



Simply Living

# SIMPLY NEWS

Sharing Information, Joy and Thoughtfulness

A Publication of Simply Living



## Simply Elegant Garden Tour

Sunday, June 3<sup>rd</sup>

Noon - 5 pm Rain or Shine

~ Tickets \$15 ~

*Available at:*

🌸 **Clintonville Community Market** 200 Crestview Rd.

🌸 **Accent on Nature** 1390 Grandview Ave.

🌸 **Simply Living** 205 Crestview Rd

*I cannot live a grounded life without being grounded in a place.*

-- Scott Russell Saunders

*To be rooted is perhaps the most important but least understood need of the human soul.*

-- Simone Weil

These writers speak to our relationship to the natural world—and to its gifts to our inner most being. This year's gardens reflect the profound impact on their owners of their partnership with nature—and the gifts of beauty and tranquility they've received.

The eight distinctive gardens located in Grandview, the Hilltop and Upper Arlington demonstrate gracious living combined with care for the environment. The gardens illustrate use of organic fertilizers, native plants, and minimal to no use of chemical herbicides/pesticides.

You are invited to experience these gardens, so lovingly and competently selected by Simply Living's Jen Lucas and gardening expert Lyn Lombard.

They offer a Sunday afternoon opportunity to turn off the computer and look solicitously at one's own weeds as one picks up a friend and takes off for a tour of what can be, allowing oneself to be absorbed in the gardens' fullness, color and atmosphere.

**Continued...**

**See page 7 for a list of gardens to be visited on the tour ...**

## Comfest 2007

Friday, June 22 - Sunday, June 24  
Goodale Park, Columbus

Does this event need an introduction? Don't miss this 34th year of Comfest (shorthand for Community Festival), with more offerings, more music, more food and more people than ever before!

**BE SURE TO VISIT:**

**Our radio community radio booth** adjacent to our Simply Living booth - Our station WCRC will partner with other community organizations to promote community radio.

**Cont'd on page 9 ...**

**Simply Living's Vision: Creating a compassionate and sustainable world through personal, community and cultural transformation.**

*Simply News* is published six times a year by Simply Living. Please send submissions (all welcome) to:  
**Mary Frances Ball, editor, *Simply News***  
8383 Cleveland Ave. N.W.  
Westerville, OH 43081

Email: **MARYFRANCES@INSIGHT.RR.COM**

**The deadline for items for the next issue is:  
July 10, 2007**

**Call the editor at (614) 895-2100. Please remember to include your phone number with submissions.**

**PLEASE SEND ALL CALENDAR SUBMISSIONS TO:**

**Sarah Straley**  
P.O. Box 82273 Phone: 614/447-0296  
Columbus OH 43202 Email: [sarah@simplyliving.org](mailto:sarah@simplyliving.org)

### **An invitation to electronic information**

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 Listserve:** 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](mailto:janet@simplyliving.org)

•**Clintonville Community Market Listserve:** 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](mailto: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.

### **The Three Themes of Simply Living:**

- » *Simplifying our lives*
- » *Greening the earth*
- » *Healing toward wholeness ...through our learning, loving and serving*

**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 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 Membership Information

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: \_\_\_\_\_

Email: \_\_\_\_\_

Visa/MC# \_\_\_\_\_ Exp \_\_\_\_\_

- A One-year subscription to *Simply News* is \$20
- An Individual memberships is \$30/yr.\*
- A Family membership is \$45/yr.\*
- A Senior citizen or Student Membership is \$20/yr.\*

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

Make checks payable to Simply Living and send to:  
**P.O. Box 82273, Columbus OH 43202**

Phone: \_\_\_\_\_

## **Simply Living Welcomes New Members**

Tad Dritz  
Nick Petruzella  
Myrna Paris  
Susan & Abby Andre  
Elena Tzintzun Costello & Lorena Niz  
Lyn Lombard & Andrew Palka  
Ruth Friscoe  
Nancy Kirwin & Daniel Faslow  
Marilyn Raidt & Laura Fidch  
Mandy Bonnette  
Deb Knapke  
Sarah Brown  
Jodie Lones  
Melanie McCandless  
Robert Newman & Linda Leviton  
Fletcher Community Dev Corp  
Ene Oro  
Dorene Sikdar  
Myra Davis  
Josh Tulecke Paulson  
Amy Marzluff  
Kelly Reed

**Welcome!**

### Simply Living Board

John Harrison, President 216-6124	Dan Baer, Treasurer 343-0493
Donna Sigl-Davies, Vice President, 268-7656	Jenny Floch, 563-9031
Michael Paull, Secretary 316-4092	Jed Swift, 921-1997
	Marilyn Welker, Director, 937/484-6988



# Simply Stated

Sharing News and Information  
from the Simply Living Community



## TRANSITIONS

As this newsletter nears completion, we are in the process of moving our offices to our new home at 2929 N. High St. **As of June 1st**, we will call our 2nd floor offices in the Olentangy Village "Home", working and scheduling meetings and mailings at that location.

We invite you to come see us! Our front door faces Kelso on the west side of N. High St. and is between Rafiel's Signature Salon and Aladdin's Restaurant. Enter the door with the numbers "2929" above it, and come up to our offices. We look forward to hosting an Open House to welcome you to our new home—watch for an announcement in our July calendar.

