

A LOOK AT WHAT'S HAPPENING IN OURTOWN

HOLT

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NOW



DEDICATED TO HELPING OUR COMMUNITY & ITS BUSINESSES GROW

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

THE DDA – WHO WE ARE & 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.

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Don't Sleep on the Winter Market

On a typical Saturday at the Winter Market you can still find over twenty local food vendors selling items like bread, meat, nuts, microgreens, honey, dried fruit, and other seasonal delights! Although the ground may be frozen, there is plenty of community and care growing all year round at the Holt Farmer's Market. Don't hibernate, or waste the chance to experience the slower pace of the Winter Market. Find a great parking spot and take some time to browse winter treats, catch up with friends over coffee, and make your plans for 2024 together. We can't wait to see you soon!

The Holt Farmers Market takes place every Saturday from 9 a.m. to 2 p.m. at 2150 Cedar Street in Holt, 517.268.0024, holtfarmersmarket.org.



THE 2024 RESIDENT HOUSING SURVEY is now available online and the DDA will be collecting responses through the end of February. Please, complete the survey and help our community plan for the future of housing in Holt.

scan me!



surveymonkey.com/r/Delhi2024

A Holistic View of Health with Acorn Counseling

Susanna Schlarf started Acorn Counseling in February of 2023. A graduate of the University of Michigan's Masters in Social Work, Schlarf completed her clinical work in medical settings where she learned more about the connection between the body and the mind.

"As a person who navigates life with chronic illness, I am passionate about practicing with a holistic view, recognizing and supporting all facets of a person's health," says Schlarf. Although her counseling practice treats a variety of concerns including medical trauma, grief, anxiety and depression—she is especially focused on helping people with eating disorders. Her practice has a foundation in intuitive eating and Health at Every Size (HAES) frameworks.

Health at Every Size is a way of approaching medicine for people who are considered to be overweight. Instead of solely focusing on weight loss, HAES proponents feel that healthy activities are important for everyone, regardless of body weight. And that focusing too much on weight loss can have negative health consequences. Intuitive eating is a philosophy that rejects diet culture and tries to rebuild a healthy, trusting relationship to food and our bodies.

Schlarf says, "I bring an anti-oppressive lens to my therapy practice, and I aim to create a safe, non-judgmental, and welcoming space. I decided to start my business to prioritize the mental health of our community and to create a space where all people are welcome."

She wants residents of Holt to know that while counseling can be helpful, it's okay to shop around for the right fit. "It's important to make sure you feel comfortable with the counselor you choose. Not every counselor will be the right fit for you, and that's okay! Please don't give up if you try it once, twice, or even three times and you still don't find the right fit. There are so many great counselors out there."



She recommends that those seeking counseling for any concern check out Psychology Today – a free, online therapist directory.

Although she is now based in Holt, Susanna loves to visit her native Traverse City and walk the beaches, collect rocks, and take picture after picture of the water. When she's not working, she enjoys knitting and cross-stitching, cuddling under one of her many blankets with her cat, Stella, and spending time with her husband, saying, "He's my teammate in this life."

She says that since moving to the Greater Lansing area they've loved exploring everything the region has to offer. But they can usually be found at home playing cards and board games, or taste-testing Susanna's homemade baked goods.

She wants everyone to know that seeking counseling is an act of bravery, "We all have stories to tell, and we all deserve a person who is there to listen without judgment."

Acorn Counseling is located at 4180 Keller Road Suite D Holt, MI 48842. Call (517) 798-6186 or visit acorncounselingmi.com for more information.

Local Kids Get Great Start at Midway Early Learning Center

Holt's Midway Early Learning Center serves approximately 300 children, from only six weeks old up to five years. "I don't know if people realize that we have a childcare facility here that starts in infancy, and the whole school is on the same curriculum," says Heather Crandall, Director of Childcare. But what kind of curriculum applies to infants? "We're tracking to make sure that they meet all their developmental milestones."

She continues, "Parents should definitely tour different places and choose what they think is best for their family. Some parents may want a smaller home setting. But some parents want to come here where their child can start at six weeks and then stay all the way up until they go to kindergarten." Crandall's son started at the Midway Learning Center 18 years ago. Last year, when he graduated from Holt High School, Heather went back and counted the other kids who had completed their entire education in Holt Public Schools. "There were 18 graduating seniors who had started in our school district as infants."

