When Frances Moore Lappé wrote the best-selling *Diet For A Small Planet* back in 1971, she helped start a conversation about the social and environmental impacts of the foods we choose.

And, back then, what she had to say was revolutionary. Her idea that a plant-centered diet could be better for the planet — and our health — than a meat-centered diet was considered radical. "It was heresy," Lappé told me during a recent interview.

So, what inspired her thinking? Well, let’s go back in time a moment. When Americans turned on the evening news in the 1970s, they couldn’t escape images of famine.

At the time, some experts were predicting a doomsday scenario. The argument was this: As the population grew, food shortages would worsen.

Back in 1982, Lappé described her thinking during an interview on NPR’s *All Things Considered*. "When I first start looking at these issues, I was

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**Eco Challenge 2016: Are You Up For the Challenge?**

Now is the time! Stand up and be counted! NORTHWEST EARTH INSTITUTE is once again sponsoring the EcoChallenge. It is your opportunity to expand our GREEN and change one habit for the PLANET! We are excited to get the biggest, best EcoChallenge underway! We hope you’ll join us and engage your community, workplace, school or home in proving that small actions add up to real change! The EcoChallenge categories are: Waste, Water, Transportation, Community, Food, Nature, Simplicity, Energy, and Create Your Own! The dates for implementing your challenge are October 14 – 28.

Join the Simply Living Team — it is a competitive program where teams gain points (and win prizes!) as its members report their progress. Check out options on the website and register at [2016.EcoChallenge.org](http://2016.EcoChallenge.org).

Led this year by Simply Living member Mariellen Miller, 614.397.1351 or email us at hello@simplyliving.org for more info.

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**“GIFT TO BE SIMPLE” EVENT – NOV 10 WELCOMES *DIET FOR A SMALL PLANET* AUTHOR/SPEAKER**

*By Allison Aubrey*

When Frances Moore Lappé wrote the best-selling *Diet For A Small Planet* back in 1971, she helped start a conversation about the social and environmental impacts of the foods we choose.

And, back then, what she had to say was revolutionary. Her idea that a plant-centered diet could be better for the planet — and our health — than a meat-centered diet was considered radical. "It was heresy," Lappé told me during a recent interview.

So, what inspired her thinking? Well, let’s go back in time a moment. When Americans turned on the evening news in the 1970s, they couldn’t escape images of famine.

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Back in 1982, Lappé described her thinking during an interview on NPR’s *All Things Considered*. "When I first start looking at these issues, I was
DIRECTOR’S COLUMN

Welcoming a World Class Speaker / Author

I am delighted that my friend (and former employer) Francis Moore Lappé, will be our featured speaker at Simply Living’s “Gift To Be Simple” annual fundraiser on Thursday, November 10th. Her groundbreaking best seller, *Diet for a Small Planet*, was the first to connect the global environmental impact of our food choices, and world hunger to food policies.

Frances will share with us her own personal journey and how it led to her philosophy on changing one’s self – and the world – by changing the way we eat. Her most recent work is *EcoMind: Changing the Way We Think to Create the World We Want*. Her pioneering legacy is continued by her daughter, Anna Moore Lappé, whose best selling *Diet for a Hot Planet*, connects the way we eat with global warming and climate change.

Simply Living members have a long tradition of connecting the dots between what we eat and the issues that underlie our food choices. Food can be a hunger issue, an animal welfare issue, a labor issue, an environmental issue, and a trade policy issue. Recently, the national Plate of the Union project, sponsored by several national organizations that address food policies, was represented by the OH Outreach Director, Jill Gregory, at Simply Living’s September Meet-up at the Wellness Forum. Jill underscored the diversity of these issues, promoting the project’s online “Petition to the Next President.” Basically, the petition says:

“Our food system is out of balance, and it’s time to take action. Current food policies prioritize corporate interests at the expense of our health, the environment, and working families. This has led to spikes in obesity and type-2 diabetes, costing taxpayers billions of dollars each year. If you are elected president, I urge you to take bold steps to reform our food system to make sure every American has equal access to healthy, affordable food that is fair to workers, good for the environment, and keeps farmers on the land.” See “When Will Food Issues Be on Politicians’ Plates?” by Kim Severson in the *NY Times* (July 26, 2016).

Go to [www.plateoftheunion.com](http://www.plateoftheunion.com) to sign the petition.

At the heart of it all, both Lappés are democracy advocates, understanding that our food policies cannot change sufficiently until special interests funded by wealthy donors and large corporations no longer control our regulatory agencies. Frances will speak about current efforts and effective strategies that are helping to reclaim our democratic processes, especially with regard to health and environment. She always travels with a message of hope amidst global and local challenges, leading us to action.

I, for one, can’t wait to hear what she has to say.

See you there!

