicine provides psychiatric assessment and medication management services, as well as individual, group and family psychotherapy services within a comprehensive care model, Dr. Meland said.

In order to provide even better care, the practice moved to new offices this past September. "Several more therapists have come on board and we've added new services," said practice manager Kathy Conrad.

Among these are trauma and mood yoga—specialized yoga classes designed to help patients who are suffering from anxiety or depression, and those who have experienced physical or emotional trauma—and reflexology. The institute has also expanded its testing options.

Most patients are referred to Lansing Institute of Behavioral Medicine by other physicians, and Kathy said the institute is in the process of implementing operational changes that will make that process easier. Self-referrals are also accepted.

Lansing Institute of Behavioral Medicine is at 3475 Belle Chase Way, Lansing, 882.3732.

New location offers
expanded services for
better mental health



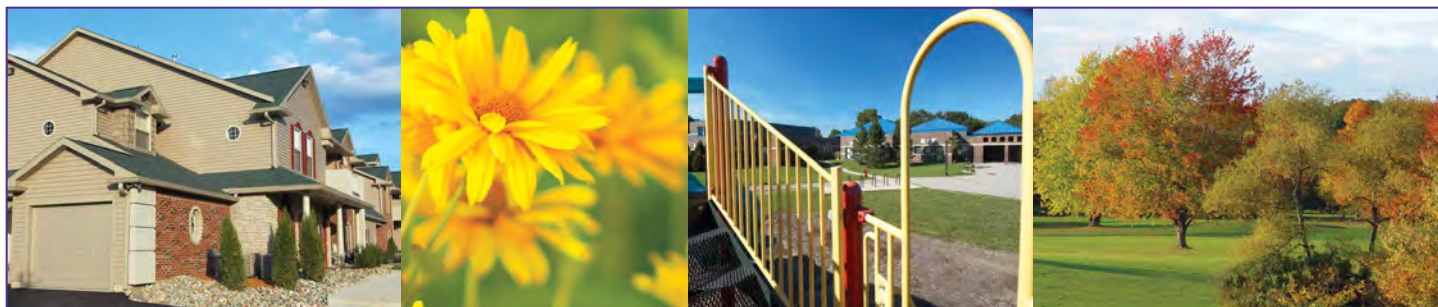
Angela Stathopoulos, psychiatric nurse practitioner

OURTOWN

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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

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