Simply Living’s Vision: Creating a compassionate and sustainable world through personal, community and cultural transformation.
Simply Living Welcomes New Members

Marjorie Crowder
Claudia Dehner
Gopal Kochar & Jayanth Sandya
Angela Koester
Steve and Ed Sauer
Shawn Sellers
Suzanne Marilley & Robert Burke
Beth and Jim Kinney

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.

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 member’s 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.

Name: _______________________________________
Address: _____________________________________
City, State, Zip: ________________________________
Phone: _______________________________________
Email: _______________________________________
Visa/MC: __________________________ Exp: ______

One Year Membership to Simply News -- $20
Individual Membership* -- $30 / year
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Senior Citizen or Student Membership -- $25 / year*

Please add me to SL ListServ
Please add me to the CCM 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
PO Box 82273 Columbus OH 43202
The theme for this issue of: Simply News...
Reclaiming Citizenship

Dear Friends,

As the pace of change quickens, so, it seems, do citizens’ efforts to shape the direction of change. That, at least, is the conclusion of David Sirota, author of The Uprising. We concur. In choosing “Reclaiming Citizenship” as our theme for this issue, we readily identified dozens of Simply Living members who, rather than pinning their expectation for change on the outcome of this year’s Presidential election, are steadfastly working for change everywhere, from their backyards to international gatherings.

Dr. David Suzuki, a Canadian scientist and filmmaker, said, “If the people lead, the leaders will follow.” What could be more needed now? Citizenship is a powerful aspect of who we are, individually and collectively. As citizens we build community, address injustice, live more sustainably, respectfully engage people with different points of view, and build understanding.

In this issue we highlight four members, each of whom exemplifies an expression of citizenship. Along with honoring these persons, we honor each of you who consciously uses your power as a citizen “to create a more compassionate and sustainable world.”

We welcome your comments and suggestions about reclaiming citizenship.

Marilyn Welker
Director
447-0296 ext. 102
mwelker@ctcn.net

From our Board President regarding our Community Market

It pains me to write this letter. As a practicing lawyer, I have experienced the pain that comes through protracted legal conflict, and I also know just how important the beliefs and opinions of everyone involved are.

In my role as Board President, I know some people want Simply Living to get involved more directly in the Clintonville Community Market’s (CCM) labor issues. But as a lawyer, I know that we cannot be the fact gathering agency or the judge to solve these issues. What we can be, and what we stand for is compassionate healing.

We shop at the market. We own the Market Bookstore. We want a fair resolution that supports the needs and rights of all concerned. We want the situation to reach a place where everyone can finally breathe again. I know that much love and support is needed for all involved.

I hope as members of Simply Living, regardless of whether or not you have a “position” about this conflict, you will join me in bringing a healing, respectful presence to our friends at the Market. I see much pain in the faces of people involved. Without diminishing the value of their struggle, as change often needs this, polarization cannot lead to a compassionate, fair and final resolution of this conflict which is sorely needed.

I hope our little community market, a unique feature of Clintonville, will be with us as a friend for a long time to come. Personally, without my tea stops at the market, I’m not sure I’d make it into work every day.

--John Harrison
President, Simply Living
Board of Directors

Shingle Oak
A Perspective on Reclaiming Our Citizenship

Simply Living member D Searcy, Chair of the Clintonville Area Commission, passionately shares her commitment to community with Simply Living member Becky Allen.

Becky: You’ve served on the Clintonville Area Commission for over three years now. What exactly is the Commission’s role in the community and who serves on it?

D: The Commission’s role is to recommend residents’ preferences for the community to Columbus city officials. Each of the nine Clintonville districts elects a resident to represent its interests and serve on the Commission.

Becky: What are some issues Clintonville residents have raised?

D: One issue that concerned residents was the potential rezoning of a commercial area so that a 24-hour car wash could be built. People were worried about increased traffic flow and loss of property value, especially for one elderly woman whose home was her nest egg. So residents mobilized, took pictures, and talked with the commissioners and Columbus City Council members. They worked hard for about a year. In the end the car wash was denied. It was a true grassroots success story.

Becky: It must be challenging for the Commission to balance residents’ concerns with business interests.

