HEALTHY LIFESTYLE, HEALTHY YOU

By Jenée Murphy, Simply Living Board Member

Health is a dynamic state that involves a spectrum of existence from the microorganisms that live inside us to the communities in which we live. A holistic model of health recognizes the physical, psychological, spiritual and social components that impact how we experience life inside our bodies, and in the world outside our bodies. When it comes to health and wellness in today’s society, the holistic model is fragmented throughout our personal, societal and governmental practices.

For the first time in 200 years, the newest generation of American parents will be the first to outlive their children, according to a 2005 report by The New England Journal of Medicine. The report projects a decrease in life expectancy of 5-20 years, and holds today despite unprecedented advances in technology and health.

What has lead to the deteriorating health of Americans? How have the foods we consume, sedentary lifestyle, the deconstruction of social interaction, and a culture of consumerism and pill-fix curative approaches lead to projected life-expectancy rates more reflective of the turn-of-the-century?

Obesity and associated health conditions are on a steady rise. More than two-thirds of adults and one-third of children are overweight or obese, according to a 2013 report by the CDC.

See Healthy You - pg. 6

Did you know? 500 million straws are used in the US every day!

Learn more about “No Straw, Thanks” on Page 7
DIRECTOR’S COLUMN

Food & Health!

Here at Simply Living we care about environmental awareness and action, access to sustainability education, and growing our local economy with local businesses. Overall, we care about the health and wellness of our planet, its people and all living things.

For many of us, one clear path to health and wellness is food. Nurturing good health with Food as Medicine strikes us as a great way to enjoy life and make yourself healthier at the same time.

Unfortunately, there are sections of town known as “food deserts”, and food parity must be addressed. However, this time of year is a good time to focus on healthy food. Columbus is loaded with options to make your mission of Food as Medicine easy and fun. Good food is available at farmer’s markets, the many community gardens (such as Franklinton Gardens), great organizations (such as Local Matters and the Food Bank), and healthy restaurants, like Simply Living business members Portia’s Cafe, Northstar Cafe, the Crest, and so many others.

To be sure, there is a local and global environmental impact involved in making food choices. For example, corn and soy are prevalent in prepared and processed food, and growing them has become entrenched in agricultural policy and subsidies, as well as the industrial use of the pesticides that support agribusiness. Monocultures deplete soil and water resources. Consuming the toxins used in the growing and processing of many foods is bad for our health.

The food we eat gives our body the fundamental energy it needs to function properly. If we eat too much food, or eat food that gives our bodies the wrong signals, we can become overweight, undernourished, and at risk for the development of diseases and conditions, such as inflammation, arthritis, diabetes, and heart disease.

Further, in the modern marketplace, we are constantly bombarded by “treat the symptom” marketing of the for-profit “health care” market. Our choices are influenced by food companies, ad campaigns, and the notion that “faster is better” so much so that it has become very simple to eat poorly without thinking about it. Our busy lives and stress prevent us from taking the time to really nourish body and soul. We often eat for convenience, not health.

But it is possible to get informed, and being mindful helps us to make better choices about what we eat.

In short, what we eat is central to a healthy life. If we begin to pay attention to how specific foods impact our bodies, we can start to make better choices about what foods to purchase and eat. Use Simply Living and Simply Living Sustainable U to help yourself get informed, meet like-minded, motivated people in the community, and simplify for health!

With gratitude, Sarah

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TRANSTION HUB FILM

MONDAY, AUGUST 8  6:30 - 8:30 PM
Where to Invade Next?
Northwood High Building
2231 N. High St.

Free parking in rear lot but only in R spaces; on-street parking also available.

Michael Moore’s new movie is not about another war, but an opportunity to “invade” other nations to see what the USA might learn from them. It’s an “expansive, hilarious, and subversive comedy in which the Academy Award®-winning director confronts the most pressing issues facing America today and finds solutions in the most unlikely places.” Q&A with Chuck Lynd will discuss new economic and fiscal policies that can enable the reforms needed for the USA to catch up with education, health care, labor rights, and more in other developed nations. Sponsored by the Transition Hub of Central Ohio.
Modo Yoga

When was Modo Yoga established? Please share a little about your yoga studio/business.