– With gratitude, Sarah

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The 63rd annual conference

will cover a wide range of topics spanning four focus areas: resilient communities, regenerative land use, energy democracy, and effecting change.

Held Oct. 21-23, 2016, in McGregor Hall on the Antioch College campus in Yellow Springs.

For more information and to register, visit [www.communitysolution.org](http://www.communitysolution.org) or call 937-767-2161.

Limited scholarship assistance is available.
Thoughts from Dr. Julia Keiser:

“Worthington Optimal Wellness (WOW) was established in 1987 with our purpose to help each person reach their full potential using a variety of wellness services and to create a healthier, happier community. This mission really began with me, Dr. Keiser, when I was in high school working at a camp for inner city kids. The kids all had such incredible potential, but had so many obstacles in their way. After college, I worked at Franklin County Children’s Services in the abuse unit. While there, I fell down a flight of stairs and experienced horrible sciatica down my legs. After seeing four medical doctors and being put on 8 different medications, I saw a chiropractor. He explored the cause of the problem rather than treating the symptoms. He also said he could help me with my migraine headaches. I laughed – no one, it seemed, could help me with these conditions! I lived on pain meds, antihistamines and antibiotics. But within six weeks of beginning my treatments, the sciatica resolved and the headaches were gone. He had changed my life by getting the “obstacles” out of my body’s way so it could heal itself. No more drugs.

So, I changed my career and went to chiropractic school. WOW’s ultimate purpose is to help individuals and our community remove the “obstacles” so that our full potential physically, mentally, socially and spiritually can be realized.

Simply Living’s commitment to encourage sustainability fits with our mission perfectly. Our current “health care” system is unsustainable. We cannot afford the most expensive health care system in the world only to be 37th in terms of effectiveness. In the US, the third leading cause of death is medical errors and, if combined with deaths due to medication, it becomes the leading cause of death. We are spending all our money and resources for little benefit.

Life’s daily stressors add up, impacting the human body in far greater ways than you might realize. One of the most responsible, green and sustainable things we can do is to get and stay healthy. Our personal choices: staying in alignment, cooking with organic, locally sourced food, gardening, being optimistic and sleeping well are our antidotes to often overwhelming stressors.”

Worthington Optimal Wellness is a full-service Chiropractic Facility located at 6180 Linworth Road, Worthington OH 43085. Phone: 614.848.5211

WorthingtonOptimalWellness.com
SIMPLY LIVING EVENTS

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 https://www.hourworld.org/bank/?hw=1057
First UU Church
93 W. Weisheimer Rd., Clintonville

OCTOBER

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<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>SUN 16</td>
<td>Connected by Coffee</td>
<td>3:30 PM</td>
<td>Northwood High Bldg, 2231 N High St, Cols 43201</td>
</tr>
<tr>
<td>WED 26</td>
<td>Global Gallery</td>
<td>5:30-7:00 PM</td>
<td>3535 N High St, Cols 43214</td>
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<tr>
<td>SUN 16</td>
<td>Potluck</td>
<td>6:30 PM</td>
<td>Program: End of Life Documents</td>
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NOVEMBER

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>SUN 20</td>
<td>Just Eat It: A Food Waste Story</td>
<td>3:30 PM</td>
<td>Location TBA: Check Simply Living website</td>
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<tr>
<td>Thur 10</td>
<td>Gift to Be Simple</td>
<td>5:30-8:30 PM</td>
<td>Vue Columbus, 95 Liberty St, Cols, 43215</td>
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<tr>
<td>SUN 20</td>
<td>Potluck</td>
<td>6:30 PM</td>
<td>Program: Art of Collage (hands on)</td>
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DECEMBER

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<tr>
<td>FRI 16?</td>
<td>Simply Living Holiday Open House</td>
<td>5:00-8:00PM</td>
<td>Simply Living Office, 2350 Indianaola Inside Maynard Avenue UMC</td>
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<tr>
<td>SUN 11</td>
<td>Potluck</td>
<td>6:30 PM</td>
<td>Program: Social Gathering</td>
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<tr>
<td>TUES 06</td>
<td>Orientation</td>
<td>7-9 PM</td>
<td>Karl Road Library, 5590 Karl Rd, Cols 43229</td>
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</tbody>
</table>

For new members, anyone interested in how it works, and longtime members who need a “refresher” on CSTB – activities, benefits, responsibilities and website procedures are covered.
UPCOMING CLASSES

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.

