Our May Conference:
Sustainability Now!
Strategies for Personal and Community Action

Imagine you are at a potluck buffet and see that you are the first in line. How do you know how much to take? Imagine that this potluck spread includes not just food and water, but also the materials needed for shelter, clothing, healthcare and education. It all looks and smells so good and you are hungry. What will you heap on your plate? How much is enough to leave for your neighbors behind you in the line?

Now extend this cornucopia to today’s global economy, where the necessities for life come from around the world. Six+ billion people, shoulder to shoulder, form a line that circles around the

(Continued on page 4....)

Jim Merkel

Friday, May 16, 7 PM

Keynote talk by Jim Merkel
“Radical Sustainability”
Nationwide and Ohio Farm Bureau 4-H Center
2201 Fred Taylor Drive
(across from the Schottenstein Center)

The new 4-H Center is OSU’s first building built to the specifications of the national Leadership in Energy and Environmental Design (LEED) program.

Saturday, May 17, 8:30 AM - 4:30 PM

Plenary Talk and Workshops
Agricultural Administration Bldg., 2120 Fyffe Rd.
The Ohio State University Campus
Visit http://sri.osu.edu/sustainabilitynow/ for registration information. See page 5 for more information and preliminary workshop topics.

Fund-raiser for WCRS, Simply Living’s radio station and the Clintonville Community Market
Saturday, April 12th
6 p.m. to 1 a.m.
Crest Tavern, 397 Crestview at Indianola Ave.

Live Music by:
6 p.m. The Michael Maher Band featuring Helen Haggerty
8:30 p.m. Local Color
11 p.m. The Jared Mahone Band

• Fabulous Food By Alexander Smith
• 50/50 Raffle ... and more

Suggested donations: $5 admission; $10 dinner; Bike riders & students $2

Contact Frank Shearer for further info: frank.tennyson@gmail.com; 487-1111.
We invite you to invite others to learn about us! If you have someone whom you think would enjoy reading our newsletter and/or attending our events, contact Sarah Straley at 614/447-0296 to pass on their names. We gladly send complimentary newsletters and find that our members’ recommendations are the best “advertising.”

Simply Living members are the organization. Members may be involved at various levels, are financially committed, and share a vision of growth and transformation. We invite members to participate in all activities and to offer your special interests and gifts as well. For more information, call Simply Living at 614/447-0296.

You are invited to receive timely, relevant information through two listserves created and sustained by the generous commitment of Janet Ingraham Dwyer and Chuck Lynd.

• Simply Living Listserv: Expect 2-5 diverse messages per week ranging from events of note to free available items to housing requests and more. Contact Janet Ingraham Dwyer to join and/or to request posting of information you’d like to share with the Simply Living community: janet@simplyliving.org

• Clintonville Community Market Listserv: Chuck Lynd sends out a lively weekly digest of community events, usually on Thursdays. An enjoyable read in and of itself, it’s chocked full of opportunities to connect with good work, good people and good fun! Contact Chuck: clynd@cavenet.org

Our Mission:
Simply Living of Central Ohio supports individuals, families and organizations in creating a more compassionate and sustainable world by offering learning opportunities which promote personal and civic responsibility, informed action and wholeness.

An invitation to electronic information

Simply Living Membership Information
We invite you to invite others to learn about us! If you have someone whom you think would enjoy reading our newsletter and/or attending our events, contact Simply Living. 614/447-0296 to pass on their names. We gladly send complimentary newsletters and find that our members’ recommendations are the best “advertising.”

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Name: ________________________________
Address: ___________________________________________
City, State, Zip ________________________________
Phone: ________________________________
Email: ________________________________
Visa./MC: ________________________________ Exp: ____________

☐ A One-year subscription to Simply News is $20

☐ An Individual membership is $30/yr.*

☐ A Family membership is $45/yr.*

☐ A Senior citizen or Student Membership is $20/yr.*

Please, add me to SL’s Listserv
Please, add me to the Community Update Listserv
Please, contact me about volunteering. I’m interested in:

*Note: Memberships include a one-year subscription to Simply News.