Modo Yoga Columbus opened its doors on June 29, 2015. Our studio is a green, clean, hot yoga community growing bigger and stronger every day. Modo offers a variety of classes and styles accessible to anyone and everyone! These include our signature Modo and Modo Flow (vinyasa) classes, as well as Hot Hatha, Hot Flow, and Yin. There are also lots of fun workshops, special events and community building activities around the studio regularly!

What brings significant impact to you or your staff on a daily basis in regards to Health & Wellness?

We believe in the power of the practice, the yoga poses are just the beginning of what we do. Every single day we live our lives according to Modo Yoga’s founding principles, the Seven Pillars: Be Healthy, Live Green, Be Accessible, Community Support, Live to Learn, Reach Out and Be Peace. These pillars drive everything that we do in the studio and outside of it. Offering this to students means that every single day we see and hear how the practice of yoga changes their lives. That energy keeps us going and affirms that the work we are doing in our studio is making an impact on Health & Wellness in the Columbus community.

What type of Green Initiatives have you implemented in your day to day business currently?

Where do we start?!! Our studio uses low energy radiant heating panels and energy efficient light bulbs to help reduce our carbon footprint in the world. The studio floors are made from sustainable recycled cork flooring and bamboo. All the paint that you see in the studio is VOC free, and all our cleaning products are environmentally friendly. Elizabeth and Chad tore down two barns in Tiffin, Ohio themselves, used it all over the studio, and treated it with waterbased stains and finishes for the barn wood decor. We made the benches from wood purchased from an abandoned construction site, and made our desk top and chalkboard walls from items left in the space by the previous tenants. We recycle as much as possible and do everything we can to embody the Live Green pillar!

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?

Since Modo is committed to reducing our impact on the environment, we have partnered with Trashcabin LLC to provide recycling services to our building. They are a locally owned small business that picks up your recycling for just $25/month! We also purchase our environmentally friendly cleaning products from CleanServ on 17th Ave. out by the airport. If you live in Grandview or Upper Arlington, Elizabeth is also a HUGE fan of the Buy, Sell, Trade group on Facebook. You can find almost anything on there!

If you could encourage our Simply Living members to incorporate into their daily practice, what could we that would increase our community impact and help protect and preserve our environment? Our best thought is to be more conscious of your impact on the environment. Don’t just hop in the car to the store down the street walk or bike! Be cognizant of how much waste you’re putting into the world recycle, bring your own bags to the grocery store, and use your own bottle instead of buying liquid in plastic bottles! Little changes can make a difference, and if you lead by example others will notice, and from there we can make this world a better place.

columbus.modoyoga.com
1042 Dublin Rd, Columbus, OH 43215
Phone: (614) 817-1955
DOCUMENTARY 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. Potluck.

For more information, visit www.hourworld.org/bank/?hw=1057
First UU Church
93 W. Weisheimer Rd., Clintonville

JULY

SUN 17
3:30 PM
Yoga Is: A Transformational Journey
Studio 35
3055 Indianola Ave., Cols 43202
Sometimes it takes a crisis before we embark on a journey to understand life on a deeper level. Filmmaker Suzanne Bryant follows the path of yoga, which serves as a catalyst for an exploration of what “yoga is.” The film features notable yoga instructors Alan Finger, Sri Dharma Mittra, Shiva Rae, as well as celebrity yogis Michael Franti and Russell Simmons. Q&A with local yoga instructors.

