Thank you to ALL who helped make the 24th Simply Living Annual Meeting such a successful and welcoming event!

Rally for Climate Action at the Ohio Statehouse

**Who:** Central Ohio Climate Action Coalition  
**When:** Wednesday, April 20 from 11 AM - 1 PM  
**Where:** Ohio Statehouse, West Side Steps facing High Street

Join us to show the world that Ohio wants climate justice, a transition to 100% renewable energy and a sustainable future.

This will be an “Earth Week” demonstration planned by the Central Ohio Climate Action Coalition. Ohio Interfaith Power and Light (IPL) is taking the lead by coordinating numerous faith-based organizations and arranging bus transportation to the rally from several Ohio cities.

A Lobby Day after the noontime rally is being organized by both IPL and Sierra Club. Small groups will meet with our state legislators after the noontime rally to discuss the reality of climate change and the moral duty to act! Specifically, our representatives will be asked to “end the freeze” on the Renewable Energy and Efficiency Portfolio Standards and reinstate the law that was passed with near unanimous support in 2008 to speed the transition to clean energy.

Simply Living is participating with IPL and Sierra Club and other groups, including the Citizens Climate Lobby - Columbus and Delaware Chapters, Sustainable Clintonville, Clintonville Clean Energy Collaborative, NexGen Climate, Columbus Community Bill of Rights, The Columbus Free Press, the Move To Amend - Interfaith Caucus, and all individuals of conscience concerned about the causes and solutions to the threat of global warming.

More information can be found on Facebook (search “Climate Action Coalition Rally at Ohio Statehouse.”)

More information on IPL and registration for Lobby Day can be found here: [www.ohipl.org/statehouse-lobby-day/](http://www.ohipl.org/statehouse-lobby-day/).
CLIMATE CHANGE: RINGING THE DINNER BELL
By Michelle White

A quick glance at recent news headlines from across the world leaves little to the imagination:

- "Climate change sabotaging food security in Pakistan"
- "Time short to protect Africa's food from climate change"
- "United Nations reveals 34 nations experiencing food scarcity due to climate change" and even the startling,
- "Food scarcity caused by climate change could cause 500,000 deaths by 2050."

Yikes. As if there wasn’t enough to worry about with extreme weather patterns, melting polar ice caps, and increasingly acidic oceans, now the effects of climate change are showing up in a more personal and immediate way, by pulling up a chair at our dinner tables.

This is a new development for most of us. In the U.S., food has been relatively "cheap" for decades, costing less than 10% of the average income, thanks to a highly industrialized and processed agricultural system. Cheap is pertinent only in the monetary sense, of course, as our soils, rural farming communities, and physical well-being have all paid a high price.

Dollar menus, frozen meals, vending machines and drive-through windows have lulled us into believing that food can be obtained with little thought and even less effort. But what does it mean to live in a society where a hamburger costs a dollar?

Farmers and food activists like Wendell Berry, Michael Pollan, Carlo Petrini and Joel Salatin have helped bring the downfalls of industrial agriculture into the national spotlight.

The vast amounts of water, energy, and chemicals used on mega farms and concentrated animal feedlots increase pollution in the atmosphere, ground water, and arable land. Herbicides, pesticides, and fertilizers deplete our soil’s nutrients, contribute to the downward spiral of industrial agriculture and harm the health of our food system.

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Earth Week April 16 - 23

Earth Day Columbus – Sat, April 23

Green on the Green – Sat, May 7
Old Worthington
**DIRECTOR’S COLUMN**

**Food Security, Local Approaches and Climate Change**

In this Issue we celebrate Earth Week with a focus on Food Security and Climate Change.

As we learn in the article by Simply Living member Michelle White, of City Folk’s Farm Shop and the Clintonville Farmer’s Market, food security, local options and climate change are deeply connected. One of the most effective things we can do is adapt our food strategies, as much as possible, to locally sourced, organic food. At the very least, locally sourced food cuts down our reliance on long distance transportation, and organics eliminate the need for heavy petrochemical applications.