Thanks to a bond passed by the township last year, the center has been undergoing renovations. It has a new, secure entrance, updated HVAC, updating parking and lighting, and an improved playground area- with a special place for infants and toddlers to play.

In addition to a tuition-based preschool model, the Midway Learning Center offers the Great Start Readiness program- which is subsidized for families who meet the requirements. This program offers transportation for kids and includes snacks and a daily, family-style lunch for preschool-aged children. This builds a sense of community, and teaches fine motor skills like how to open a carton of milk."

Assistant Director Jenn Phinney chimes in, "They'll help each other, sometimes they'll even help me. It's teaching them to help each other and solve problems."

The Midway Learning Center also hosts the Michigan State University's Early Learning Institute(ELI), which serves young children with autism. The program has its own classrooms and 1-on-1 behavioral therapists who work with autistic children on different skills. "It could be as easy as walking into the classroom and making a loop and walking out. They're working on handling transitions smoothly," says Phinney, "It could be just saying 'hi.' Some of them work up to being in a classroom for three hours, but they could've started at five minutes of just making eye contact. As they accomplish that skill, they move on to what's next."

This integration not only helps kids who have autism to succeed in a kindergarten classroom, it offers a benefit for their peers. "It teaches diversity," says Heather, "You're seeing someone that maybe has different abilities than you do and that's okay, and they're still in our class."

Midway Early Learning Center is located at 4610 Spahr Ave, Holt, MI 48842. Call 517.694.3411 or visit hpsk12.net/our-schools/midway/ for more information.



4 DECADES OF STYLE

at the Steven L. Marvin Salon



// I could've retired a while ago, but I choose to do it because I still like doing hair." The Steven L. Marvin Salon has been open for 41 years, and Mr. Marvin has been styling hair for nearly 50. He says the secret to staying fresh is continuing education. For his staff of 14, Marvin holds trainings every year on cutting and coloring. For many years he regularly traveled to New York City for education and then brought those techniques back to Holt. He says much has changed since he got started in this business.

"The techniques with color are totally different from 30 or 40 years ago. Balayage

is a big deal now. Pastel hair is still very popular, especially with the younger kids." Keeping up with the times means he is able to offer the latest styles to customers in Delhi Township and beyond. "We're not your mom's salon. We may do your mom's hair, but our staff is fully trained and exceptional at doing all ages. One of my clients brought her granddaughter here and she said, 'Oh no, Mr. Marvin is too old. He won't know what a 12-year old wants.' It cracked me up. I did do her hair, by the way. I might be older, but I can still do young hair."

Mr. Marvin has embraced social media over the past few years and says it's radically changed the way the salon serves customers. "Clients are more aware of what hairstyles are out there, but it changes the perception of what we can do. What is behind that social media picture might be 14 hours of sitting in the chair. That's one thing that the public doesn't always grasp—how much time it actually takes."

Steven has been in the Greater Lansing area since 1978, after moving up from the Hillsdale area. Although as a young man he originally wanted to move to NYC, he says that Holt has worked out, and that he's loved watching the community change. "It's changed dramatically, especially the last five to ten years. It is certainly starting

to come into its own. We have a lot of subdivisions. We have a beautiful school. But unfortunately, there's still not very much shopping."