We anticipate that our **phone number will remain the same**. Please continue to use our post office box mailing address: **PO Box 82273, Columbus, OH 43202**.

**Features of our new home** include three separate offices, allowing Local Matters to have an office, a reception area, a meeting room and potentially a radio studio (to be determined). We will also have room to accommodate interns and will welcome Elizabeth Sumney from Ohio Dominican University who will be working with us this summer.

Moving is always a mixed blessing. We have enjoyed many features of our home at 205 Crestview Rd. these past five (!) years, and **we gratefully acknowledge:**

- **Gerry Hendey** who has given much time and energy and loving attention to the function and beauty and maintenance of our surroundings. Thank you, Gerry!
- **Clintonville Community Market** and staff whom we value much—from a quick trip across the street for nourishment to easy access to process and shelf books in our bookstore, to many friendly staff members at the Coop with whom we share common purpose. We're happy that our new home will be just a few blocks' walk to this treasured community asset, and we look forward to maintaining our cooperative relationship and Market bookstore.
- **Our front porch** in a neighborhood which is full of friendly faces, a quiet people-oriented pace of life and an ease about dropping by to say hello. Please carry on the practice!
- **The stately elder pin oak tree** (approx. 140 years young!) under whose welcoming and protective branches we have lived. We are so grateful that you endure and quietly contribute to our lives in so many humble and essential ways.

## A BIG THANK YOU!

### ...TO EARTH DAY VOLUNTEERS

With Mother Nature providing a stunningly beautiful day, over 1350 volunteers contributed time and energy at 42 community sites the morning of April 21st in celebration of Earth Day. With thanks to all who helped, over 3975 hours were contributed towards a greener community. Noreen Warnock and Susan Weber coordinated volunteers at two MR/DD learning centers, **with whom Local Matters: The Food Program of Simply Living, is involved.**

SL members Tad Dritz and Emily Plews were the visionaries for the event, organizing many groups and individuals under the auspices of Columbus Green Drinks, soon to be Green Columbus. We salute their hard work and commitment to greening our community.

Simply Living's booth was capably staffed by our Alternative Transportation Project members: Lisa Staggenborg, Chris and Diane Luers, and Eric Davies and Donna Sigl-Davies, plus many other members who stopped by to help. Thank you all!

## WELCOME & STAFF CHANGES



**We welcome Suzanne Lentz to our staff as our new membership coordinator!** Suzanne has already been wearing many hats, including serving on the Outreach and Development Committees and Board of Directors, along with processing our book orders.

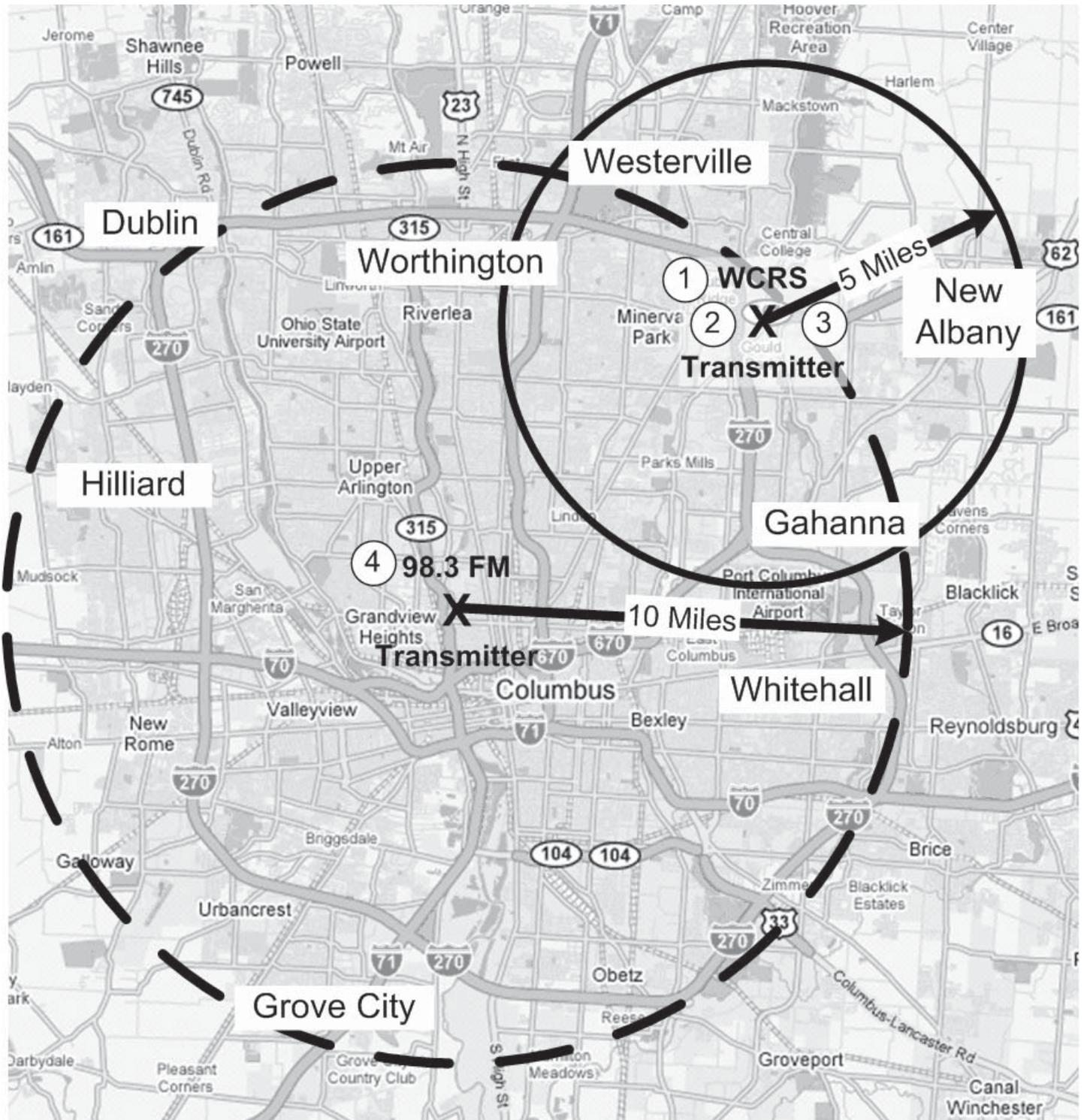
**Sarah Straley will be scheduling program events and producing the monthly calendar.** Please contact her for program events and questions and suggestions.