The purchase of one bunch of locally grown organic baby arugula won’t be a cure for global climate change, but it is certainly a step in the right direction. And, while we won’t win the war on global climate change in one spring, we can win thousands of individual battles every day by the choices we make. I find it comforting to keep the concept of “the Butterfly Effect” in my back pocket as a handy empowerment tool. We can push the rock up the mountain, bit by bit, by being informed and acting on our knowledge.

We are a lucky bunch here in Ohio in terms of pathways to work at doing our part to eat healthy for ourselves and the planet. Ohio is a farm state, and always has been. We can strengthen and influence the direction of farming practices in our state via market forces by buying local and buying organic.

It is time to take our food decisions to a new level of intensity and self-empowerment.

We can:

- Get to know our providers. Choose stores and restaurants that share our values.
- Read and learn more about the consequences of our food choices.
- Become a member of Simply Living and attend SLSU classes about food sustainability.
- Teach a class at SLSU. Already know about some aspect of local food? Share the wealth!
- Grow your own food, at home or in a community garden, or join a CSA.
- Learn about food storage through the winter months.
- Spread our own solutions! Ideas make for good compost!

Taking personal responsibility for our food decisions can be more of a thunderclap than a butterfly if we all work at it. Do the research, help the planet, eat well and enjoy!

Let’s make a party of it!

– With gratitude, Sarah

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**SPONSOR SPOTLIGHT**

with

**THE CREST gastropub**

The following is an interview conducted by Simply Living Board Member, Kerry Griffith, with Tama Ricks, Sustainability Coordinator at the Crest Gastropub.

**Q. When was The Crest established? Please share a little about your restaurant.**

A. The Crest Gastropub was established in 2013, and we are proud to have our birthday fall on Earth Day! The Crest Gastropub is dedicated to offering quality fresh food and drinks. Our commitment to the environment and community is sincere as we take pride in offering local and sustainable food choices, to strengthen our local food system.

**Q. Any additional great “start-up” story, tid-bit, or history you would also care to share?**

A. The Crest Gastropub comes from not only the impact our community has made but also our Lebanese roots. Growing food in our backyards, spending copious amounts of time with family and friends while eating fresh food around the dinner table. We whole heartedly believe in the importance of growing our own food, and knowing where our food comes from. With that at the heart of it all, we have dedicated both our rooftop, as well as our parking lot gardens, and our patio space to growing herbs, and produce which we incorporate into our menu.
Q. What brings significant impact to you or your staff on a daily basis with regard to the environment?

A. Our community and neighborhoods have significant impact on us and our staff. Clintonville holds a strong sense of civic duty. We feel as if we must do what we can to protect our community and by this, we must think globally and do what we can to help mitigate and eliminate negative environmental consequences associated with running a restaurant. The progressive nature of those in the area have been all the support any responsible business would need to thrive, and it’s for that reason that we are humbled and forever appreciative.

Q. What type of green initiatives have you implemented in your day to day business currently?

A. We currently focus on waste reduction. Reducing, reusing and recycling. We also make sure to minimize our food waste. Any food scraps that we cannot use, we compost. We have partnered with The Columbus Growing Collective. They pick up our fresh food scraps to be composted at their local urban farm. The compost we produce is then used to supply nutrients to the soil used to grow our produce. This is a beautiful cycle!

The Crest has implemented many other green initiatives, such as water conservation through our installation of cisterns and rain gardens. Our staff waters the gardens with leftover water versus throwing it down the drain. We also encourage our staff and guests to take alternative modes of transportation, such as biking. We promote our Two-Wheel-Deal year round: if you ride your bicycle to The Crest you receive 10% off. We take energy conservation seriously. We use energy saving appliances, and have had major LED upgrades. You will see even greater focus on energy conservation efforts as we move forward within the next few months.

Q. If resources were not an issue, what would be a dream goal for implementing a green initiative?

A. 100% solar powered energy or net-zero energy. Our friends, Go Sustainable Energy, are conducting a net-zero energy study. We would love to be able to achieve this one day, if we are able to have access to all the resources to do so.