Make checks payable to Simply Living and send to:
2929 N. High St. Suite A., P.O. Box 82273,
Columbus OH 43202

Welcome!
Dear Friends,

A year and a half have passed since Simply Living last co-sponsored a conference with OSU’s Social Responsibility Initiative. In planning our May conference, we realize how much has changed and how much more activity is focusing on sustainability. Sustainable Worthington, which grew out of our Fall '06 conference, along with several other local community efforts are inspiring examples. Green Columbus and Local Matters are but two new organizations with sleeves rolled up doing good work. The word “sustainability” is more and more on people’s minds and in the media.

But “sustainability” is not a word to be used lightly. Living sustainably is not as easy as defining or talking about it. To embody it requires conscious effort and actions to shift our living patterns and practices. While we can point to useful technological innovations and social strategies, our culture is increasingly and dangerously unsustainable.

Jim Merkel, our conference keynote speaker, embodies this work. With a background decidedly unsustainable—that of designing and selling military systems, he has more recently come to epitomize “sustainability” in his work and daily life. He founded the Global Living Project and initiated the GLP Summer Institute where teams of researchers attempted to live on an equitable portion of the biosphere. While sustainability coordinator at Dartmouth College, he worked to integrate environmentally and socially sustainable practices into the college’s operations, culture and strategic plan. His work helped Dartmouth earn the highest grade given on the Sustainability Report Card issued by the Sustainable Endowments Institute.

We chose Jim as our speaker for two reasons. First, our consumption is the “elephant in the room” seldom mentioned when talking about sustainability. Jim addresses this with inspiration, practical knowledge and integrity. Second, The Ohio State University has significant sustainability initiatives underway, and students and young people are driving the agenda. We want to affirm, support and inspire them through this conference and the opportunity to meet Jim.

Please don’t delay in registering. Our attendance capacity is limited, and I hope to see you there.

--Marilyn Welker, Director
A harmonious feast just might be possible. But it requires a bit of restraint, or shall we say, a tamed appetite, as our plate becomes a shopping cart, becomes a pickup truck--filling our home, attic, basement, garage, and maybe even a rented storage unit with nature transformed into things. As we sit down for a good hearty meal with new friends and creatures from around the world, what is the level of equity that we would feel great about? At what level of inequity would we say, “Wait a minute, that’s not fair?” [Excerpted with permission, Radical Simplicity, Jim Merkel, 2003, New Society Publishers, www.newsociety.com (ibid p. 9)

From a highly successful career as a military engineer, Jim Merkel began awakening to the cognitive dissonance between his career and his values upon hearing and seeing the tragedy of the Exxon Valdez oil spill. In 1995 he founded the Global Living Project “to discover how to live sustainably in North America.”

Jim will present our conference keynote address on Friday night, May 16th, in the new 4-H Center on The Ohio State University campus. Defining global living as an equitable and harmonious lifestyle among not only the entire human population, but also the estimated 7-25 million other species and the countless unborn generations, Jim invites us to live so that each of our daily actions improves the health of the whole--locally and globally. We can live so that our ecological, social, political and economic systems at all levels are able to regenerate and flourish.

If we want a sustainable future, sharing Earth with all is humanity’s only compassionate, long-term choice. Our intellect, backed by the best of science, concludes that economic growth on a finite planet is suicide. The intuitive self knows this, and might even have the solution. Our ethical and spiritual selves yearn to secure the future for all life….We have no choice but to stop damaging the Earth’s life support systems.

The Dalai Lama, when talking about how to solve world problems, said, “But first we must change within ourselves….If there were another method that was easier and more practical, it would be better, but there is none.”

Join us on May 16 and 17 as we connect people, ideas and actions to further our individual and collective efforts to build a more just, compassionate and sustainable world. (Continued on Page 5...)

--Marilyn Welker
Definitions of Sustainability

Sustainability is human consumption based on biospheric production or, using the Earth’s resources at a rate slower than they regenerate.

Jim Merkel, author of Radical Simplicity

Sustainable development is meeting the needs of the present without compromising the ability of future generations to meet their own needs.

Our Common Future, UN World Commission on Environment and Development

Sustainability is equity over time. As a value, it refers to giving equal weight in your decisions to the future as well as the present. You might think of it as extending the Golden Rule through time, so that you do unto future generations (as well as to your present fellow beings) as you would have them do unto you.

Robert Gillman, Director, Context Institute

Sustainability is the possibility that humans and other life flourish on Earth forever….Sustainability is ultimately a story about a world of flourishing and care.