We hope to make these transitions as smoothly as we can, and we thank you for your cooperation and patience and help in so many ways! — *Marilyn Welker*

**Please Note:** Articles appearing in *Simply News* reflect the views of their authors and do not necessarily reflect policy or positions of Simply Living.

# TURN ON - TUNE IN: WCRS IS ON THE AIR!!

LISTEN TO US AT 102.1 FM OR 98.3 FM, 3-8 P.M. DAILY



# ① WCRS - the voice of Simply Living

**Phase 1 (1-3 mo.)** To broadcast Pacifica programming including *Democracy Now!* Visit [www.simplyliving.org](http://www.simplyliving.org) for current program schedule.

**Phase 2 (3-6 mo.)** Broadcast locally-produced programs promoting Simply Living's themes of simplifying our lives, greening the earth and healing toward wholeness AND mirroring diverse community voices.



## ② Partner station WCRX:

The voice of Bexley Public Radio Foundation, broadcasting 11 a.m. - 1 p.m., Monday through Friday.

## ③ Partner station WCRC:

The voice of Community Refugee & Immigration Services, broadcasting daily beginning in June from 8 p.m. to 1 a.m.

## ④ All stations simulcast at 98.3 FM:

In cooperation with Columbus Institute for Contemporary Journalism, transmitting from the heart of Franklin County with much broader signal reception.

❑ **CURRENT THREAT:** An application from WNKO in Newark to move its broadcast tower to New Albany at 101.7 FM. Given this application to move, known as encroachment, we must act quickly to address this threat with the FCC.

❑ **BIG-TIME OPPORTUNITY:** *Our stations represent the largest metropolitan area in the U.S. with a Low Power FM frequency.* In tandem with 98.3 FM, our signal will reach 700,000 people, far more than many commercial stations. Once we are broadcasting consistently, we will create a committee structure to involve an active corps of volunteers for this project.

### We gratefully acknowledge:

- Eugene Beer, our indefatigable engineer;
- Ron Price and Josh Tulecke-Paulson, our technical wizards;
- Jim Kammerud and Jane Haskins whose very generous gift made possible our playlist production;
- Comfest for their \$1500 grant towards equipment expenses for our studio.



### Your WCRS Steering Committee:

Eugene Beer	~	Jenny Floch	~	Rich James	~	Jim Kammerud
Kris Keller	~	Ken Kraska	~	Bruce Reed	~	Marilyn Welker

## A sense of Renewal and Anticipation

By Dan Hughes and Marilyn Welker

Has a recent conversation caused you to act differently? Increased your belief in the importance of your everyday decisions? Raised awareness of your impact, whether positive or negative, for the earth's well-being? Participants in Simply Living's Earth Institute courses,\* offered in partnership with the Northwest Earth Institute, experience that in heaping measure. Visualize changing our world one conversation at a time.

Standing behind Simply Living's twelve-year track record of offering these courses and the 1050 people who have taken them are dozens of members who have organized a course, mentored a group, served on the steering committee, helped with our summer Light Upon Light dinner, or simply told others about the courses.

So with anticipation 22 such members recently met with Martin Tull, National Outreach Coordinator of the Northwest Earth Institute, to learn about growing numbers of people around the country who are changing their daily practices to more life-affirming actions in conjunction with taking the courses.

Prior to Martin's remarks, participants spoke about their experiences with the courses and expressed gratitude for their impact:

**"We are now offering the courses again at the Ohio EPA."**

**"I'm so glad I found this group!"**

**"The courses brought me to Simply Living and taught me about relationship building."**

**"Hope!...a single action matters."**

**"The cumulative effect of the courses over time is very important."**

**"I learned the importance of being more present."**

**"I found a name [Deep Ecology] for what I had been thinking and feeling for a long time."**

...and much more.