Q. Is there a resource you could share with our members, whether it’s a blog, website, or local store, that you use to stay committed to your mission of being sustainable?

A. Our community partners have played a major role in helping us stay committed to our mission of being sustainable. To name a few: FLOW, Local Matters, Corgi, Rain Brothers, Urban Wild, OEFFA, Columbus Growing Collective and now, Simply Living.

Q. If you could encourage our Simply Living members to incorporate into their daily practice, what could we do that would increase our community impact and help protect and preserve our environment?

A. There are a multitude of ways you can help increase our community impact and help protect and preserve our environment. It may be by cutting something small out of your everyday life like a cup of coffee or something major like driving your car less. It depends on what is easy for your lifestyle, but we all share a similar lifestyle through food. Buy your food locally to your best ability. Support your local farmers.

For more information, contact: 419.689.3884 or sustainability.thecrest@gmail.com.

BOARD OF DIRECTORS:
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Kerry Griffith
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Jenée Murphy

GENERAL INFORMATION:
Sarah Edwards, Director
Gloria Jones, Office Manager
Office: 614.447.0296
E-mail: hello@simplyliving.org
www.SimplyLiving.org
Office Hours: by appointment
Our office is located at 2350 Indianola Avenue in the Maynard Avenue United Methodist Church, on the upper level, where we are pleased to share office space with the Center for Compassionate Communication.

The Simply Living Transition Hub serves central Ohio and is affiliated with Transition United States.

Simply Living established the Support Our Local Economy (SOLE) Coalition, one of 80 networks affiliated with the Business Alliance for Local Living Economies (BALLE).

SIMPLY NEWS NEWSLETTER:
Luke Toney, Editor
Jenny Alberti, Graphic Design
Diane Boston, Layout
Robert Studzinski, Photographer

THANK YOU TO ALL WHO VOLUNTEER!
DOmESTIC FILMS + LOCAL SOLUTIONS ▼
A showcase of independent, documentary films addressing a variety of current issues. Often followed by Q&A with experts representing local organizations. Thanks to the Puffin Foundation West Ltd. for supporting these monthly public screenings. For questions, contact Chuck Lynd at Chuck.Lynd@gmail.com or 614.354.6172.

MEETUPS/SOCIALS ▼
Join Simply Living for “good green fun” at gatherings held in a different local business or organization each month. We learn from brief presentations by the owners or directors, followed by Q&A. We include plenty of time to socialize and network. Light refreshments are served. Free!

CARE + SHARE TIME BANK ▼
Share food, network, participate! Each potluck includes a program presented by a member or guest speaker. Topics vary each month. Volunteer for Simply Living and receive credit for CSTB!

APRIL

7:30 PM FRI
THE ANTHROPOLOGIST
CCAD, Cantzani Center Showroom 60 Cleveland Ave, Cols 43215
A film that considers our planet’s fate from the perspective of an American teenager. Over 5 years, she travels alongside her mother, an anthropologist studying the impact of climate change on indigenous communities. $6. Sponsored by Columbus Film Council and co-sponsored by The Free Press and Simply Living.

2:30-4 PM (TENTATIVE) SAT
CAN YOU DIG THIS?
How Urban Gardening Can Transform Neighborhoods
Location: TBA
This is an inspiring film about an urban gardening movement taking root in South Los Angeles, where people are planting food to transform their neighborhoods. Calling for people to put down their guns and pick up their shovels, these “gangster gardeners” are creating an oasis in the middle of a food desert. Stay after for Q&A panel of experts.

9:30 PM FRI
GMO OMG Explores Genetically Modified Food
Northwood High Bldg, Room 100, 2231 N High St, Cols 43201 / Free parking - R spaces only
Jeremy Seifert asks how GMOs affect our children, the health of our planet, and our freedom of choice. Q&A panel of experts after the film. Co-sponsored by the Ohio Ecological Food & Farming Association.