WED 20
6-8 PM
The Crest Gastropub
2855 Indianola Ave., Cols 43202
Join us at The Crest for a rooftop event! Hear the story of their commitment to the environment, to strengthening our local food system and our community. Enjoy a guided tour through the gardens. The Crest will be offering 10% off to all attendees and Simply Living will be collecting donations for their Sustainable U initiative to offer classes to the community dedicated to the environment. *Maximum 25 people.
RAIN DATE: WEDNESDAY, AUGUST 3RD

SUN 17
6:30 PM
Potluck
Program TBA

AUGUST

FRI 26
7-9 PM
Fed Up
Northwood High Building, Room 100
2231 N. High St., Cols 43201
The film focuses on the causes of obesity in the US, presenting evidence showing that the large quantities of sugar in processed foods are an overlooked root of the problem, and points to the monied lobbying power of “Big Sugar” in blocking attempts to enact policies to address the issue. Free parking in rear lot but only in R spaces, on-street parking also available.

SAT 06
2-4 PM
Modo Yoga
1042 Dublin Rd., Cols., 43215
Modo Yoga will be hosting Simply Living members and guests at their new studio in Grandview. Come and learn about their extensive Green Initiatives and Modo’s Seven Pillars. A class will be offered for those who wish to participate—bring your gear! Refreshments will be served.

SUN 21
6:30 PM
Potluck
Program TBA

SEPTEMBER

SUN 04
4 PM
Generation Like
Gateway Film Center
1550 N. High St., Cols 43201
In this powerful documentary, author and FRONTLINE correspondent Douglas Rushkoff (The Merchants of Cool, The Persuaders) explores how the perennial teen quest for identity and connection has migrated to social media — and exposes the game of cat-and-mouse that corporations are playing with these young consumers. Q&A will explore the impact of social media and discuss the issues raised.

FRI 16
5:30-7:30 PM
The Wellness Forum
510 E Wilson Bridge Rd, Suite G, Worthington, 43085
Join us at the Wellness Forum. Learn about healthy food and sample delicious food prepared by Chef Del, author of The China Study Quick and Easy Cookbook, Better Than Vegan and the bestseller, Forks Over Knives cookbooks.

TUES 06
7-9 PM
Orientation
For new members, anyone interested in how it works, and long time members who need a “refresher” on CSTB – activities, benefits, responsibilities and website procedures are covered.

SUN 18
6:30 PM
Potluck
Program TBA
Looking to build your sustainability knowledge and skills? Already an expert? Get involved with Simply Living Sustainable U, 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 these classes, visit Sustainable.SimplyLiving.org

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### UPCOMING CLASSES

- **Essential Oils 101**
  - **Thursday, July 7**
  - 7-9 PM
  - $50 (incl. 22-page booklet, DIY EO-roll)
  - **Pre-registration required**
  - Boline Apothecary
  - 15 Dunedin Rd.
  - Columbus 43214
  - 614-517-0466
  - bolineapothecary.com

- **Quick & Easy Summer Cooking**
  - with Julie Gardner, R.D., L.D.
  - **Wednesday, July 27**
  - 7 PM
  - $10, $5 for members
  - **Pre-registration required**
  - Wellness Forum
  - 510 E. Wilson Bridge Rd.
  - Suite G
  - Worthington 43085
  - 614-841-7700
  - wellnessforumhealth.com

- **Weight Loss**
  - with Dr. Pam and Chef Del
  - **Saturday, July 9**
  - 9 AM-1 PM
  - $20, $15 for members
  - **Pre-registration required**
  - Wellness Forum
  - 510 E. Wilson Bridge Rd.
  - Suite G
  - Worthington 43085
  - 614-841-7700
  - wellnessforumhealth.com

- **Cooking with the Seasons:**
  - Summer (Vegan)
  - **Wednesday, July 20**
  - 6-8 PM
  - $55, $50 for members
  - **Pre-registration required**
  - Franklin Park Conservatory and Botanical Gardens
  - The Wells Barn
  - 1777 E. Broad St.
  - Columbus 43203
  - 614-715-8000
  - fpconservatory.org

- **Learn How to Rear and Release Monarch**
  - with Sarah Dalton
  - **Saturday, July 23**
  - 10 AM - noon
  - FREE
  - Whetstone Library
  - Community Room
  - 3909 N. High St.
  - Columbus 43214
  - columbus.wildones.org