Highlights of recent developments with the courses which Martin shared include:

- Hiring a full-time curriculum development person;
- Record-setting participation in courses across the country, largely because of the newest course: *Global Warming: Changing CO<sub>2</sub>urse* (see story in Apr/May *Simply News*).
- Between 800 -1000 course participants in Port Townsend, OR (a town of 2000);



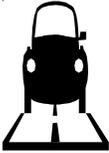
### Martin Tull shares with Earth Institute participants

- Interfaith Power and Light, with 22 statewide chapters, offering courses to their affiliated centers of faith, seeking to "galvanize a religious response to global warming as the moral issue of our time."
- Heifer International's focus on sustainability in the U.S., offering courses in their new platinum LEEDS-certified national headquarters.

Reminding ourselves that we are part of this larger and more diverse national movement is important!

Do consider participating in these life-changing courses: take your first (or another) discussion course; organize a course with your friends, co-workers or neighbors; learn to mentor discussion groups; or join the steering committee. Please contact Sarah at 447-0296 or [Sarah@simplyliving.org](mailto:Sarah@simplyliving.org) or check out [www.ebei.org](http://www.ebei.org) to learn more.

\*Course titles are: *Voluntary Simplicity*, *Exploring Deep Ecology*, *Choices for Sustainable Living*, *Developing a Sense of Place*, *Globalization and Its Critics*, *Healthy Children - Healthy Planet*, and *Global Warming: Changing CO<sub>2</sub>urse*.



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

**Call (614) 447-0296**



# Healing the land and helping each other

By Linda Hobson

Two years ago I bought five acres of land in Vinton County, motivated in part by a longtime friend of the Simply Living community, Peter Howison. Peter has owned a beautiful place of refuge called Treebeard's Retreat in Vinton County for twenty-five years. I also knew other Simply Living members who have strong connections to Vinton County, including owning property and being involved with Niches and EarthTouch just north of MacArthur, the county seat.

When the five acres became available, I jumped at the prospect of becoming personally involved in preserving and enjoying the beautiful woodlands of Vinton County. Being the poorest county in Ohio, many landowners choose to log or clear-cut their land for quick income. When I see the devastation of clear-cutting in the area I am heartsick, and we regularly see logging trucks when we are there.

The last two years have been an incredible experience in community building as many Simply Living members have pitched in and helped us accomplish so much at our little "retreat" in the woods. My partner, Laurel Hobden, and I plan to eventually build an eco-home, an "Earthship" of sorts, but we really needed more than a tent to stay in while we develop our vision and plans for building. So last fall we decided to build a cabin, and many community members were excited to help us. Within just



a month's time and with the help of Jim and Steph Campsey, Robert Lockheed, Lou Peters, Mary Jane Quick, Kyra Kopestansky, and Cynthia and Larry Hanke we had built a little cabin. We built almost the entire cabin using just hand tools. We finally got a generator near the end of the construction to run some power tools since we didn't have electricity. Everyone told us how empowered they felt to be able to do this together. None of us had experienced ALL of the facets of building a structure before, but each of us had different skills and varying degrees

of elbow grease, and together we did it!!

Our cabin is 12' x 12', with an 8' x 12' sleeping loft. We have a cute front porch with a fire pit nearby. We built a movable composting toilet, and last week we started an 8' high deck off the back. Our system for composting humanure is in the works. Soon we'll get electricity so we can use the well. If we keep improving the cabin, who knows? Maybe we'll just live there someday!!

Larry and Cynthia bought the 2 1/2 acres next to us, and other property nearby is for sale too. We're less than a mile from Lake Rupert and Peter's place, close to Niches and 40 minutes from Athens. We envision a community of like-minded folks all very close in proximity so we can help each other build and grow food and preserve this beautiful area of Southern Ohio. If you'd like to know more about our "future" community or how you can be involved, feel free to reach me at 614-638-3150 or by email at [treelover@columbus.rr.com](mailto:treelover@columbus.rr.com)

## Simply Elegant Garden tour: List of Gardens to be visited Cont'd from page 1

...The gardens' diversity of style reflect their owners' unique, creative expressions of their personal sense of place —

☀ **Sun and Shade Garden**  
2349 Eastleft Drive  
*Mandy Bonnette*

The owner's professional landscaping skills are evident in this garden's graceful meandering, its secret shade garden, sunny perennial garden, languid fishpond. Watercolorist Jeri Ellis Platt, an award-winning painter, will be on site painting.

☀ **Four Seasons Garden**  
873 Clover Drive  
*Deb Knapke*

One of this garden's owners is a professional landscaper, author and lecturer, and the other is a master stone mason. They created this dramatically planted garden which includes 26 defined garden spaces, 46 planted troughs, a greenhouse, an extensive collection of plant varieties and a vegetable garden. Samples of local fare will be provided by 12 area restaurants, chefs and retail grocery stores.

☀ **Woodland Garden**  
5199 Chevy Chase Court  
*Ed and Nancy Miller*

Slate Run Stream runs through the front of this garden located in a dense woodland area.