MAY

4-6 PM SUN
Polyfaces: Joel Salatin’s Regenerative Farm
Gateway Film Center, 1550 N High St, Cols 43201
‘Polyfaces’ is a joyful film about connecting to the land & the community. It follows the Salatin’s, as they produce food in a way that works with nature, not against it. The film shows how they regenerate their landscapes, communities, local economies, customer’s health and most importantly, their soils. Q&A panel of experts after the film. $10 donation requested.

9:30 PM FRI
KIDS MONARCH GARDEN DAY at The Crest in Clintonville
The Crest Gastropub 2855 Indiana Ave, Cols 43202
Sponsored by Simply Living with the Wild Ones Columbus Chapter! Children learn about the monarch migrations and their 4 stages of life. Children take home the knowledge to create a pollinator garden and the special plant that only Monarchs lay their eggs on.

6:30 PM SUN
Potluck
Program TBA
First UU Church, 93 W Weisheimer Rd, Clintonville

JUNE

11AM - 2PM SUN
KIDS MONARCH GARDEN DAY at The Crest in Clintonville

6:30 PM SUN
Potluck
Program TBA
First UU Church, 93 W Weisheimer Rd, Clintonville

5:30 -7:30 PM FRi
Franklinton Gardens 909 W Rich St, Cols 43222
Learn how urban gardening and the local food movement is transforming Franklinton. Meet the movers and shakers, participate in the Q&A, and join a tour of the gardens. Plan to enjoy some delicious local food as well.

3:00 PM FRI
Transform Neighborhoods
Location: TBA
Learn how urban gardening and the local food movement is transforming Franklinton. Meet the movers and shakers, participate in the Q&A, and join a tour of the gardens. Plan to enjoy some delicious local food as well.

9:30 PM FRI
Shepherd’s Corner Ecological Center
Shepherd’s Corner Farm & Ecology Center of the Dominican Sisters of Peace 987 N Waggoner Rd, Blacklick, OH 43004
Discover the ecological ministry of the Dominican Sisters of Peace. Outreach Director Diane Kozlowski will offer an overview of the 160 acre farm and center for ecology, spirituality, and education. Walk the labyrinth and learn about their programs and Saturday Farm Stand.

SUN

6:30 PM SUN
Potluck
Program TBA
First UU Church, 93 W Weisheimer Rd, Clintonville
UPCOMING CLASSES

Crest Kids Monarch Garden Day
Sunday, April 10
11 AM - 2 PM  FREE
Children engage in a role playing game about Monarch butterfly migration. Take Home Activity: children learn how to create a pollinator garden to attract Monarchs and other pollinators. Hosted by Simply Living with Wild Ones Columbus Chapter.
Activity Leader: Barbara Velez Barbosa & Sarah Dalton
Location: The Crest Gastropub, 2855 Indianola Ave, Cols.
For more info or to register: www.fpconservatory.org or 614.715.8022.

Be, Breathe, Blossom: Tools for Transformation
Tuesday, April 26
7 - 8:15 PM  FREE
Learn a simple & powerful 12-15 minute guided meditation you can do anywhere. Daily practice of Isha Kriya will help you re-organize your energies & provide increased health, enhanced mental clarity, heightened memory, and a deep state of peacefulness and joy.
Location: Simply Living (office at Maynard Ave. UMC), 2350 Indianola Ave, Cols.
For more info or to register: Dianne: SunnyGlenWellness@gmail.com or 404-603-6284.

Solar Generator – DIY with Blue Rock Station
Sunday, April 10
1 - 4 PM  $55 (includes plans and Jay Warmke's book Assembling a Solar Generator)
This course will teach you everything you need to know to design and build your own generator, including detailed drawings, sizing charts and typical use sizing guidelines.
Location: City Folk's Farm Shop, 4760 N High St, Cols.
Register or for more info, contact Jay Warmke at jay@bluerockstation.com.