For more details about these classes, visit Sustainable.SimplyLiving.org

UPCOMING CLASSES

- **Goat College – For Beginners**
  with Annie Warmke of Blue Rock Station
  **Saturday, October 8**
  1-3 PM
  **$35**
  **Pre-registration required**
  City Folks Farm Shop
  4760 N High St, Cols 43214
  614.946.5553
  www.cityfolksfarmshop.com

- **Pollinators in Your Garden**
  with Sarah Dalton
  **Saturday, October 8**
  10 AM-NOON
  Free
  Whetstone Library
  Community Room
  3909 N High St, Cols 43214
  columbus.wildones.org

- **Solar PV Overview Course**
  at Rural Action Offices, 9030 Hocking Hills Dr, The Plains, OH 45780
  **Wednesday, October 12**
  8 AM-5 PM
  **$125**
  **Pre-registration required**
  Blue Rock Station
  1190 Virginia Ridge Rd, Philo, OH 43771
  740.674.4300
  bluerockstation.com

- **Wine and Dine: New Autumn Soups**
  with Chef Del
  **Wednesday, October 19**
  7-9 PM
  **$15 Members / $20 Non-members**
  **Pre-registration required**
  Wellness Forum
  510 E Wilson Bridge Rd, Ste G, Worthington 43085
  614.841.7700
  wellnessforumhealth.com

- **Soap Making**
  with Paul Sandstrom
  **Wednesday, October 19**
  6-7:30 PM
  **$20**
  **Pre-registration required**
  City Folks Farm Shop
  4760 N High St, Cols 43214
  614.946.5553
  www.cityfolksfarmshop.com

- **Building Your Own Solar Generator**
  at location TBD (in Cols)
  **Saturday, October 22**
  **$55**
  **Pre-registration required**
  Blue Rock Station
  1190 Virginia Ridge Rd, Philo, OH 43771
  740.674.4300
  bluerockstation.com

- **Digestive and Cocktails**
  cooking with Julie Gardner, R.D.
  **Thursday, October 13**
  7-9 PM
  **$50**
  **Pre-registration required**
  Boline Apothecary
  15 Dunedin Rd, Cols 43214
  614.517.0466
  boilineapothecary.com

- **Autumn Vegetables**
  with Julie Gardner, R.D.
  **Wednesday, October 26**
  7 PM
  **$5 Members / $10 Non-members**
  **Pre-registration required**
  Wellness Forum
  510 E Wilson Bridge Rd, Ste G, Worthington 43085
  614.841.7700
  pererab@wellnessforumhealth.com

- **Earthship and Sustainable Farm Tour**
  **Saturday, November 5**
  1-3 PM
  **$10**
  **Pre-registration required**
  Blue Rock Station
  1190 Virginia Ridge Rd, Philo, OH 43771
  740.674.4300
  bluerockstation.com

- **Transition Hub: How to Eat, Drink, and Support the Local Food Movement**
  with Chuck Lynd and Mac Crawford
  **Monday, November 7**
  6:30-8:30 PM
  **$12 ($10 Simply Living members)**
  Northwood High Bldg
  2231 N High St, Cols 43201
  614.354.6172
  Hello@simplyliving.org

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

Watch our website for our upcoming Northwest Earth Institute discussion courses.
very much influenced by the ecology movement . . . and metaphors that were telling us that we’d actually reached the Earth’s limits to feed people,” she said.

But Lappé argued it didn’t need to be this way. She pointed out that there were more than enough calories being produced to feed the world. It’s just that much of the grain being grown wasn’t used to feed people.

“One of the reasons for world hunger was the American demand for meat, which meant that much of the world’s grain was going to feed cattle rather than people.” This was how NPR’s All Things Considered host Noah Adams described Lappé’s argument in the 1982 piece.

And as Lappé went on to tell Adams: “So my message was, look, in fact we have this tremendous abundance” of food grown. But “it’s the economic and political structures [that] determine whether or not that production is actually meeting the needs of human beings.”

Now, remember, back in the 1970s, meat was at the center of Americans’ plates. A steak dinner was a symbol of security and prosperity. Nobody was snacking on edamame, and kale was not yet celebrated.

So, when Lappé began promoting a diet rich in vegetables, beans and grains, people were dismayed. “It was shocking,” Lappé says, “especially coming from a girl who grew up in cow town, Fort Worth, Texas.”

Diet For A Small Planet is filled with vegetarian recipes. Leafing through, I spot one for a spinach lasagna, soy burgers, vegetable enchiladas — nothing that seems too unfamiliar, and definitely not radical, today.

But back then, “people told me their parents said they would die of malnutrition if they followed the advice I was giving in the book,” Lappé recalls with a laugh.

Today, lots of us have heard the arguments about the environmental impacts of meat production. As we’ve reported, recent studies estimate that it can take 6 pounds of grain and about 50 gallons of water to produce the meat for one hamburger.

And, today, we’re also bombarded with messages to eat less red meat, from the Meatless Monday campaign...
to the World Health Organization’s proclamation that excessive red meat consumption is linked to cancer.

But back then, people hadn’t begun to connect these dots.