D: Business and residential can coexist. The Commission is always careful to make sure residential is protected. We won’t give a variance to a business that will negatively impact nearby residents. Development needs to be held to a certain level of accountability. Standards need to be upheld. There need to be compelling reasons to grant a variance to a business.

Becky: How many Clintonville residents typically attend Commission meetings?

D: Often 20-30 people show up at our meetings. Taking civic responsibility isn’t easy. It takes time, and people are so extended these days. We say to ourselves, “How am I, one person, going to be able to change the world?” They become frustrated.

Becky: Do you think one person can realistically make a difference?

D: Yes, I do. If enough people would ask what they can do to make a difference, we would see the difference we need. It’s sad when people aren’t involved in their community. Each of us contacts so many people. If each of us had an area of expertise that he or she could share with others, one person could affect so many.

Becky: How might people get involved in creating the community they want?

D: First, people have to know what’s going on in their community. Then they should find at least one citizenship-related issue in their community that they feel passionate about and want to spend time researching and supporting. If they focus their energy on just one issue, they could help create the community they want.

Becky: What rewards are you finding in this work?

D: I see a lot of progress. For years I was involved behind the scenes in helping to create the High St. Streetscapes project between Torrence and Arcadia. Now when I drive through that area and see the new sidewalks, the trees, and benches, I feel a real sense of pride in community. I also feel good knowing that I helped bring all that about. My latest dream is to have street sculptures along High St.—something that would give Clintonville more of an identity or a sense of place.

Becky: I imagine the progress you’ve seen is very motivating.

D: Yes, that and remembering that I really care about my community.

Becky: You seem to have a strong sense of what’s possible. You see what’s necessary and then find a way to accomplish it.

D: Yes, sometimes we sell ourselves short by not saying, “This is possible.” If we’re not giving our opinion, then whatever will happen will happen. And when people come together, so much more can be accomplished.

For example, I’m involved in dog rescue work in my spare time. I help transport dogs from kill shelters to rescues that will find homes for them. But in many shelters, the dogs have no beds. They sleep on wet, cold concrete floors. So I’ve started a crusade to build 5,000 beds for these dogs. I knew I couldn’t do it alone, so I’m working with others who were interested in helping. If a few of us get together, we can saw PCB piping to build bed frames and cut fabric to create slings. After a few hours, we sit back and say, “Wow! Look what we did!” But it happens because people who

Continued on next page....
The Path to the 2008 Election
By Jean Byrd

The November 2008 election promises to be a BIG one. Polling stations will be flooded with people eager to elect a new President and vote on many important issues. You will want to prepare early for this critical election. That is where your local public library can help. With a visit to your public library, you can register to vote, check your voter registration and polling information, research the issues and candidates, and learn how to get involved in the election.

• The public library is the perfect place to REGISTER TO VOTE. Ask a librarian for a voter registration form. Fill it out on the spot and return it to the librarian to mail in. You can also use one of the library's public computers to download a voter registration form and voting eligibility information. Just visit the Ohio Secretary of State's website at www.sos.state.oh.us/SOS/elections/. The last day to register for the November 4th General Election is October 6, 2008.

• You can also CHECK YOUR VOTER REGISTRATION at the library. After waiting in line on Election Day, no one wants to be surprised by incorrect information on the voting roles. Use one of the library's computers to check your name, address, and voting location. Make sure all information is correct. If it is incorrect, re-register or contact your county Board of Elections. If you live in Franklin County, go to vote.franklincountyohio.gov/boe/. If you do not live in Franklin County, go to the County Board of Elections Directory on the Secretary of State's website at www.sos.state.oh.us/SOS/elections/boeDirectory.aspx. If you are uncomfortable using the computer, ask the librarian to help.

• At the library you can also RESEARCH THE ISSUES AND CANDIDATES. Most organizations will be furnishing the libraries with information about the issues and candidates. Pick up flyers, brochures, and bulletins from organizations that interest you, but do be vigilant. Choose information that shows all sides. One excellent source of information is the League of Women Voters of Metropolitan Columbus's Voter Information Bulletin. The League is nonpartisan and will supply accurate information about all issues and candidates. The Voter Information Bulletin is available in hard copy and at www/lwvcols.org.