Personal Toxins 101: The Dangers of the Shower
Tuesday, April 12
7 - 8:30 PM  $10
Location: 6463 Proprietors Rd, Worthington, OH 43085
For more info or to register: bethany@homedetoxdetective.com.

Intro to Backyard Biodiversity
Saturday, April 16
2 pm  $25 ($20 for FPC members)
Make your yard a paradise for native plants and birds with 5 steps you can achieve in a weekend. Learn about impacts of land redevelopment on native habitats, ways homeowners can mitigate this damage & restore habitats. Led by Simply Living member, Tisa Watts, the Columbus Garden Coach.

Location: Franklin Park Conservatory, 1777 E Broad St, Cols.
For more info or to register: www.fpconservatory.org or 614.715.8022.

Voluntary Simplicity Discussion Course
Wednesday, May 18–June 22
7 - 8:30 PM  $29 (book)
Decisions on how we live and consume are not made in a vacuum. We are affected by the consumer culture and society around us. We explore how consumption patterns impact us, our relationships, and our planet. Discover ways to slow down and live simply. (6 sessions)
Location: Simply Living (office at Maynard Ave UMC), 2350 Indianola Ave, Cols.
For more info: columbusaudubon.org/index.php/education/ecoweekend. To register: contact Pam Patsch pgp723@aol.com.

Don't Be a Food Garden Outlaw
Thursday, May 19
7 - 8 PM  $15
Turning your lawn into a natural food garden & wildlife habitat may raise more than the eyebrows of your neighbors. What you can do to help prepare them for it and still enjoy fresh food grown in your yard.
Location: Simply Living (office at Maynard Ave UMC), 2350 Indianola Ave, Cols.
To register or for more info: Dianne: SunnyGlenWellness@gmail.com or 404-603-6284.

Landscape For Life
Thursdays: April 7–May 19
6:30 - 8:30 PM  FREE
Help us create bird-friendly habitats one yard at a time. Landscape for Life teaches homeowners sustainable gardening practices through successful soil, water, plant, & materials practices.
Location: Grange Insurance Audubon Center
Register: 614.545.5475 or e-mail aboyd@audubon.org or website: grangeinsuranceauduboncenter.org

Looking to build your sustainability knowledge and skills? Already an expert?
Get involved with Simply Living Sustainable University, an initiative that organizes workshops/classes that train and educate people about sustainability topics and practices.
Questions? For more information contact Sarah Edwards at: sedwards@simplyliving.org or call 614.447.0296.

For more details about the classes listed, visit SimplyLiving.university
fertilizers and waste are washed away from these farms during rains, finding their way into our lakes and oceans where they damage fisheries and marine habitats.

Mono cultures and the various chemicals used to grow them have been implicated in the deteriorating health of honey bee colonies, as well as the rise of resistant pests and “super weeds.” In short, they’ve taught us that a dollar hamburger on every street corner is the perfect recipe for ecological disaster.

In a commercial system, several pounds of grain and over a thousand gallons of water are needed to produce one pound of meat. A report by the Food and Agriculture Organization of the UN estimated that livestock production is responsible for 18% greenhouse gas emissions. These facts highlight the predicament we’re facing: a burgeoning world population that wants to eat more high-quality foods such as meat and dairy, and a changing climate that is already starting to diminish harvests. By 2030, foodtank.org predicts that corn yields will be down 12% and carry a 90% higher price tag. Wheat will see a 13% growth decrease and a 75% price increase. Higher temperatures, shifting weather patterns, and falling water levels will undoubtedly end the era of cheap food. Climate change will bring dramatic and unpredictable changes to agriculture, which will ultimately affect global food supplies.

So what can we do? Lanzo Del Vasto tells us to “find the shortest, simplest way between the earth, the hands and the mouth.” Michael Pollan reminds us “that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.” We must be vigilant and never forget that we get to vote three times a day simply by choosing one food over another.