John Ehrenfeld, Director of the Technology, Business and Environment Program at MIT

Sustainability is part of a trend to…consider the whole instead of the specific. Sustainability emphasizes relationships rather than pieces in isolation….It is about understanding our situation, and developing as communities in ways that are equitable, and that make sense ecologically and economically.

Center for Sustainable Communities
A letter from Paul Hawken...

March 6, 2008

To Members of Simply Living

I am honored that you have chosen my book, Blessed Unrest, as the featured book for your month-long focus and bookstore promotion. It is organizations like Simply Living that inspired me to write this book and share my optimism about what may one day be judged the most profound transformation of human society. This movement, that has no name, has three basic roots: environmental activism, social justice initiatives, and indigenous cultures’ resistance to globalization. We are tens of millions of people dedicated to the idea that another world is possible.

Simply Living’s vision “to create a compassionate and sustainable world through personal, community and cultural transformation” shares the optimism that infuses my book and informs my own experience over the past 15 years. It also points toward a profound understanding of how this change is happening.

Continue your efforts to learn from life and re-imagine the world we live. We have the heart, knowledge, resources and sense to optimize our social and ecological fabric. I hope you will find our website, www.wiserearth.org, helpful in your efforts. Know that we are partners in this journey, guided by a living intelligence that creates miracles every step of the way.

With great respect,
Paul Hawken

One Car per Couple: Can it be done?

By Tricia L. Larkmou

“Let’s consider going down to only one car for the two of us.”
“Yeah right, that’s impossible!”

Have you and your spouse/partner ever had a similar conversation? We did. We were newly introduced to the idea of applying voluntary simplicity in our own lives and were starting to question what we needed and what we didn’t. I was a little more enthusiastic than my husband, but he agreed with the underlying principles and was willing to try something new.

It sounded simple enough, but we still had fears. Would it really save us money? Would one of us be stuck at home without a car all the time? What about work schedules? We didn’t want to get rid of a car only to find out it wasn’t realistic for us. So, we started an experiment. First we didn’t change a thing, we just kept track of where we went and when. After we did this for a couple of months, we were surprised at the information. There were very few times when we both needed a car to go different places at the same time, except for work.

The next step of our experiment involved starting to change habits. Except for work, we practiced only using one car at a time. If we both needed to go somewhere, we found other solutions.

Our final hurdle would be going to and from work. We did a little basic research and found that a taxi would be quite expensive, but using the bus might work. We checked into car pooling and found that there are formal car pooling options through “Ride Solutions” [a program of Mid Ohio Regional Planning Commission] and informal options through neighbors and co-workers. We learned what bus route was nearest and took a “test run”.

We were still thinking about taking the plunge when my husband’s car broke down and needed costly repairs. We realized the decision had been made for us. We had one car, and we had to find a way to make it work, even if temporarily.

That was approximately four years ago and we have not looked back. Sure, there have been challenges. We have moved to a different side of town and our jobs have changed, but with each change we challenged ourselves to think outside the box, check into all the resources we were aware of, and make it work. Sometimes it meant compromising. Sometimes it meant taking turns between who takes the car and who rides the bus. Sometimes one of us went to work a little early or stayed a little late. But, we found that we enjoyed our shared commute.

So if you aren’t sure whether you are ready to take this step, just remember a few things. Track your transportation needs and try to change habits while you still have both cars. Think outside the box. Do your research. Remember, as with every decision about living more simply, you may need to compromise.

We are glad we took the step and are grateful for the money saved and how proud we feel when we exclaim to others, “We only have one car!”
One of our May conference workshops will feature strategies to “rescue and resuscitate our resources.” In the meantime, armchair activists--arise!

Recycling Advocacy

With landfills across the United States filling up, recycling seems like a no brainer, or is it?

On March 9, ’08, Robert Vitale of the Columbus Dispatch reported that at the current rate of trash disposal, our landfill would be full in 25 years. According to a 2003 study done by SWACO, most trash going to the landfill could be recycled.

On Feb. 28, ’08, Columbus City Council voted to continue offering the fee-based curbside-recycling program provided by RUMPKE, but to discontinue subsidizing it. RUMPKE will respond by raising customer rates to $8.25 per month starting June 1st for existing customers. The city cited difficult economic times to justify ending the subsidy, but will continue to subsidize free curbside yard waste collection.