• Seeing the candidates debate the issues is another good way to do research. Look around your library for flyers announcing public forums about the issues and candidates. Watch for candidate forums sponsored by the Franklin County Consortium for Good. If you do not see any flyers or posters about election forums, ask the librarian for this information.

• Once you are prepared for the election, learn how to GET INVOLVED. The libraries can supply you with telephone numbers and websites of organizations needing volunteers to get out their message. Another way to get involved is to volunteer to be a poll worker. For information about poll worker eligibility and training, visit the Secretary of State's website at www.sos.state.oh.us/SOS/voter/beApolWorker.aspx.

The library offers a one-stop center for all your voting needs, and fortunately most people live within walking distance of a public library. Take a friend or relative and share your library experience. Encourage others to register, check their registration and polling information, research the issues and candidates, and learn how to get involved in the election. Bayard Rustin, an American civil rights activist, once said that the right to vote is “not alone a political necessity. It is a moral imperative.”

A perspective...
Continued from previous page....

care about these dogs come together to make it happen. There’s no real recognition in this work—just a great sense of pride for helping the dogs that often don’t have people who care for them.

Becky: Where did your strong sense of community come from?

D: I grew up in rural Missouri where you always knew the neighbors would help you out if you needed it. People relied on each other. It was a good feeling.

Becky: Do you think an interest in community is growing in our country?

D: Yes, in some areas. I think the gas situation will get people to look more at what’s close to home. We need to pay attention to what’s going on locally. Cities like Portland, OR are doing this. Portland has had the vision—the we-can-do-this attitude—to make a lot of changes. But it had to come from people there thinking about what they wanted and believing they could do it and then making it happen. And that’s what needs to happen here.

Becky: You seem energized by a passion for success. Do you think this kind of passion can be contagious?

D: Absolutely! When you become involved in your community, you get to know others who share similar thoughts and beliefs. That’s when passion builds. It’s very gratifying to know you’re not alone and that together you can make a difference.
Choosing to Make a Difference

By Leontien Kennedy

Simply Living member Leontien Kennedy, a native of the Netherlands, shares how several challenging life experiences shaped her interest in working for Ohio Citizen Action. Though not an American citizen, Leontien believes in speaking out against injustice wherever it exists.

When people learn that I am from Amsterdam, Netherlands, they often ask: How and why did you come to Columbus, OH? The how is easy. I got on a plane, etc., etc. The answer to why I came to Columbus, however, is a bit more complex.

In the spring of 2000, I decided to do something different with my life—somewhere other than Amsterdam. So that fall I moved to London, UK, where I did research comparing after-school clubs in London and Amsterdam. Before long, I realized I loved being in a different city, working in a different language, and most of all, getting to know people from all over the globe. One person I met during this period was Scott Kennedy, who hails from Mansfield, OH.

Scott and I quickly developed a strong relationship and in March 2003 decided to move to Incheon, South Korea, to teach English together. An hour’s bus ride from Seoul, Incheon has approximately 3 million inhabitants and an English school on nearly every corner. This opportunity allowed me to meet many culturally diverse people with varying views. It was a challenge to adjust, but the experience opened my eyes even more to the differences among cultures—especially regarding how people should behave. Coming from an easy-going and rather open-minded Amsterdam, I often became angry when I observed women being treated very differently from men. I generally had difficulty holding my tongue, especially realizing that these injustices were completely unnecessary. Teaching in South Korea allowed me to travel to several beautiful places, such as Beijing, Indonesia, Thailand, and Saipan. Living in, traveling through, and interacting with these different cultures made me very conscious of the differences that exist among societies. My sense of justice and fair play developed even further as I embarked on my next endeavor.

In March of 2004, Scott and I moved to Majuro, the capital of the Marshall Islands. A private school hired us to teach and live on its campus for the remainder of the school year, which would end that June. Unlike most Pacific islands, however, Majuro is not a beautiful place. Its white sandy beach is covered with garbage. No one wants to swim among the diapers and other trash that people throw into the water. Trash not thrown in the water is tossed into huge roadside containers that are not often emptied. High daytime temperatures make this situation even more disgusting. I often thought how sad that people living on such a beautiful island were too poor to maintain it. We teachers lived in houses infested with cockroaches and maggots from the decaying carcasses of stray dogs living beneath the houses. Again I found myself challenged. It was heartbreaking to learn that the chief of police lived in the biggest house on the island and sold all kinds of illegal items. Meanwhile most residents lived in tiny huts, where they could not even stand up straight.