Back in 2013, I heard George Siemon, CEO of Organic Valley, talk about his devout faith in roots: roots as a means of combating climate change; using roots to bolster food security; roots as a metaphor of our farming past and what we should strive for in the future. He brought up the fate of a conventional corn field he’d visited in the hot summer of 2012 and how it had withered under the dry conditions compared to its organic neighbor. Without the topical aid of chemical fertilizers, the organic plant must build a strong, deep root system capable of finding and utilizing nutrients locked within the soil. Its roots are its key to survival, and the survival of the next crop. For when the organic corn plant dies, its deep roots slowly decompose and raise the level of organic matter in the soil.

According to an article on nature.com, a high level of organic matter in the soil improves soil quality “through increased retention of water...
and nutrients, resulting in greater productivity of plants in agricultural settings. It improves soil structure and reduces erosion, leading to improved water quality in groundwater and surface waters, and ultimately to increased food security and decreased negative impacts to ecosystems. An easier way of thinking about this chain of benefits might be something as simple as this: healthy roots = healthy soil = healthy ecosystem = greater food security.

We must nurture our roots and eat smart. Grow food wherever you can and invite your neighbor to do the same. Shop the city’s many wonderful farmers’ markets. Putting money into the hands of a local farmer fosters root growth, for farmers are the shepherds of our soil. By supporting them, you’re nurturing an alternative agricultural system and fostering an economy that thinks about the future.

If you really love salad, you owe it to yourself to try growing your own garden-fresh ingredients. Lettuce is fast and easy to grow, with beautiful colors and textures worthy of a flower garden. Most salad staples grow best in cool weather, so don’t wait for summer to get started. Here are 8 tips for a successful salad garden season.

**Make several small sowings.** Lettuce and other salad greens grow quickly and must be picked before they get too old, so try planting about two square feet of space every three weeks, starting in early spring. In most climates, it’s best to take a break during hot months, and then plant more salad greens for a second season when the weather cools in the fall.

**Try Bibbs, butterheads and other beauties.** Seed racks offer packets of tempting varieties, and all except iceberg types are easy to grow in a garden. Buttercrunch and other Bibb varieties always do well, as do butterheads and leaf lettuces. Choose a mixture of varieties or buy three packets with different leaf colors and textures.

**Mark boundaries with radishes or scallions.** Plant fast-sprouting radish seed or green onions from the store to mark the locations of newly sown seeds. The onions will quickly grow new roots and tops; simply pull them as needed in the kitchen.

**Mix in some spinach.** Boost the nutrient content of salads by including spinach in the salad garden. Spinach grows best in rich, fertile soil.

**Add water.** All leafy greens crave water, and dry conditions can cause lettuce to become bitter. Keep a watering can near the salad bed and water as often as needed to keep the soil constantly moist, but not muddy.

**Eat thinnings.** Lettuce seedlings often appear close together, and a good gardener will pull out excess seedlings to give the plants room to grow. After thinning seedlings to two inches apart, start eating the pulled plants as baby greens.

**Pick in the morning.** Lettuce and other leafy greens are at their best in the morning, after they have had all night to recover from the stresses of the previous day. If it’s not possible to gather greens in the morning, pop a cardboard box over the bed for the day. Protected from hot sun, a salad patch can keep its morning freshness until evening.

**Grow more when temperatures cool.** Salad crops struggle in hot weather, but often thrive in cooler months. In the north, gardeners can use leftover seeds to start up a second delicious salad season in late summer; in the south, they can get an early start on the long winter growing season as soon as summer temperatures abate.


Please support Simply Living’s local business members. In addition to yourselves, they help support our efforts to “build local.” You might also mention that you saw their listing in our directory!