This decision occurred despite SWACO and RUMPKE reporting an increase in recycling participation. Likewise, at the 2/28 council meeting we were informed that “Mayor Coleman’s staff is also working on a comprehensive review of recycling options, funded in partnership with SWACO, to study the most economically and environmentally friendly recycling options for Columbus’ future.” Meanwhile, trash pick-up in the city remains free.

If this information concerns you, consider contacting the Mayor’s office and City Council representatives to express your concerns and suggestions. To contact Mayor Coleman, visit: http://mayor.columbus.gov/mac/index.asp. Contact information for City Council can be found at: http://council.ci.columbus.oh.us/contact_information/index.asp

Connecting with community gardens

As more of us discover the enjoyment and benefits of community gardening, interest grows. If you are seeking a garden in which to work, or if you are seeking more helpers for your garden, please use the Simply Living listserv to share information. Contact: janet@simplyliving.org.

Another source of information about community gardening is Bill Dawson, Growing to Green Coordinator at the Franklin Park Conservatory. Contact him at 645.5952 or growingtogreen@fpconservatory.org.

For our Clintonville members, a working group of neighbors has formed to start community gardens. Contact Community Resources Center at 268-3539.

Household Recycling

To learn more about local household recycling programs offered by SWACO and RUMPKE, visit: http://refuse.ci.columbus.oh.us/recycle/index.htm.

The Material Assistance Program (MAP) is also a great resource. MAP collects furniture and appliances to give to families in Central Ohio without means to buy them new. More information can be found at: http://www.mapfurniturebank.org/

Of course thinking twice about what you bring into your home can be the best option. “Refuse” is the first consideration, followed by reduce, reuse, repair, and lastly, recycle.

Business Recycling

According to the 3/9 Dispatch article, business waste accounts for 60% of the trash dumped annually. Does your company recycle? RUMPKE will provide your business with a 95-gallon wheeic can, and weekly pickup is about $20/month. SWACO offers a business do-it-yourself waste audit (available on-line at swaco.org/WasteAudit.aspx), as well as programs and resources to help you find private companies who haul the waste your company generates. Whether you are a business owner or an employee, consider doing some research and creating a plan for recycling to make a big difference.

Donna Sigl-Davies
Announcing a New Earth Institute Course:

**MENU FOR THE FUTURE**

A SIX-SESSION DISCUSSION GUIDE EXPLORING THE CONNECTION BETWEEN FOOD AND SUSTAINABILITY

**Purpose**

- To explore food systems and their impacts on culture, society and ecological systems.
- To gain insight into agricultural and individual practices that promote personal and ecological well-being.
- To consider your role in creating or supporting sustainable food systems.

“Food is our common ground, a universal experience.”

– James Beard

**Session Themes**

**What’s Eating America?:** Given the array of food choices and advice, eating in modern industrial society can be wrought with confusion, contradictions and anxiety. Session One considers the effects of modern industrial eating habits on culture, society and the Earth.

**Anonymous Food:** Session Two traces the historical shift from family farms to industrial agriculture to present day questions surrounding GMOs and industrial organics. The session examines the ecological and economic impacts that have accompanied the changes in how we grow and prepare food.

**Farming for the Future:** Session Three explores emerging food system alternatives, highlighting sustainable growing practices and the benefits of small farms and urban food production. The session considers how individuals can make choices that lead to a more sustainable food supply.

**You Are What You Eat:** Session Four explores food systems from a human health perspective. The session considers the influences that shape our choices and food policies from the fields to Capitol Hill, and the implications for our health and well-being.

**Toward a Just Food System:** The readings in Session Five examine issues of hunger, equity, and Fair Trade. The session considers the role that governments, communities and individuals can play in addressing these issues to create a more just food system.

**Choices for Change:** Individuals and communities are discovering the benefits of choosing local, seasonal, and sustainably grown and produced foods. Session Six offers inspiration and practical advice in taking steps to create more sustainable food systems.

You are invited to an introduction to this course on Wednesday, May 7th, 7 p.m. at the Simply Living office, 2929 N. High St. Suite A. Participants wanting to take the course will determine a weekly meeting schedule.