☀ **Formal Garden**  
1057 Grandview Avenue  
*Ruth Friscoe*

This garden is low maintenance, high relaxation. Musicians Wynd 'n Lyre, Yiling Tien and Kamilla Kinard will further enhance this garden's atmosphere.

☀ **Japanese Style Garden**  
1285 Bluff Avenue  
*Nancy Kirvin*

Inspired by four years of experiencing Japan's simplicity and harmony, the owners have taken a weed-infested, woefully neglected plot located in an urban area and transformed it into a bamboo-planted sanctuary. Musicians Jae Bull, flute, and Anne Gilliland, recorder, will play.

*Continued on page 11...*

# Be careful what you wish for: Local food and organics

By Jane Haskins



Your shopping basket is full – Horizon milk, Morningstar Farms veggie patties, Cascadian Farm frozen berries and Earth’s Best baby food. Organic food prepared by small, independent, environmentally-conscious companies, right? Not anymore. Over the last ten years, large food conglomerates have gobbled up many of the best-known organic food companies, explained Michigan State University professor Phil Howard in a talk March 27th at OSU, co-sponsored by Simply Living and the Social Responsibility Initiative of the College of Food, Agricultural and Environmental Sciences.

Horizon Milk now comes from Dean Foods, the same people who bring us non-organic Reiter Milk and Hershey’s chocolate milk, found elsewhere in the dairy case. Morningstar Farms’ parent, Kellogg, is better known for Pop Tarts and Froot Loops. Earth’s Best is part of Hain-Celestial, which is partially owned by Heinz, the company that produces not only ketchup, but also Bagel Bites frozen mini pizzas. For a movement that began as a protest against industrialized agriculture, a lot of organic food is starting to look pretty industrial.

Howard explained that acquisition of organic food companies took off after the USDA published the first draft of the proposed national organic standards in 1997. The reason is simple: profits. The grocery business is intensely competitive, and producers have found that they can charge significantly higher prices and thus reap greater profits from organic food. Howard says the remaining independents – companies like Organic Valley, Amy’s Kitchen and Applegate Farms – have resisted enormous buyout offers, typically two times their annual sales.

Cascadian Farms and its owner Gene Kahn illustrate the journey from hippie counterculture farm to industrialized organic subsidiary. Begun in the early 1970s, by the end of the decade Cascadian Farms was processing other farmers’ produce, making frozen food and jams and jellies. After a bad financial turn in the early 1990s, it went corporate and today is owned by General Mills. Kahn, once an idealist inspired by *Silent Spring*, is a vice president. Cascadian Farms still exists, but only as a public relations device. In Michael Pollan’s book *The Omnivore’s Dilemma*, Kahn says, “The whole notion of ‘cooperative community’ we started with gradually began to mimic the system. We were shipping food around the country, using diesel fuel – we were industrial organic farmers. I was bit by bit becoming more of this world, and there was a lot of pressure on the business to become more privatized.”

Is it bad to have organic brands under big corporate ownership? Should organic stick to its original ideals that include rejecting an industrial agricultural system and building local food supplies, or try to increase its market share? Howard says the answer isn’t clear. Large-scale organic farming and corporate ownership has brought organic food out of the co-op

and into the supermarket, and more people now eat organic food. Increased demand means that more land is being farmed without chemical fertilizers and pesticides. On the negative side, some of this organic food is as highly processed as anything in the supermarket (organic Frosted Mini-Wheats, anyone?), and some organic farms are almost identical to their highly-industrialized non-organic counterparts. Horizon Dairy, for example, features a frolicking cartoon cow on its cartons, but has been criticized for its factory farming techniques that leave cows with little or no access to pasture.

This industrialization hurts small farmers because it is hard for them to compete, pricewise, with the bigger operations. Distribution has been consolidated too, and markets such as Whole Foods that used to buy from many suppliers now buy from just a few, favoring big producers over local farms. (This policy is changing as a result of criticisms in Pollan’s book).

On a personal level, this means that most of the organic food in our grocery stores was grown far away, on a large-scale farm, and trucked or flown thousands of miles to one of a handful of organic food distributors. It’s hard to find food in the supermarket that was grown in Ohio. Instead, we’re offered produce that was bred for transportability, not taste, was picked before it was ripe, and has been sitting around for days in trucks and warehouses. The environment suffers from all the fuel used to truck this distantly-grown produce. By supporting Community Supported Agriculture programs and farmers markets, we can ensure ourselves access to fresher, tastier food and can help ensure the survival of small Ohio farms.

Howard believes constant vigilance is needed to protect organic standards. Already there are movements to broaden the standards or create new standards and labels to include such things as labor practices and humane treatment of animals and to identify locally produced food. Howard has prepared several charts that track corporate ownership of organic brands and identify the brands that are still independent. They’re available on his website, <http://www.msu.edu/~howardp/>.

*Jane adds the following candid assessment of her family’s challenges:*  
As for my own personal shopping decisions, there’s no consistency to them at all. Though I believe deeply in the importance of eating fresh, locally-grown food, beliefs have a way of flying out the window when you’re busy and have a bunch of kids to feed. We joined a community-supported agriculture project, and I shop at the farmer’s market all summer. One week we’ll be having home-cooked vegan dinners and the next we’re busy, and it’s frozen pizza and Tater Tots. We’ll shop at Whole Foods or Sunflower Market one week, Costco the next. Three of our family members are vegetarian and two refuse to eat vegetables at all! It’s a challenge — but I’m sure we’re not alone.