AUTOMOTIVE

TONGDA AUTO SERVICE
Cols, 43214
614-262-1426
Auto Service | Sales | Lease | Rental
TongDaAuto.com

BANKING

KEMBA FINANCIAL CREDIT UNION
614-235-2395
Kemba.org

CLASSES / WORKSHOPS

Boline Apothecary (see Health & Wellness)
Dabble and Stitch (see Sewing/Crafts)
Pearls of Wisdom (see Shops)
Randall Loop (see Health & Wellness)
Wholly Craft (see Sewing/Crafts)
City Folks Farm Shop (see Shops)

ECO-SOLUTIONS

ECOHOUSE SOLAR
614-456-7641
EcoHouseSolar.com

ECOFLORA
614-266-1618
EcoFloraDesign.com

FLORISTS

BIG GREEN HEAD
Worthington, OH
bgh@biggreenhead.com
BigGreenHead.com

HEALTH & WELLNESS

KARYN DEIBEL, CERTIFIED SENIOR TRAGER® PRACTITIONER
614-261-6480
The Trager® Approach
Karyn.Deibel@gmail.com

COMMUNITY MARKETS

BEXLEY NATURAL MARKET
508 N. Cassady Ave.
Bexley, OH
614-252-3951
BexleyNaturalMarket.org

BEXLEY NATURAL FOODS
4398 Indianola Ave.
Columbus, OH, 43214
614.826.4357
Find us on Facebook!

ALL LIFE CENTER FOR INTEGRATIVE WELL BEING
123 Hyatts Road
Delaware, 43015
740-201-8242
AllLifeCenter.org
HEALTH & WELLNESS (cont.)

BOLINE APOTHECARY
15 W. Dunedin Rd.
Cols, 43214
614-517-0466
BolineApothecary.com

DENTAL ALTERNATIVES
150 E. Wilson Bridge Rd., Worthington, 43085
614-888-0377
Dental for better health
DentalAlternatives.net

KELLER CHIROPRACTIC
422 Morse Rd.
Cols, 43214
614-885-4480
KellerDC.com

RANDALL LOOP, LMT, MLC, OM
Sustainable Wellness Services
1560 S. 4th St.
Cols, 43207
614-496-4595
erloop@gmail.com
Massage - Coaching - Workshops
RandallLoop.com

NATURAL AWAKENINGS OF CENTRAL OHIO
(see Local Media)

WELLNESS FORUM
614-841-7700
WellnessForum.com

WORTHINGTON OPTIMAL WELLNESS
6180 Linworth Rd.
Worthington, 43085
614-848-5211
WorthingonOptimalWellness.com

INSURANCE
GRUBER INSURANCE
3040 Riverside Dr.
Cols, 43221
614-486-0611
GrubersInsurance.squarespace.com

NATURAL LANDSCAPING

COLUMBUS CHAPTER
Contact: Barbara Velez Barbosa at: barb_carson@hotmail.com
www.WildOnes.org

LOCAL ECONOMY

ECONOMIC AND COMMUNITY DEVELOPMENT INSTITUTE
1655 OLD LEONARD AVE., COLS, 43219
614-559-0115
Investing in people to create measurable and enduring social and economic change
ECDI.org

REGIONOMICS
BILL LAFAYETTE, PH.D.
614-443-3992
RegionomicsLLC.com

THINK COLUMBUS FIRST
614-354-6172
an initiative of S.O.L.E. (Support Our Local Economy Coalition)
ThinkColumbusFirst.org

LOCAL FOODS

BACKROOM COFFEE ROASTERS
1442 W. Lane Ave., Cols, 43221
614-486-8735
BackroomCoffeeRoasters.com

LOCAL MEDIA

NATURAL AWAKENINGS
A monthly magazine for healthy and sustainable living. Produced locally and distributed for free.
NACentralOhio.com

INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?
Contact Sarah Edwards at sedwards@simplyliving.org or 614-447-0296 for more details.