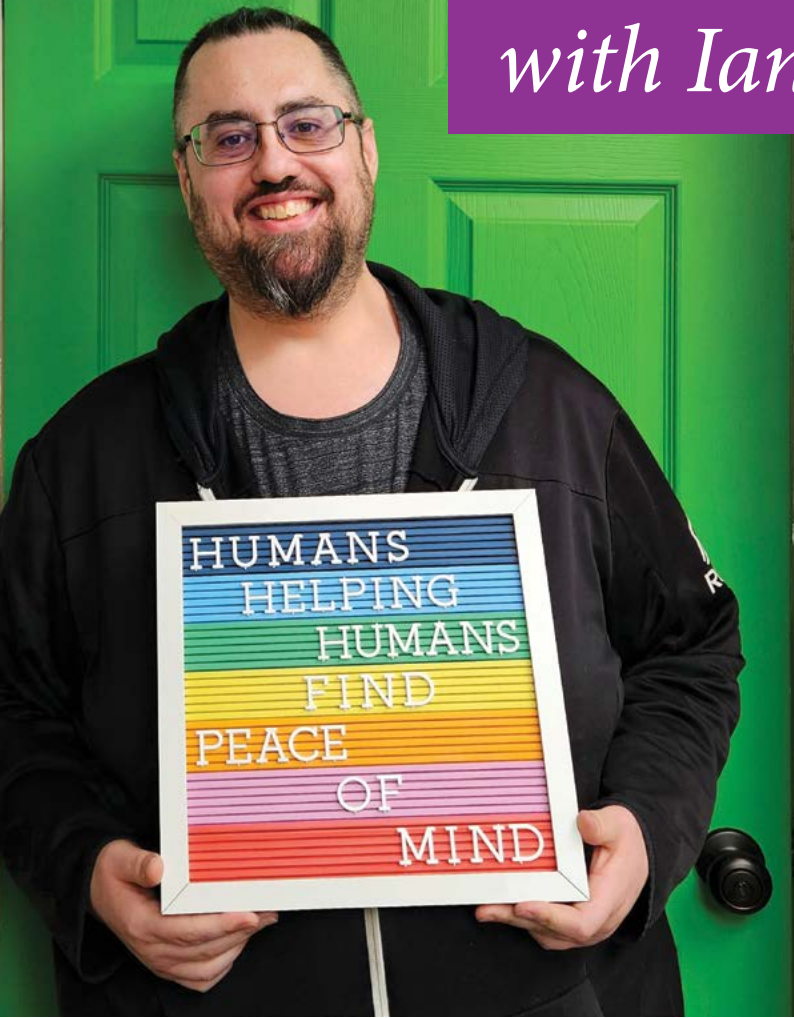
"I choose to do it because I still like doing hair."

Changing along with the times is what has made the Steven L. Marvin salon a staple of the Holt community. He continues to embrace change, and says it's what he loves about doing hair. "I like making changes. People come in and they want a change. And it's always fun. I mean, there are always ups and downs when you're working with people, but it's always rewarding. You get to know them. They're almost like family. Some of my clients, I have been doing their hair for probably 50 years.

I always feel like I just started yesterday, but no, I've been doing this for almost 50 years now. And I do enjoy it."

The Steven L. Marvin Salon & Wellness Spa is located at 1958 Cedar St, Holt, MI 48842. Call 517.694.7788 or visit stevenlmarvin.com for more information.

Growing Peace of Mind *with Ian Shafer*



Five years into Ian Shafer's private practice, Peace of Mind Counseling, Consulting, and Supervision is experiencing growth in Holt. "I opened the doors in 2018. We were growing slowly until the pandemic and that's when everyone came out of the woodwork." Shafer says he had been in a private practice in Jackson, but left (and took at least of his ten clients with him) in order to "spread his wings" and do things in a way that is more focused on his clients.

Trained at Central Michigan University, Ian Shafer, MA, LPC is a fully-licensed professional counselor in the state of Michigan. He describes his approach as authentic, saying, "I'm as human as they come. I don't mind sharing myself. It puts people at ease to know that their counselor has good taste in music, for example." His office is covered in Red Wings pennants, and in the corner sits a motivational sign, "Humans helping humans find peace

of mind." That's his slogan, and it's how he came up with the name for his practice.

Last year, Ian's former intern Cat Moran, MS, LLC (Limited License Counselor) became a 1099 contractor for the practice after completing her counseling supervision with Shafer. Ian says that it's a good sign that his former interns want to stay on at the practice, "I get to help guide that person to maintain good ethics, put the client first and be part of the community. We're creating an environment where they might start to see a client as an intern, but then keep them long term." He continued, "There's too many places out there where good clinicians can get burned out immediately."

For the past five years, Shafer has started to specialize in seeing clients who are part of the LGBTQ+ community. He especially works with clients who are transgender to help them through the transition process, and help them to advocate for name changes and gender affirming care. More recently, Shafer has also started to work more with clients who have Borderline Personality Disorder. He says, "We're starting to look at BPD as a byproduct of trauma, and addressing it from that standpoint. I think it's been helpful."