After experiencing the highs and lows of travel together, Scott and I decided to get married. That itself brought many challenges, at least more than I could foresee. After I received my fiancée visa, we moved to Mansfield, Ohio, to live with Scott’s mother while I got my immigration papers in order. We had to get married within 90 days, which left little time to plan a wedding. After we got married, I applied for a work visa, but I never received it. In addition, I had to apply for a Green Card, for without one, I was unable to work or drive a car. I also had no social security number or health insurance.

My Green Card eventually showed up one year after my arrival in the US. I could finally get my driver’s license (and a beer) and more importantly, a job. During that year of waiting, I wrote many letters to government officials, including the President himself, letting them know that I wanted to work, pay taxes, and contribute to the community. During my travels I observed many injustices, and then I experienced one firsthand. Determined to work for something better, I applied for a job with Ohio Citizen Action in Columbus, OH.

The Netherlands is one of the most densely populated countries in the world; most people live in apartments. Since we live in close proximity to so many other people, we learn to do certain things differently than people in the United States. I grew up dividing trash, recycling, and riding my bike everywhere. I never owned a car, nor do many people in Amsterdam.

After living in Columbus for a short time, I became intrigued by the urban sprawl that surrounds the city, the lack of public transportation, and the sums of money people spend driving their cars—not to mention the added pollution that these cars emit into the air and into people’s lungs. Don’t get me wrong. The Netherlands...
Choosing to Make a Difference
Cont’d from previous page...

creates its share of pollution as well. The problem just seems more noticeable, and preventable, in Columbus.

When I started working for Ohio Citizen Action, I was a canvasser. I knocked on doors and educated people about pressing environmental issues. It changed my life. Not only was I incredibly impressed by most people’s kindness, I was amazed by people’s interest in improving their own, and oftentimes, other people’s environmental problems. Most of all, I was surprised to learn what can be accomplished when someone organizes a group of people and directs their energy toward a specific social issue. That was when I realized that people can truly make a difference.

Ohio Citizen Action helps people address the environmental issues in their neighborhoods. We support existing neighborhood groups in their efforts to reduce pollution from usually one specific polluter by encouraging organization and education. The pollution that companies emit into the air and water negatively affects people’s everyday lives. This is unfair and, therefore, unacceptable. My work with Ohio Citizen Action has enabled me to understand my experiences, realize what upset me in the past when I visited unfamiliar countries, and see that just being angry about an issue does not promote positive change. Seeing what a group of dedicated people can accomplish has given me hope. It has been worth every moment of hard work.

Ohio is my home now. I want to help organize people here to stand up for justice. In many countries, people are unable to do this. In America, no one has to accept unfair treatment.

I would not trade any of my life experiences. I have realized that complaining about an issue is only worthwhile when you do something about it. And I am not alone in thinking this way. Many people care about this earth of ours and are ready to change it for the better. I am very thankful to know a few of these wonderful people.

The Coalition for the Global Commons

By Greg Pace

Simply Living member Greg Pace urges us as concerned citizens to connect through the Internet with individuals around the planet to honor our Global Commons and to create a more sustainable world.

I have not found a more useful informational forum than Simply Living’s Peak Oil/Global Warming (POGW) Learning Group’s listserv: peakoil@simplyliving.org. Groups such as ours, connected with the Internet, are changing the face of our society. Even if we experience something akin to James Kunstler’s “long emergency” and suffer periods of grid-out, our computers, operating on solar energy and a storage battery, could keep us all connected.

Staying connected to vital information through the Internet may be even more critical to local communities and families as the potential for stressful economic conditions increases. Information sharing among localized societies will be invaluable as we all learn to nurture our food and supply chains more efficiently. Someone has coined the term global localization to describe this phenomenon.

