



Final update on LIBA's Weird for a Week: My buy local week winds down and is mostly a success

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This month LIBA issued a challenge for locals to try to buy only at local, independent merchants for anywhere from three to seven days at the beginning of July. They're calling July "Independents Month."

I took the challenge last week, and it was both harder and easier than I thought.

Ali Hawthorn from Maxim Media emailed a list of "rules." Here's the big one:

We encourage you to purchase from LIBA members (a searchable listing can be found at www.keeplouisvilleweird.com/members), but any independent business will be fine. Independent means that they are not a franchise or chain— for example, if the owner of the business can decide they want to change the business name, then they are truly independent. *(Special note: LIBA realizes franchises and chains have a place in the community, but for the purposes of this contest we are looking for independent businesses.)*

What was harder?

It turned out that the only two quasi-cheats that I engaged in were in the pursuit of entertainment.

I told you in my last article that I cheated and downloaded the free trial of [Hulu+](#) because I am addicted to Scandal. (The second season gets better. Then worse. And then better again.) My free week is over, and now I am paying for it. Hulu+ is pretty awesome. When I finally do get a replacement television (remember, mine was stolen in a [burglary back in March?](#)) I'm sticking with Hulu and Netflix and an antenna. No more cable/satellite for me.

The second cheat was that it was Fourth of July eve, and I really wanted to do my duty as a patriotic American and see "Man of Steel." Because what says "Go America!" like a little dose of Supe, right?

But my boyfriend rightfully insists we see major blockbuster spectacle-fests on bigger screens than the Baxter. So we went to the new Cinemark in Mall St. Matthews.

But he paid. He said, "I didn't agree to buy local, so there's your out."

Confession: he also bought me a soda at a Walmart later in the week.

I still have 3/4 of a tank of gas, but I have no idea where I would get gas "locally." I didn't have to find out how to eat and drink at the Waterfront Independence Festival because it was so crummy all day that I stayed home and cleaned my kitchen. (And then saw movie #2 of the week: "This is the End" at Baxter.)

(Two-second movie review: "Man of Steel" was pretty gross. Disaster porn. But that Henry Cavill... he's no Christopher Reeve, but he's pretty great. "This is the End" was not my kind of humor, but if you like penis and pot jokes, this is the movie of the summer.)

That being said, entertainment is also easy. I saw a great (free!) [piece of serial theatre from Theatre\[502\]](#) on Friday night. And Sunday night I went to (free!) [Shakespeare in the Park](#).

I would have paid for either one.

What else is hard?

Impulse purchases. I am such a creature of the internet that if I think of something that I "just have to have" I hop on line and buy it. (Don't get carried away here. I am a poor journalist. We're talking books or apps... general cheap stuff.) This week's "have to haves" were a cover for my iPad mini, new sheets and a printed out picture of my boyfriend.

Where in the world would you get photos printed locally?

So, I didn't shop online last week, but I have a mental list of things to shop for tonight.

Also hard: prescriptions. I'm glad my prescriptions were filled before the week started. It's not just that I wouldn't know where to find a local pharmacy, its also that I probably couldn't *afford* my medications.

True story: I'm a 5 year cancer survivor and have been on Tamoxifen for four years. When I first went to get my prescription, I went to Walgreens. And the prescription cost \$90 a month WITH insurance. I broke down into tears. The pharmacist took pity on me and suggested I try Walmart. There they cost \$24 for three months. With NO insurance.

What's easy?

Eating. This past week I ate at Toast, the Come Back Inn, Taco Punk a couple of times and the Grape Leaf. I bought my groceries at ValuMarket (where I buy my groceries anyway). ValuMarket is often a little more expensive than Kroger, but it's generally less expensive than Trader Joe's.

Gifting. I guess I was feeling extra lovey this week because I sent my boyfriend flowers (Nanz & Kraft) and bought him an early birthday present ([Forecastle tickets](#)) and a card ([Why Louisville 2](#)). Easy and appreciated. And the flowers I think were less expensive and nicer than what I've ordered from national chains before. Nanz & Kraft, you won me over.

I didn't miss Starbucks or Target or Subway all that much. But let's face it, it was just a week. And I'm from New England. If I don't get a jolt of Dunkin' Donuts coffee in my system at least once every couple of weeks, I melt like a snowman.

It was a valuable experiment. Perhaps the biggest value was that it forced me to be mindful about purchases and choices. I really don't need a new iPad case at all.