For current information about local food sources, visit the following websites that connect local food producers with customers: [www.localharvest.org](http://www.localharvest.org); [www.foodroutes.org](http://www.foodroutes.org); [www.sustainabletable.org](http://www.sustainabletable.org); [www.eatwell.org](http://www.eatwell.org) The Ohio Dept. of Agriculture is updating its info too: [www.ohioproud.org](http://www.ohioproud.org), where it promotes its approximately 200 members.

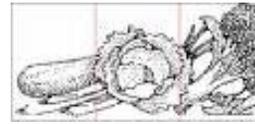
# CALLING ALL EATERS!

For those who want to play an active role in shaping national policies that affect our food supply, this is the year.

Standing between us and our food supply are a host of factors. Perhaps none, though, is as important as the food policy decisions collectively known as the Farm Bill, which Congress enacts every five years. *This* is the year when it all happens.

“The Farm Bill is perhaps the single most significant land use legislation enacted in the United States, yet many citizens remain unaware of its power and scope. With subsidies ballooning toward \$25 billion dollars per year, the Farm Bill largely dictates who grows what crops, on what acreage, and under what conditions—all with major impacts on the country’s rural economies, health and nutrition, national security, and biodiversity.”  
([www.Powells.com](http://www.Powells.com) review\*) While it is named “Farm Bill”, a much more accurate name would be “Food Bill”.

We called on Noreen Warnock, our program coordinator for Local Matters: The Food Program of Simply Living, for resources and connections should you want to add your voice to how your food supply is shaped.



## Here’s the scoop:

For Farm Bill info on the web that’s most appropriate for consumers, visit the Community Food Security Coalition’s website, [www.foodsecurity.org](http://www.foodsecurity.org). They are focusing on a low-cost, high-impact Farm Bill package that supports local and regional food systems innovations.

### Core elements are:

1. Seed funds to support innovative projects that increase profitability for farmers and access to healthy foods for under-served markets.
2. Changes in procurement policy to make local purchase easier for school districts and other institutions.
3. Support for distribution (e.g. transportation, processing and marketing) of healthy foods to new markets in ways that ensure maximum return on the food dollar to the farmer.

The Sustainable Agriculture Coalition (<http://www.msang.org>) also has good basic info. The National Campaign for Sustainable Agriculture produces a weekly Farm Bill digest to which you can subscribe: [http://www.sustainableagriculture.net/farm\\_bill\\_signup.php?id1](http://www.sustainableagriculture.net/farm_bill_signup.php?id1)

\* Review for a highly recommended basic primer, *Food Fight, The Citizen’s Guide to a Food and Farm Bill*, (<http://www.ucpress.edu/books/pages/WM50020.html>) by Daniel Imhoff. Foreword by Michael Pollan.

## Comfest

cont’d from page 1...



**Simply Living’s booth** - Friendly volunteers can answer your questions, face paint a fun design, talk about sustainable living and share SL’s work.

**The Solar Stage** features music and speakers on green living, activism and more.

**Green Living Tent** features **Children’s Day** on Friday, June 22nd: build a solar oven, discover the great worm circus, participate in recycling fun, enjoy puppet shows and more. **Green Living Workshops** on Saturday and Sunday will focus on local and healthy food, natural healing and wellness, alternative energy and transportation, and green living lifestyle choices. Thanks to Jay and Annie Warmke of Green Living Ohio for organizing these activities! ([www.ohiogreenliving.org](http://www.ohiogreenliving.org))

The Comfest Committee’s invitation says it all: ***Come for the Party. Stay for the People. Work for the Principles. Vote for Peace. Work for Justice. Don’t just stand there—volunteer. Do something.***

**Speaking of which....CAN YOU VOLUNTEER FOR 2-4 HOURS?** We need people to staff our booth and work clean-up and security shifts for the larger festival. Please call our office at 447-0296 for more information and to sign up. We thank you!!

## SHARE A CAR- SHARE A RIDE

If you’re looking for alternatives to the high cost of driving a car, consider MORPC’s current services:

- Car pooling: Matching people who live and work in close proximity to each other. One person drives his/her vehicle.
- Van pooling: People who work in close proximity share the cost of an insured van provided by an outside company.
- Guaranteed ride home: For persons who car/van pool, ride the bus or bicycle and are in the MORPC program, in an emergency you are eligible for 90% reimbursement for cab fare, up to 4 emergencies/yr.

Contact MORPC at 1-888-742-RIDE for more information. Meanwhile, the good news from MORPC staff member Janet Berardi is that MORPC is committed to implementing a car share program in Columbus and hopes to unveil the program by Jan. 2008. We’ll keep you posted.