Coursebook cost is $25. For more information, contact Ellen Baumgartner, 343-0493, or ellenb28@earthlink.net.
News and notes on WCRS 102.1 and 98.3 FM,
Our community radio station:

By Zach Henkel

Local media coverage

*Columbus Alive!* recently featured WCRS in an article and online video-cast, attracting potential volunteers to the station and increased interest in Simply Living.

Growing volunteer participation

- Michael Beam is chairing our Technical Committee, helping Eugene Beer and Pat Leonard with our website ([www.wcrsfm.org](http://www.wcrsfm.org)) and improving our podcast and equipment capabilities.
- Studio volunteers Dan Thomas and William Cail have been racking up the hours at WCRS with playlist production and live broadcasts.
- WCRS is now broadcasting three hours a week of Somali and East African language programming.
- Special recent feature broadcasts have included Scott Ritter’s speech in Columbus, Mayor Coleman’s 2012 Columbus Citizen Summit, the Democratic candidates’ debates in Cleveland, and Pacifica’s three-day coverage of Iraqi and Afghan Veterans’ testimony of their war experiences, *Winter Soldier*. Listen to these on our ‘Recorded Events’ section of our website.

Growing local programming

- 35%, or 12.5 hours of our weekly broadcast time, is now our own local programming! (We broadcast from 3-8 p.m. 7 days/wk.)
- Our most recent program additions: The Jim Maneri Show, Musicologie, and Somali Hour by Luuliy Media.

To receive information and news about WCRS, join the Simply Listen listserv on Yahoo Groups ([http://groups.yahoo.com/group/simplylistencradio/](http://groups.yahoo.com/group/simplylistencradio/)), or become a friend of the station at the WCRS facebook.com and myspace.com sites, or call the studio any time at 447-0296 ext. 103. We look forward to your comments and participation.

--Zach Henkel
WCRS VISTA Volunteer
zachhenkel@hotmail.com

Donate Your Car: Get a Tax Deduction and Help Simply Living!

Call to Donate (614) 447-0296
Paul Hawkin in his recent book, *Blessed Unrest*, speaks of the million+ groups, organizations and individuals working to create a just and sustainable world. Learning about these fellow travelers can inspire each of us in our lives. Louis Andres, Park Manager of Malabar State Park near Lucas, Ohio, is one such inspiring individual.

When the park set out to build a new visitor center, Andres became the driving force to create the center using green building technologies. Andres wanted to honor the principles with which Louis Bromfield founded the farm in 1938, when he brought his family back to Ohio to establish a working farm that would model a land ethic. Though many say his books and screenplays provided the money to keep the farm solvent, Bromfield constantly sought to model good land stewardship and to share his ideas with others.

Evidence of Bromfield’s ideas of land stewardship and conservation abounds in Malabar’s newly opened Visitor’s Center, a virtual showcase of green building technologies. Andres has compiled a formidable application of technologies and materials at the Center. Highlights include restrooms with occupancy sensor light switches, toilets that use 1.0 or 1.6 gallons per flush (determined by pushing up or down), wall tiles made from recycled airplane windows, solar-powered motion sensor sink faucets and towel dispensers, recycled ceiling tiles and restroom partitions, bio-renewable safe cleaning products and hand soap. And that is just the restroom.

The center generates 25% of its energy through solar panels and a small wind turbine. Other features include geothermal heating and cooling, rain barrels, a fully automatic self-watering system, structural insulated panels (made in Ohio), fly ash in concrete, cement fiber board, low energy double pane windows, recycling stations, night sky protection, native plant landscaping, low VOC paints, recycled content carpeting and vehicles powered by biodiesel fuel.

Malabar State Park is also steeped in stardom, with stories of the marriage of Bogart and Bacall, the many Hollywood stars who frequently visited and the parties that Bromfield was famed for throwing. As a beautiful working farm, it is open to the public year round with monthly events such as the Maple Syrup Festival, Ohio Heritage Days Festival and hayrides every other Saturday in October. The farm offers a day in the country, an opportunity to see state-of-the-art green technologies, and enjoyment, relaxation and inspiration. Louis Bromfield would be proud to see the legacy that Louis Andres has helped to create at his beloved Malabar.

*Sheila Fox*
Reflections on interning with Simply Living

One year ago, the word “intern” conjured thoughts of menial paperwork, memo writing, staples, and paperclips. However, soon after I started my internship with Simply Living, Sarah Straley called and asked if I was free, because she was going to introduce some Columbus Zoo employees to our global warming discussion course. On the way to the zoo it occurred to me that I was not going to be in for the kind of desk job that I dreaded.