- **Solar Generator Workshop, DIY**
  - **Saturday, August 6**
  - 1-4 PM
  - $55
  - **Pre-registration required**
  - Blue Rock Station
  - 1190 Virginia Ridge Rd.
  - Philo, OH 43771
  - 740-674-4300
  - bluerockstation.com

- **Tiny House Build**
  - at Blue Rock Station
  - Sat - Sun, July 13-14
  - 9 AM-5 PM
  - $55, with camping available
  - **Pre-registration required**
  - Blue Rock Station
  - 1190 Virginia Ridge Rd.
  - Philo, OH 43771
  - 740-674-4300
  - bluerockstation.com

- **Learn How to Rear and Release Monarch**
  - with Sarah Dalton
  - **Saturday, July 23**
  - 10 AM - noon
  - FREE
  - Whetstone Library
  - Community Room
  - 3909 N. High St.
  - Columbus 43214
  - columbus.wildones.org

- **Wine and Dine:**
  - Caribbean Nights
  - **Wednesday, August 17**
  - 7-9 PM
  - $20, $15 for members
  - **Pre-registration required**
  - Wellness Forum
  - 510 E. Wilson Bridge Rd.
  - Suite G
  - Worthington 43085
  - 614-841-7700
  - wellnessforumhealth.com

- **Eat Your Way to Weight Loss**
  - cooking with Beth Perera
  - **Thursday, August 25**
  - 7 PM
  - $10, $5 for members
  - **Pre-registration required**
  - Wellness Forum
  - 510 E. Wilson Bridge Rd.
  - Suite G
  - Worthington 43085
  - 614-841-7700
  - wellnessforumhealth.com

- **Blue Rock Station: Open House Tour**
  - **Saturday, September 3**
  - 1-3 PM
  - $10
  - **Pre-registration required**
  - Blue Rock Station
  - 1190 Virginia Ridge Rd.
  - Philo, OH 43771
  - 740-674-4300
  - bluerockstation.com

- **Ecosystem Services,**
  - by Dave Reutter
  - **Saturday, September 10**
  - 10 AM - noon
  - FREE
  - Whetstone Library
  - Community Room
  - 3909 N. High St.
  - Columbus 43214
  - columbus.wildones.org

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Watch our website for our upcoming Northwest Earth Institute discussion course: **Sustainability Works:**
  - Rethinking Business as Usual
the National Institute of Health. The increase in obesity, diabetes and related health issues not only impact wellness and livelihood, but also result in more frequent and costly use of medical services. In 2012, the direct medical cost of diabetes was $176 billion (CDC, 2015). That figure is steadily climbing.

Despite the findings of well-supported, peer-reviewed research, legislatures often fail to implement policy that follows evidence-based research, and in some cases, upholds policy that is in direct contrast of the recommendations of health experts.

The opening line on the Health and Wellness portion of the U.S. Medicare webpage reads, “Medicare generally doesn’t cover health education and wellness programs.” Preventive health service is offered as a ‘One-time ‘Welcome to Medicare’ preventive visit.’ The page does, however, boast health conditions covered under the plan once one has already been diagnosed with a particular health condition.

This model, much like the education model currently in place in Ohio schools, is flawed. The Ohio Revised Code designates one-half credit to health and wellness in an entire 4-year academic curriculum. This one-half credit of instruction includes education on nutrition, exercise, venereal disease, drug, alcohol, tobacco, dating violence and assault, opioid and prescription abuse, all crammed into a single semester.

Availability, cost and lack of education oftentimes impact food and health choices people make. In many communities, there is nowhere to buy fresh fruit and vegetables, and no safe or appealing place to play or be active (Healthy People, 2016). For some people a local carryout is the most accessible place to buy food, and rarely do these stores carry fresh produce. In some cases, it is less expensive to buy a sandwich from a fast food restaurant than it is to buy a salad. Transportation and storage costs might also play a role, as it’s probably easier to keep ground beef fresh and edible by freezing it for extended periods of time, than it is to keep cucumbers fresh (Alternet, 2010). Lack of access to local produce perpetuates this problem.