# Healing Toward Wholeness: A Simply Living Theme

*Hardly a person is untouched by our broken health care system. Many Simply Living members are actively contributing personally, professionally and passionately for more holistic, just and responsible solutions. In the*



## Member Profile

### Dr. Pam Popper

At first glance, Dr. Pam Popper might seem the very antithesis of the term Simply Living: nutritionist, naturopath, business executive, PhD, author, lobbyist and lecturer with a commitment to her children, friends, social activities and exercise.

But if Simply Living can be exemplified as a harmony between a person's values and lifestyle, a focus on following one's passions and beliefs, then the life work of Dr. Popper is the epitome of that philosophy. For Popper, educating others about the important link between health and nutrition is the passion that "makes her heart sing."

"Although it seems like I'm engaged in a lot of activities, they really are the same activity: health improvement for everyone."

Her personal search for the optimum in healthy living began in the early 1990s. "I didn't grow up wanting to be in this field. I fell into it accidentally. My first 18 years of life I didn't care about health. No one was talking or writing about it at the time. My habits were awful; my diet was terrible. I was really lucky I didn't have a health crisis."

Her quest began by reading authors such as John McDougall, Colin Campbell and Dean Ornish, all of whom addressed the connection between disease and diet. Then in 1994 she hurt her back in a serious car accident, suffering constant pain. A combination of body work and learning alternative ways to eat reversed her physical problems, and she has had little or no pain for years.

By now a convert, in 1996 Popper began her formal education in the field, earning a master's and two doctoral degrees in nutrition and naturopathy. Her passion morphed into a career when Dr. Popper founded the Wellness Forum, a

*following two articles we feature two members, both of whom are knowledgeable and working for systemic change. Their views are informed by their deep commitment and unceasing efforts. Please note that references to specific Ohio legislation do not represent Simply Living's organizational endorsement.*

business with the mission of "empowering individuals to take control of their health by providing up-to-date information about how nutrition, exercise and lifestyle choices impact health, longevity and quality of life." Her company now boasts 100 employees and associates worldwide with an educational center based in Worthington, Ohio.

As executive director, she explains that the company's target markets are individuals who want to change their health by changing their diet and lifestyle habits, employers who want to decrease their health costs and schools who want to improve the nutrition and health of their children.

"My motivation from the beginning was not to be an individual practitioner, but to educate people in groups, helping them make better health and dietary decisions. My ultimate goal has always been to put together a program that would reach millions of people through education. I like Maya Angelou's statement, and it's the way I'm living my life: 'When you get, give, and when you learn, teach.'"

Personally, she strives to achieve dietary excellence as a vegan, avoid stress, and get enough sleep and rest. Exercise is a constant in her life. She has run marathons in the past, but now due to time constraints, runs an hour every day, practices yoga and does weight training.

As a lobbyist, Popper's focus is on changing laws that interfere with the individual's right to choose a health care provider and method of care. She is on the board of the American Association for Health Freedom, an organization that is currently addressing health freedom issues in Ohio and other states.

Currently she is working on the passage of Ohio House Bill 148, the Consumer Health Freedom Act, which addresses the consumer's right to choose a health care practitioner and allows for viable options for holistic health care. She points out that while 11 different kinds of health care practitioners are licensed in Ohio, approximately 200 others are not.

"Passage of this bill would permit consumers to freely access Complementary and Alternative health care services and allow providers of these services to practice openly without threat of prosecution. Other states have passed legislation that makes alternative medical practices available."

Her commitment to the passage of House Bill 148 has all been on a volunteer basis. "That's the way it should be—to do what we can do to justify our existence. Happy people are people who do make a contribution."

Dr. Popper encourages members of Simply Living to do what they can to ensure passage of Ohio House Bill 148.

"Hearings should start soon, so the time to write and take action is now! To help, write your elected officials and tell them to vote in favor of Bill 148.\* Constituents need to demand that their representatives vote for our alternative health practitioners' right to practice and the consumer's right to choose."

\*Go to [www.ohiohealthfreedom.org](http://www.ohiohealthfreedom.org) to read the bill, find out where to write and view a sample letter.

— Janet Jones

# Increasing access to health care — Will Ohio move forward?

By Kathleen Gmeiner

Lori gets up each morning in her Delaware home after a late evening of studying and heads to work, where she assists people with disabilities get to the doctor or the dentist. Lori is the divorced mom of two school-age children who hopes to graduate from nursing school next year. She does all this while coping with one big challenge herself – she is uninsured.

Lori is one of about 27,000 people who were pushed off Medicaid after the Ohio Legislature passed a state budget in 2005 that reduced the eligibility level for “Healthy Families” (parents’) Medicaid to 90 % of the federal poverty level (FPL). For a family of three like Lori’s, that’s the difference between \$15,453 and \$17,170 annual income, close to \$150 per month. For Lori the results have been devastating. She manages a thyroid condition that requires daily medication and blood draws every three months. She has pre-diabetes and a worrisome lump on her breast that needs to be monitored. She hasn’t gone to the doctor since she lost her Medicaid in the fall of 2006.