During my time with Simply Living, I worked on several different projects. I received training on mentoring the Earth Institute courses in Portland, OR, and subsequently organized and mentored several discussion circles. I organized a meeting involving several different organizations across Columbus working on global warming projects. I put the new membership directory together, helped invite members to events, and had beautiful, enriching conversation with SL members while I worked.

My most memorable experience came near the end of my internship. I was working on starting a couple of discussion circles for people who had expressed interest. I had filtered through pages and pages of paperwork and emailed probably over a hundred people about possibly joining a course. Many emails were returned to my inbox, and responses were not particularly numerous.

The night of the first meeting for the Voluntary Simplicity course, I expected about nine or ten people, which would have felt very successful. However, over twenty people attended! As I was scrambling to find enough chairs for everyone, I was overwhelmed with honest excitement about what I had accomplished.

From finding volunteers to help with Comfest to organizing global warming courses, Simply Living offered an avenue to pursue my passions and a context to develop new skills. I volunteered with Simply Living from July until December and worked at such varied activities that I really got to experience what non-profit and activist work feels like. This was more that I ever imagined an internship could offer.

If you are a student or a professor, I strongly encourage you to think about Simply Living as a possible internship placement. Plenty of wonderful work awaits any student ready to be an activist.

—Elizabeth Sumney
Ohio Dominican University

And on behalf of all of us, thank you, Elizabeth, for your outstanding work and passion to create a compassionate and sustainable world!

Now Get Busy!
Columbus’ Earth Day 2008 Celebration

Saturday, April 26th

8 AM to Noon - Join volunteers across the city to create a greener, more beautiful community. Visit www.nowgetbusy.org for information about sites and opportunities, then register to lend your help at the site of your choice.

Noon to 7 PM - Celebrate with fellow Central Ohioans of all ages at Goodale Park with music, information booths, food, speakers and fun!

Last year nearly 1400 Central Ohioans contributed over 3900 hours to beautify our community and honor Mother Earth. This year organizers anticipate involving even more people in serving and celebrating Earth Day 2008.

We invite you to help us staff our Simply Living display in the afternoon. Please call Diana at 447-0296 to help.

Sponsored by Green Columbus with support from many area businesses, organizations and The Columbus Foundation.

Simply Living’s Mission

Our Mission: Simply Living of Central Ohio supports individuals, families and organizations in creating a more compassionate and sustainable world by offering learning opportunities which promote personal and civic responsibility, informed action and wholeness.

The Three Themes of Simply Living:

» Simplifying our lives

» Greening the earth

» Healing toward wholeness

…through our learning, loving and serving
SPRING IS A GREAT TIME TO BE THINKING ABOUT SUSTAINABILITY WITH SOME EXCITING READS FROM SIMPLY LIVING’S BOOKSTORE — THE COZY CORNER OF THE CCM!

Radical Simplicity: Small Footprints on a Finite Earth by Jim Merkel — A great handbook for defining and achieving your own sustainability goals. Jim will be the keynote speaker at Simply Living’s annual conference, Sustainability Now!, May 16 & 17.

Blessed Unrest: How the Largest Movement in the World Came into Being and Why No One Saw It Coming by Paul Hawken - Catch a heady contagion of optimism as Hawken describes the larger global movement comprised of countless efforts to re-imagine and re-create our world.

The Sustainability Revolution by Andres R. Edwards – A review of the sustainability movement itself, drawing on examples of successful projects around the world which offer a clear way forward.

Cradle to Cradle: Remaking the Way We Make Things by William McDonough and Michael Braungart – Written by partners in a sustainable industrial design firm, this book proposes our consumer culture needs to begin to focus on sustainable practices in design and manufacturing.

Square Foot Gardening: A New Way to Garden in Less Space with Less Work by Mel Bartholomew — Written to be understood by the beginner and full of tips even a veteran gardener can use to get more food out of less garden space without resorting to dangerous chemicals.

Special Orders always welcome - email Chuck: clnd@cavenet.org | Hours: Mon thru Sat 7 a.m. to 10 p.m. - Sun 8 a.m. to 10 p.m.