David Sirota (see pg. 11) has noted the increasing activism of citizens at all levels of government in our country. As citizens of the Global Commons, our awareness of our global sovereignty is increasingly part of our collective consciousness. The term “Global Commons” refers to interests shared by all human beings on the planet, regarding our food chains, the air we breathe, large bodies of water, space, terrorism, women’s rights, etc. These issues transcend boundaries of individual nation states. Every level of sovereignty is important and will need to be recognized and maintained in our future world.

What might grow out of this increasing consciousness? Imagine a global referendum, largely virtual, where citizens from around the world can meet in a multitude of venues—a common meeting point, in some ways like an expanded blog system, so that multitudes could simultaneously be involved in discussions and forums, meetings, voting processes, or possibly even live questionnaires. We would be simultaneously representing ourselves on all levels. Technology could be a tool for recommending ideas for restructuring our economy as well as other aspects of our society.

We see evidence of these growing capacities. Paul Hawkens’ website (www.wisearth.org) and the GlobalMindShift website (www.global-mindshift.org) are two worth mentioning. With this type of referendum, anyone with Internet access can submit information and ideas on how to move toward a more sustainable society. Wiki-technology is one technology that has already made this possible.

My attention has been drawn especially to the Coalition for the Global Commons. It was created in Germany in 2003 as The Global Marshall Plan Initiative. Awareness of this group has been spreading across Europe ever since. In Berlin this past March, about 80 people from around the globe met to introduce this coalition to the world. The website www.global-commons.org offers an initial set of proposals for restructuring frameworks for sustainable development. The United Nations Millenium Goals

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Simply Living's community radio station, WCRS, has now been broadcasting one year! Highlights from the past few months include:

*A huge THANK YOU! to Adam Fleischer for his leadership in organizing the WCRS Benefit, held at Ruby Tuesday on Summit St. on July 19th.

We especially thank:

- Whole Foods Market of Upper Arlington for their generous food donations and Mandy Moore from their marketing dept. who made it happen;
- Scott, Kenny and Aaron at Ruby Tuesday for their cooperation and support;
- Rick Allen of The Other Paper and Chris DeVille of Columbus Alive for their promotion assistance;
- Farshad Zahiri of Campus Printing;
- Chefs Emily Lawrence, Loyal Fitzpatrick and Adam Fleischer for their incredibly delicious Greek cuisine; and
- The following musicians and bands who generously lent their talents:
  - Solo Acts: Brian Harnetty, Mark Van Fleet, Kevin Gaier, Tom Derwent, Adam Fleischer w/ Omer, Daducah, Derek DiCenzo, Barry Chern, and Adam Smith.
  - Bands: Raven w/ band (their 1st show since 1974), Queen May and the Bells, Couch Forts, Necropolis, Crime + Punishment, and American Jobs.

Thanks, too, to all who helped in supporting roles and to all who came!

*We continue to add locally produced programs. Visit our website at www.wcrsfm.org for our current program schedule. Do send us your comments and feedback, too!

* Might you have energy and interest in producing a program, as we anticipate additional hours of broadcasting in the next few months? Please contact Zach to discuss: zachhenkel@hotmail.com; 447-0296 x103.

* 928 volunteer hours for this past June were documented by Zach Henkel, our VISTA volunteer! This represents an amazing pool of talent, dedication, and desire to see community radio grow and succeed. Thanks to all those who are contributing to this effort.

*We are seeking sponsors for our programs and have developed an underwriting package. Can you help? Please call Jayme at 447-0296 x101 for more information.

*Cynthia Rosi, producer of program Conscious Voices, will conclude her program mid-September to pursue her writing projects and healing work. We encourage readers to listen to her programs on her website: www.consciousvoicesradio.org. Judging by the number of “hits” on her website program listings, many of you already are! Thanks also to Michael Paull who has devoted his school internship to working with Cynthia and the program this summer.
Ohio, like many other Midwestern states, once had a proud, family-owned farm tradition. We ate what we grew and our food generally traveled from our fields and gardens to our plates. We knew where our food came from and who produced it.

Today the average food item travels 1500 miles to reach our plates and is usually produced on a large factory farm. Most children think vegetables grow on grocery store shelves, and many school lunch programs consist of pre-packaged, over-processed “stuff” that is shipped in from a central location. Many inner city communities don’t have access to fresh foods of any kind, and obesity and type 2 diabetes rates are increasing.