Shafer says he hasn't had to do much advertising to find both clients and interns. His logo is a pair of rainbow peace signs. He says, "It's a little bit of a subtle hint to the LGBTQ+ community, without broadcasting it. But I mean, I like peace. I'm into Classic Rock and stuff like that. I love the old ideas of peace culture from back in the '60s." He says he does a bit of advertising in Facebook groups, but mostly people find him and "vibe with the philosophy."

"I'm trying to give good people an opportunity to start fresh, and start right."

Peace of Mind Counseling, Consulting and Supervision is located at 4025 Holt Rd Ste 205 Holt, MI 48842. Call 517.881.7231 or visit www.peaceofmindccs.com for more information.

Keepin' it Moving with Doctors of Physical Therapy

DPT

Longtime residents of Holt might remember ARM Rehab, owned by Michigan State University professor and hand specialist Gail Shafer, PhD, OTR, CHT. After 49 years of clinical practice, Shafer retired in 2019 and sold her practice to Doctors of Physical Therapy (DPT), with locations throughout Lansing and the larger Midwest. Because of Shafer's legacy, the Lansing locations of DPT each have specialists in hand therapy, as well as a variety of other services. Because of Shafer's legacy, the Lansing locations of DPT each have specialists in hand therapy, as well as a variety of other services.

Recently, DPT moved the Delhi Township location to an office space next to the new Leo's Lodge Restaurant and drive-through. Although many patients come to physical therapy through physician and surgeon referrals, they've had plenty of walk-ins at the new location.

Practice Manager Jeff Andres stated, "We're located right off the trail system, we get plenty of runners and walkers who come in and want to chat. Consultations are free, and we can even do them over the phone. If we can help you, we'll recommend it. If we can't help you, at least we can point you in the right direction." He wishes more people knew about the hand arthritis program.

"What makes this clinic so good is that we have the experience. We have two physical therapists, we have highly-certified hand specialists who've been in the area for many years. We have a pediatric specific therapist who owned a practice in Alaska for many years before moving to Lansing. The biggest thing we have is experience, but we also have fun. This is a medical environment, but it's a much lighter atmosphere." In the new location Jeff says they've been more visible, and it's nice to be right off of the bus line.

When treating children, Doctors of Physical Therapy can offer help with anything from genetic or neurological conditions present at birth all the way to lower back pain in teenagers. "One thing we see a lot of is torticollis, when a baby's head is not upright or moving correctly. It's a muscle issue and our pediatric therapist does a lot of soft tissue massage to correct it. What you don't want to do is wait and have the issue become permanent." DPT also sees children who are athletes and may need physical therapy from sports injuries.

Doctors of Physical Therapy is located at 2520 E. Jolly Rd. Suite C Lansing, MI 48910. Call 517.306.4919 or visit doctorsofphysicaltherapy.com for more information.



"This is a medical environment, but it's a much lighter atmosphere."

HOLT HISTORY

Celebrating 100 Years of Our Fire Department

The Holt Fire Department was founded on February 14, 1924, as an all-volunteer unit headed up by Chief George Shaw. An REO Speed Wagon truck was fitted with a tank and hose apparatus, followed by helmets, goggles, and gloves in 1925. The community fire siren was sounded daily at noon (as part of an agreement with the original salesman) until 1995.

While the original fire barn was located with the Delhi Township Hall on Cedar Street (burned in 2022), an updated Fire Hall was built in 1959 further north on Cedar Street— which is now occupied by the Holt Farmers' Market. The fire department moved into the Delhi Township Community Services Center in 1996. Eight fire chiefs have served Holt in the last century, the longest serving was Clayton Quenby from 1939 to 1966. Chief Stanley Morrison, 1971-1993, became the first full time chief in 1978.

You can learn all about Holt's History at the new website holtdelhihistory.org!



ONLY RAIN IN THE DRAIN: Prevent Pollution in Our Watershed

Most storm drains lead directly to waterways without undergoing treatment at a wastewater treatment plant! Even if you live miles from the nearest river or lake, your actions still impact our shared water resources. Whether it is suds from washing our cars in the driveway, bacteria from pet waste, or excess lawn chemicals, 'illicit discharges' can be swept up with runoff and pollute aquatic habitats.

To learn more visit: holtnow.com/only-rain-in-the-drain