Along with federal and state health regulations that fail to efficiently address health, a lack of food resources and accessibility, and poor diet habits, is a decrease in physical activity and an increase in sedentary lifestyle driven by the technological age of current day America. More and more, people are opting for entertainment in the cyber world rather than engaging in the real world.

Teens today spend about nine hours a day on the internet and social media websites, according to a report by Common Sense Media. A recent poll from GlobalWebIndex found that the time adults are spending online is approaching two hours daily. A study by the University of Gothenburg found that these growing trends are associated with increased prevalence of stress, sleeping disorders and depression. Other studies have found high correlation between increased internet use and poor self-esteem, obesity, diabetes, as well as chronic fatigue and generalized back and body pain.

What can we do about it? How can we gain a sense of self-efficacy in impacting our physical health while cultivating health minds, families and communities in the process? What can we do to achieve healthy lifestyle inside and out?

This season, Simply Living explores answers to these questions through our series of events and films, workshops and trainings offered through Simply Living Sustainable U (www.university.simplyliving.org) We aim to build bridges in the continuity of holistic health practice from the exam table to the kitchen table, from the yoga mat to the House floor. We aim to empower you to take control of your health through resources available right here in our community. The ultimate goal is to help you gather the tools you need to embrace a healthier lifestyle and a healthier you. We hope that you will join us on our mission.
The last time you had lunch at your favorite restaurant, did you end up with a bunch of straws that came with every liquid you were served?

Have you ever wondered what they are made of or where they end up?

If your answer is ‘yes!’, join Simply Living’s “No straw, thanks!” campaign. This campaign is not about banning straws – though you may choose to switch to a reusable straw. Rather, it’s about creating awareness related to the use of petroleum products in our everyday lives.

Especially for the near future, the use of petrochemicals in myriad manufacturing and industrial processes and products is likely to remain with us. For so many reasons, including climate change, we must work toward a world that is less dependent on petroleum! Let’s ask ourselves: Are straws a good use of oil? The same goes for plastic shopping bags!

Join with Simply Living to increase awareness, reduce waste and cut way back on our use of petroleum, especially when there are alternatives!

10 Ways to Rise Above Plastic

1. Choose to reuse when it comes to shopping bags and bottled water. Cloth bags and metal or glass reusable bottles are available locally at reasonable prices.
2. Refuse single-serving packaging, excess packaging, straws and other “disposable” plastics. Carry reusable utensils in your purse, backpack or car to use at take-out restaurants.
3. Reduce everyday plastics such as sandwich bags and juice cartons by replacing them with a reusable lunch bag/box that includes a thermos.
4. Bring your to-go mug with you to coffee shops, smoothie shops or restaurants that let you use them, to reduce lids, plastic cups and/or plastic-lined cups.
5. Go digital when you can’t go local. No need for plastic cds, dvds and jewel cases when you purchase music and videos online.
6. Seek out alternatives to the plastic items that you rely on.
7. Recycle. If you must use plastic, try to choose #1 (PETE) or #2 (HDPE), which are the most commonly recycled plastics. Avoid plastic bags and polystyrene foam as both typically have very low recycling rates.
8. Support plastic bag bans, polystyrene foam bans and other recycling bills.
9. Spread the word. Talk to your family and friends about why it is important to reduce plastic in our lives and the nasty impacts of plastic pollution.
10. Join Simply Living’s “No straw, thanks!” and Plastic Bag campaigns. Become a member and receive a “No straw, thanks!” sticker and a link to the Plastic Bag pledge card. (www.simplyliving.org)

ecowatch.com/2014/04/07/22-facts-plastic-pollution-10-things-can-do-about-it/
SIMPLY LIVING’S
BUSINESS MEMBER DIRECTORY

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

ECO-SOLUTIONS

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

ECOHOUSE SOLAR
614-456-7641
EcoHouseSolar.com

BANKING

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

CLASSES / WORKSHOPS

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

FLORISTS

ECOFLORA
614-266-1618
EcoFloraDesign.com

HEALTH & WELLNESS

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

ALL LIFE CENTER FOR INTEGRATIVE WELL BEING
123 Hyatts Road
Delaware, 43015
740-201-8242
AllLifeCenter.org