Local Matters officially became a 501 (c)(3) nonprofit in April and is hoping to address many of these issues by working to expand the availability of local, fresh food in Central Ohio and to make the harvest of this food supply system equally accessible to everyone.

As a point of reference, Local Matters uses the word “local” to mean any foods grown or food items processed from foods grown in Ohio. It also references growing practices and a “right to know” by all community members as to how foods are grown and produced.

You may be aware that Local Matters was briefly a program of Simply Living and initially was formed by joining two previously independent community programs: The Greater Columbus Foodshed Project and The Central Ohio Chef-Grower Network. Each played an important role in our community regarding the expansion of our local food system, either by addressing issues relating to the farm community or by speaking to the issues of food security and food justice in our urban communities. Strong partnerships were a cornerstone of the success of each program.

Local Matters continues to reach out to many organizations on a state, regional and community level with a goal of building partnerships to expand our local food system and create equal access by all citizens.

We encourage you to become involved in and support our work as our two organizations complement each other very nicely. We have volunteer opportunities available and also invite you to shop at The Greener Grocer, our for-profit produce stand located in the North Market, as another way of supporting our mission.

To learn more, please visit www.local-matters.org and sign up for our weekly email updates.

--Michael Jones
Executive Director
Local Matters

Coalition for Global Commons
Continued from p.7....

are a good starting point. Millions of people can familiarize themselves with what is on the website and submit their ideas, documentation, and proposals. With the knowledge and creativity that the POGW Group of Simply Living possesses, it could contribute a wealth of information to this process.

From our own offices and living rooms, we can bring together a platform of solidarity, based upon a democratically created referendum linked across the globe. This can create a political will that no political/economic/business leadership can ignore. Real change is going to come from the synergy created by the citizens of global civil society working together.

People versed in diverse disciplines such as sciences, education, politics, religion, and media can join the coalition and participate in this opportunity to be the change we so need and desire. Governments and markets are not equipped to handle today’s problems. We must create the structures to implement the global commons that will support all life.

To subscribe to POGW Listserv, contact Lisa Staggenborg, lstag@columbus.rr.com

SL member Greg Pace attended the kickoff of the Coalition for the Global Commons this past March in Berlin.
Comfest June, 2008

With Simply Living having been the Comfest Planning Committee’s “Honored Community Organization” this year, we wanted to put our best face forward in greeting the Festival attendees this past June in Goodale Park. Our members were magnificent in doing just that, navigating inclement weather and mud with poise and perseverance!

We were pleased as punch that the Comfest Committee chose as their theme “Be the Change,” and that they continue to add programming to showcase community initiatives related to sustainability. This year they added a media literacy component, at which our WCRS volunteers Evan Davis, Eugene Beer and Michael Beam gave a workshop.

Thank you! to each and every one of you who collectively contributed hundreds of hours to share our mission and work. Please let us know if we inadvertently omitted your name, and we’ll note it in our next newsletter.

Simply Living Booth
Sheila Fox, Paula Jones, Kathleen Lewis, Mary Frances, Kate, Olivia & Andrea Ball, Karyn Deibel, Jan Offutt, Peggy Frye, Margie Richards, Kevin Eigel, Mary Barkalow, Karl Rutton, John Harrison, Sarah Straley, Diana Keller, Becky Allen, Bob Erikson, Natalie Farber, Betsy Loeb, Catherine Girves, Jenny Floch, Ben Redman, Jayme Richards, Ellen Baumgartner, Steve Wolfson, David Payne, Jill Payne, Kris Keller, Melanie Holm, Marilyn Welker and Donna Sigl-Davies.

WCRS Booth
Kenny Acker, Tim Ansaett, Michael Beam, Eugene Beer, William Cail, Miles Curtiss, Evan Davis, Joseph DeMatteo, Robb Ebright, Adam Fleischer, Keith Flory, Jenny Floch, Scott Halbrun, Zach Henkel, Kris Keller, Bob Letcher, Pat Leonard, William McCulley, Steve McGuire, Michael Paull, Cynthia Rosi, Dan Thomas, Melanie Holm and Steve Wolfson.

Call to Donate
(614) 447-0296
Donate Your Car: Get a Tax Deduction and Help Simply Living!