THE KALE YARD
thekaleyard@gmail.com
740-808-9908
TheKaleYardOhio.com

PERSONAL WELLNESS INTEGRITY, LTD
Worthington, OH
IAmPW1@yahoo.com

CORNUCOPIA
COMESTIBLES, INC.
2474 East Main Street
Cols, 43209
614-231-6323
MEADERY / WINERY

BROTHERS DRAKE MEADERY
26 E. 5th Ave.
Cols, 43201
614-388-8765
BrothersDrake.com

SIGNATURE WINES
3816 April Lane
Cols, 43227
614-395-2355
SignatureWinesofOhio.com

MUSIC & ARTS

AMELIA STREET STUDIO
Columbus, OH &
Chicago, IL
330-285-2569
AmeliaStreetStudio.com

REAL ESTATE

DUNIGAN REAL ESTATE GROUP
3500 N. High St.
Cols, 43214
614-361-8400
www.CindyDunigan.com

SHOPS

BETTER EARTH GENERAL STORE
59 Spruce St.
Cols, 43215
614-224-6196
BetterEarthProducts.net

Pears of Wisdom
3522 N. High St.
Cols, 43214
614-262-0146
PearlsOfWisdomInc.com

RESTAURANTS

THE CREST GASTRO PUB
2855 Indianola Ave.
Cols, 43202 &
621 Parsons Ave.
Columbus, OH 43206
(614) 261-7128
TheCrestGastropub.com

NORTHSTAR
614-783-2233
TheNorthStarCafe.com

PORTIA’S CAFE
4428 Indianola Ave.
Cols, 43214
614-928-3252
PortiasCafe.com

SEWING / CRAFTS

DABBLE AND STITCH
211 E. Arcadia Ave.
Cols, 43202
614-407-4987
DabbleAndStitch.com

BEETLE LOVER’S CAFE
1528 W. Broad St.
Cols, 43204
614-222-1125
BeetleLoversCafe.com

THEATERS

STUDIO 35
3055 Indianola Ave.
Cols, 43202
Studio35.com

TRAVEL ALTERNATIVES

THE REDIRECTIONS GROUP
202 Oak St.
Cols, 43235
614-846-7446
RedirectionsGroup.com

OUR MISSION:
Simply Living is a community organization that celebrates and connects people to learning opportunities that promote community sustainability, environmental awareness, and our local economy through educational outreach and partnerships within our community.
**BECOME A MEMBER OF SIMPLY LIVING**

Fill out and mail in the form below along with a check OR sign up online at **SIMPLYLIVING.ORG**.

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**LOCALIST LEVELS**

- $35 Individual
- $50 Family
- $20 Young Adult (<30) or Senior (>60)

**SUSTAINER LEVELS**

- $500 Community Builder
- $250 Idea Launcher
- $100 Friend Please send “YES!” Magazine
- Other $

**BUSINESS MEMBERSHIP**

Our members and the community at large refer to Simply Living for relevant and current resources. Join us as we build a vibrant local and supportive community for a resilient future! Questions? Contact Sarah Edwards at sedwards@simplyliving.org or call 614.447.0296 for more details.

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**CONTINUING OFFER . . .**

GET A FREE SUBSCRIPTION TO YES! MAGAZINE! HOW?

- Join at the Friend Level ($100) or higher
- Become a Sustainer when you Donate $10 per month or more through your bank or credit card

Monthly pledges mean no more requests to update your membership! Save Trees!

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**WHO WE ARE**

By Simply Living Board of Directors

Our members have been pioneers for 20+ years in learning to live responsibly and joyfully on the earth. Today, Simply Living is a hub of the wheel turning communities toward a sustainable future. We have a broad vision to co-create “a compassionate and sustainable world through personal, community, and cultural transformation.” As individuals, we encourage voluntary simplicity. As a community, we advocate for localization to rebuild our local economy, our food system, and transition to renewable energy. As a culture, we promote holistic approaches to living in harmony with nature.

The global consumer economy is not sustainable. Business as usual is not sustainable. Simply Living attracts cultural creatives working to change this status quo. We are a nonprofit, grassroots organization affiliated nationally with the Transition Town movement and the Business Alliance for Local Living Economies. We are intergenerational and welcome people of all ages, colors, creeds, or gender preference.

Please join us in our work to leave the world better than we found it for future generations.

E-mail: Hello@simplyliving.org.

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**Simply Living is a 501(c)(3) organization. Membership dues and contributions are tax deductible to the full extent of the law.**