COMMUNITY MARKETS

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

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

COMMUNITY SHARES OF MID-OHIO
1699 W Mound St., Cols, OH 43223
614-262-1176
CommunityShares.net

GO SUSTAINABLE ENERGY
3709 N. High St., Ste. 100, Cols, 43214
614-268-4263
GoSustainableEnergy.com
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
510 E. Wilson Bridge Rd.,
Ste. G, Worthington, 43085
614-841-7700
WellnessForum.com

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

INFORMATION

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

COMPOST COLUMBUS
Franklin County
Columbus, Ohio
614-441-3199
compostcolumbus.com

REGENERATIONS
Regenerations.us

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 MEDIA

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

WCBE 90.5 FM
Central Ohio NPR
News & Music
WCBE.org

LOCAL FOODS

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

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

PERSONAL WELLNESS INTEGRITY, LTD
Worthington, OH
IAmPWI@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

MEADERY / WINERY

MEDIA SERVICES

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

MEDIA SERVICES

MUSIC & ARTS

COMFEST
Community Music and Arts Festival
Goodale Park
ComFest.com

MUSIC & ARTS

RESTAURANTS

THE CREST GASTROPUB
2655 Indianola Ave.
Cols, 43202 &
621 Parsons Ave.
Columbus, OH 43206
(614) 261-7128
TheCrestGastropub.com

RESTAURANTS

SIGNAGE & GRAPHICS

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

SIGNAGE & GRAPHICS

THEATERS

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

THEATERS

TRAVEL ALTERNATIVES

NORTHSTAR
RESTAURANT
614-783-2233
TheNorthStarCafe.com

TRAVEL ALTERNATIVES

COMFEST
Community Music and Arts Festival
Goodale Park
ComFest.com

COMFEST

REAL ESTATE

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

REAL ESTATE

SEWING / CRAFTS

Dibble and Stitch
211 E. Arcadia Ave.
Cols, 43202
614-407-4987
DabbleAndStitch.com

SEWING / CRAFTS

WHOLLY CRAFT
3515 N. High St.
Cols, 43214
614-447-3445
Whollycraft.net

WHOLLY CRAFT

SHOPS

BETTER EARTH GENERAL STORE
59 Spruce St.
Cols, 43215
614-224-6196
Local, Eclectic, Fun to Shop In at the North Market
BetterEarthProducts.net

SHOPS

PEARLS OF WISDOM
3522 N. High St.
Cols, 43214
614-262-0146
PearlsOfWisdomInc.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.

INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?

Contact Sarah Edwards at sedwards@simplyliving.org or 614-447-0296 for more details.

INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?
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.

Please Print Clearly

<table>
<thead>
<tr>
<th>Check One:</th>
<th>New</th>
<th>Renewal</th>
</tr>
</thead>
</table>

NAME(S)

ADDRESS

CITY STATE ZIP

EMAIL

PLEASE ADD ME TO: ☐ NEWSLETTER ☐ COMMUNITY UPDATE

PHONE

Make checks payable to Simply Living and Send to:
Simply Living
PO Box 82273
Columbus, OH 43202

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

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.

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!

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.

WHO WE ARE

By Simply Living Board of Directors
Simply News, a publication of Simply Living, is published on a quarterly basis.

INTRODUCING THE
SIMPLY LIVING
LOYALTY CARD

MEMBERS—
Do you love attending Simply Living meetups, films and events?

Your loyalty and participation deserve a reward!

Bring your Simply Living Loyalty card to 10 events and earn $50 credit toward any Simply Living Sustainable U course or workshop.

(Get your card at the next event you attend!)

SUNDAY, JULY 10TH
11AM-1PM
Crest Kids Day
hosted by Columbus Growing Collective

Giving Plants Companionship. Join the Columbus Growing Collective as they teach you about companion planting, how to make planters, and enjoy some fun activities in gardens at The Crest in Clintonville! 2855 Indianola Ave. Cols. OH 43202

KIDS EAT FREE ON SUNDAYS.