People like Lori live throughout Ohio. Despite a very tight fiscal picture, Gov. Ted Strickland’s 08-09 state budget proposes to raise the Medicaid ceiling for parents back to 100% FPL. But the Ohio House of Representatives swapped the projected \$50 million for a college scholarship program. The Governor also proposed raising the income level for children’s Medicaid from 200% of the poverty level (\$34,340 for a family of 3) to 300% (\$51,510). The House accepted that. The Governor also proposed that families *over* 300% of FPL should be able to buy into Medicaid for their children. Fearing that the middle and upper income families would drop private health insurance and shift coverage to the state, the House eliminated the buy-in option. Now it is up to the Senate to put these two provisions back into the budget.

The Governor is not giving up easily. He is visiting seventeen Ohio cities to meet families who are impacted by these proposals. He heard from Jeff and Paula in his Batavia visit, who have their own business, buy health insurance on the open market and cannot find insurance for their three-year-old son with Down Syndrome for less than \$1200 per month (in addition to the family’s \$500 monthly premium). Sarah in Washington Court House teared up as she told the Governor about going without preventive health care for five years when she did not have Medicaid. Dixie in Marietta has received “transitional Medicaid” for about a year since the 2005 budget cut hit her, but it expires at the end of May. She benefited from a kidney transplant several years ago, but now does not know how she will afford her anti-rejection medication.

“You all represent literally thousands of other people and families in Ohio. Stories like this exist in every community, and we can do better...There’s just no doubt about it. We can, with minimal effort, provide coverage,” Strickland told the families. “It’s something that I’m absolutely committed to...It’s estimated that there are about 25 to 27,000 Ohioans that are in the circumstance that you’ve just described. And that’s a manageable number of people to provide care for.” (Washington Court House *Record Herald*, 5/15/07)

Within Simply Living an active group newly named *Simply Living Healthy* seeks to make a difference in the health of Simply Living members and beyond. Along with other projects we are preparing weekly health-related programs to air on our radio station, WCRS,

102.1 FM, simulcast on 98.3 FM. The first of these weekly radio programs will focus on the Governor’s statewide tour to raise health care issues.

If you care about this issue,

1) Find your state senator and representative at these links:

<http://www.senate.state.oh.us/senators/>

<http://www.house.state.oh.us/jsps/Representatives.jsp>

2) Tell them your thoughts about the Governor’s proposals to raise the income limit for parents’ Medicaid and to allow families with incomes above 300 % of the poverty level to buy into Medicaid for their children. Do it now!

Our collective voices make a difference. Will this issue solve our health care problems? No, but it’s an important step! For more information on these issues contact Kathleen Gmeiner, [kgmeiner@columbus.rr.com](mailto:kgmeiner@columbus.rr.com).

## Simply Elegant Garden tour, cont’d...

### 50 Years of Perennials Garden

1271 Oakland Avenue / Marilyn Raidt

From a backyard of lawn, solidly built walkways now wind through a natural haven of beds, overflowing with perennials. Musicians: Linda Blaine & David Clutter of Avalon Nine and Barbara Mohlonson, strings.

### Rain Garden/Wildlife Garden

1500 Dublin Road / Donna Daniel, Wildlife Biologist.

This well established hummingbird/butterfly garden and the nearby rain garden are both certified by the National Wildlife Federation and are designed to attract wildlife. Friends of the Lower Olentangy Watershed and National Wildlife Federation volunteers will be on hand to share information and to demonstrate how rain gardens and water barrels conserve water and reduce run-off.

### Medicinal Herb Garden

420 South Wheatland Avenue / Sarah Brown

This urban garden shows how a city space can produce abundant, chemical free herbs, vegetables and seasonal flowers.

#### Tour Vendors:

- \* Personal Chef - Bryan Loveless “My Kitchen”
- \* Lyn Lombard “Cottage Garden and Bakery”
- \* Clintonville Community Market
- \* Patty Cake Vegan Bakery
- \* Whole World Natural Restaurant & Bakery
- \* Dragon Fly Organic Neo V Cuisine
- \* The North Star Café
- \* Cup ‘o Joe Coffee & Dessert House
- \* Benevolence Café
- \* Sunflower Market
- \* Wild Oats Natural Marketplace
- \* Whole Foods

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With appreciation to Chuck Lynd, our intrepid book buyer, here are some recent arrivals—

**Thinking Points: A Progressive's Handbook**, by Georg Lakoff - how to use language effectively in framing and communicating our American values and vision.

**Blink: The Power Of Thinking Without Thinking** - from the author of *The Tipping Point*, Malcolm Gladwell.

Browse our bookshelves regularly for new titles. Here's one for foodies....**The Ethical Gourmet: How To Enjoy Great Food That Is Humanely Raised, Sustainable, Nonendangered & That Replenishes The Earth** by Jay Weinstein. From a review: "... *this exhaustive guide is an excellent roadmap to socially conscious eating*".

In the same spirit, see **Diet for a Poisoned Planet: How to Choose Safe Foods for You and Your Family** - Twenty-first Century Edition by David Steinman.

You may not have noticed that we carry a small collection of poetry, literature and essays. One popular title that makes a fine gift is **Full Woman, Fleshy Apple, Hot Moon: Selected Poems of Pablo Neruda**, translated by Stephen Mitchell.



Thanks to all who patronize our bookstore - you are appreciated!

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Special orders always welcome - email Chuck: [chlynd@cavenet.org](mailto:chlynd@cavenet.org)

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