So Lappé used the shock and dismay over her veggie recipes to her advantage. With the buzz her book created, she was invited on to talk shows. The shows all wanted to talk recipes and cooking. But she had a bigger message to deliver.

“I remember when I finally made it on to the [NBC] Today show, [host] Brian Gumbel asked me, ‘Ms. Lappé, What did you have for breakfast?’ And I went from that question to [explain] the political and economic roots of world hunger.”

Lappé has never given up on this work. She’s gone on to write many more books, including Food First: Beyond The Myth Of Scarcity. And, along with her daughter, Anna Lappé, in 2003 she published Hope’s Edge, which picked up where Diet For A Small Planet left off.

Anna Lappé has followed in her mother’s footsteps. When I interviewed them together for this story, the mother-daughter duo could almost finish each other’s sentences — even though they sat thousands of miles apart. (Frances was in a studio in Boston, Anna in the Oakland, CA area, where she now lives.) They’re separated by coasts, but seem very much in sync.

Anna is advocating on a range of issues in the food system. She’s written a book, Diet For A Hot Planet, on how agriculture and our food choices influence greenhouse gas emissions and climate change. She’s also weighed in on the way snacks and sugary drinks are marketed to children.

Now, among other projects, she has developed an initiative called Voices of the Food Chain, aimed at helping share the stories of people who work in the food system. She is also working with groups across the country on the Good Food Purchasing Program; the goal is to “promote the power of using our public food dollars to create a food system that aligns with the values of fairness to workers, animal welfare, nutrition and health, local economies and environmental sustainability.”

Anna says there’s still a lot of work to do to promote food choices that are healthy for people and the planet. But she told me she’s encouraged. “I think there’s been enormous change . . . over the last 45 years,” she says. She points to the growth of farmers markets, farm-to-school programs, greater access to healthful food in schools and the growth of community-supported agriculture, or CSA, initiatives.

She says one particularly sweet moment for her came last year. Jim Cramer, the popular CNBC host of Mad Money, did a whole segment on “organic cropland for cash.” The piece pointed out that sustainably farmed organic fruits and vegetables are becoming more mainstream. And big investors, such as Farmland LP, are converting conventional farmland into organic farmland.

“Most people will tell you organic food is for rich people, that it can’t feed the world. Well, guess what? None of that is true!” Cramer intoned in his shock jock style.

Frances and Anna were both tickled by this. “When Jim Cramer is starting to sound like Frances Moore Lappé, I think we can say some progress has been made,” Anna told me. “I love it,” Frances chimed in.

Frances, now 72, says she is still optimistic. She acknowledges there’s still hunger and malnutrition around the globe. But she tweeted out a quote from I.F. Stone earlier this week that read:

“If you expect to see the final results of your work, you simply have not asked a big enough question.”

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
bgh@biggreenhead.com
BigGreenHead.com

**DESIGN ENERGY**
4041 N. High Street
Cols, 43214
(614) 507-3073
www.design-energy.net

**ECOHOUSE SOLAR**
614-456-7641
EcoHouseSolar.com

**BANKING**

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

**HEALTH & WELLNESS**

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

**COMMUNITY MARKETS**

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

**SUSTAINABLE U**
Sustainable.SimplyLiving.org

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

**FLORISTS**

**ECOFLORA**
614-266-1618
EcoFloraDesign.com

**4398 Indianola Ave.
Columbus, OH, 43214
614.826.4357**

Find us on Facebook!

**ALL LIFE CENTER FOR INTEGRATIVE WELLBEING**
123 Hyatts Road
Delaware, 43015
740-201-8242
AllLifeCenter.org
INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?

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

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

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

CORNUCOPIA
COMESTIBLES, INC.
2474 East Main Street
Cols, 43209
614-231-6323
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.
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CITY   STATE   ZIP

EMAIL

PLEASE ADD ME TO:  [ ] NEWSLETTER  [ ] COMMUNITY UPDATE

PHONE

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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.

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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.

WHO WE ARE

By Simply Living Board of Directors

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

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

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

E-mail: Hello@simplyliving.org.
What:
Gift to Be Simple with Keynote Speaker Frances Moore Lappé

When:
Thursday, November 10, 5:30-8:30 PM

Where:
Vue Columbus, 95 Liberty St, Columbus, 43215

Tickets:
$50. Purchase through Eventbrite.com, enter “Simply-Living-Gift-To-Be-Simple.”

Come for a social hour with local beer, wine and hors d’oeuvres and hear one of the most extraordinary speakers on the world stage today! You won’t want to miss this rare opportunity to meet Francis Moore Lappé right here in Columbus.

“A small number of people in every generation are forerunners, in thought, action, spirit, who swerve past the barriers of greed and power to hold a torch high for the rest of us. Lappé is one of those.”

—Howard Zinn, author of A People’s History of the United States