John Harrison, Cynthia and Sofia Rosi enjoy the festival.
Need a reason to hope that ordinary citizens can fight the rule of greed governing our country? Read *The Uprising: An Unauthorized Tour of the Populist Revolt Scaring Wall Street and Washington* by New York Times bestselling author David Sirota. A progressive activist and journalist, Sirota presents an invigorating account of uprisings already underway across our country. He also analyzes whether these efforts can evolve into a unified and lasting political movement.

The 32-year-old spent a year traveling across the US, recording what he believes are the beginnings of a mass revolt against the powerful elite. In a fast-paced but conversational narrative, the author shares entertaining case studies. Sirota’s on-the-ground reporting takes the reader “into the trenches where real change is happening.” He moves from “the headquarters of the most powerful third party in America to the bowels of the U.S. Senate; from the auditorium of an ExxonMobil shareholder meeting to the quasi-military staging area of a vigilante force on the Mexican border.”

Sirota also criticizes American politics and the artificial spirit of “bipartisanship” that allows Republican and Democratic lawmakers to join forces in placing corporate interests above those of ordinary citizens. He reminds readers that the Declaration of Independence, “America’s original uprising manifesto,” says that governments “derive their powers from the consent of the governed.” In *The Uprising* Sirota “shows how the governed have stopped consenting and have started taking action.” He tries to demonstrate that the ingredients for a cohesive populist movement are everywhere apparent.

Read *The Uprising* by David Sirota and be cheered that so many Americans on both the Right and Left are organizing their efforts to take back their country. --Becky Allen

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**Learning Group Begins in September**

The earth’s climate is changing at an accelerating pace, and our collective way of life is based on non-renewable fossil fuels. Global warming and peak oil are realities. Fear, anger, sadness, frustration, guilt, shame and other emotions around these issues can feel overwhelming. Given what seems to be the magnitude of the problem, it is easy to slip into a sense of powerlessness and/or a place of denial. Neither helps us deal effectively with the problem.

*Facing the Planet, Facing Ourselves, Facing Each Other* is a short-term learning group designed to create a safe space for group members to honestly explore and express their feelings on these issues, discover or reconnect with their power to make a difference, gain a sense of possibility and generate ideas about things they can and will do differently to change their impact on the planet.

Participants will get out of their heads and into their bodies to integrate thoughts and feelings. They will be invited to put their truth into action and to explore new responses and life strategies using drama, guided imagery and a sense of playfulness.

**When:** Five 2-hour sessions on Tuesdays, Sept. 23 through Oct. 21, from 6:30-8:30 p.m.

**Where:** 6797 N. High St. Suite 133, Worthington. (south of I270)

**Cost:** $50 for 5-week series, to be paid by 9/23.

**Please register** in advance with Ben at the Simply Living office: (614) 447-0296.

**Facilitated by** Regina Sewell. Information about Regina can be found at her website: [www.ReginaSewell.com](http://www.ReginaSewell.com)
With all of the activities of mid-summer, you may find it hard to dive into a book….So this month we highlight selections from our diverse magazine collection:

• Has all the talk of energy market spikes and housing market sags gotten you down? Check out some articles about what’s good in the world with Yes! Magazine. The magazine that promises to support you in building a just and sustainable world, charts the way to a just American foreign policy in this month’s cover article by John Feller.

• Need your political news fix from something other than TV’s screamers? Mother Jones turns its “smart, fearless” journalists on the economy this month, and they name names in their cover article, “Who Wrecked The Economy?”

• The Culture Jammers at Adbusters take on the media in this month’s cover article, as they drive home perspectives on the state of the media from some of its leading practitioners: Dan Rather, Arianna Huffington, Amy Goodman and more. This magazine’s illustrations are never to be missed.

• Do you need to indulge your inner foodie? Eating Well serves up summer recipes you can prepare from the garden or your local food sources that are sure to please.

• Speaking of summer dishes from the garden, Herbs for Health’s cover article this month lists the remarkable health benefits of berries and pours it on with five herbal iced tea recipes to cool you off.

• Stop by and check out these magazines and more, and you’ll be up to date with not only what’s going on in the world, but also in your own back yard and kitchen!

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