

IT IS SPRINGTIME IN COLUMBUS. CLOSE YOUR LAPTOP AND TAKE A BREAK

By *Lauren M. Hilsheimer*

If you are anything like me, by the time spring finally decides to make its fashionably late appearance in Columbus, you are ready to ditch the down coat and gloves, get off of your couch, and forego loyalty to the Netflix or HBO GO membership that kept you warm all winter. You are officially ready to be reunited with the sun, which you have not seen since last September.

Spring may also be a good time for you to do a gut check: how are you doing at that work/life balance thing? Most young lawyers are not known for excelling in this area, albeit having good reason. With a new job comes pressures, including demanding hours and heavy responsibility (“Uhh, I have to work until when on Friday?”). Nevertheless, it is incredibly important to strive to maintain work/life balance, whatever that may mean to you. Your career is a marathon, not a race.

Here are some low-cost, fun activities to try out around central Ohio this spring to help you achieve this balance. Pick your stress relief poison: be social, get active, or give back to your community. Some of these activities pack a two-for-one punch.

- **Taco Tuesdays @ The Kitchen.** The Kitchen in German Village provides “a participatory dining experience that blurs the lines between patron and chef.”¹ Every Tuesday from 5-9pm, The Kitchen offers theme-inspired tacos. The menu is served a la cart and offers specialty cocktails, beers, and wines that generally pair nicely with the tacos. The tacos range from \$3-4 a pop, and you can generally get out of there spending less than \$15 on dinner for one. You can even show up as late as 8pm and still enjoy these reasonable prices. And make sure to check out the Calendar on The Kitchen’s website—The Kitchen frequently hosts yoga followed by brunch on Sundays for around \$35. Website: <http://thekitchencolumbus.com/>; address: 231 E. Livingston Ave., Columbus, OH 43215.

- **Studio 35 Cinema & Drafthouse.** Visit Clintonville’s Studio 35 Cinema & Drafthouse on that occasional rainy

spring day. Studio 35’s claim to fame is that it is the city’s oldest independent movie theater and draft house. Movie ticket prices are cheaper than usual and keep an eye out for the occasional \$5 admission night. With around 40 beers to choose from, build-your-own pizzas, salads, subs, and popcorn, this experience should exceed your expectations. Website: <http://studio35.com/>; address: 3055 Indianola Avenue in Columbus, Ohio 43202.

- **M.Nicholson’s Hip Hop Fitness Class @ sweatbox.** If your favorite way to relieve stress is a good sweat and you are in search of a new workout challenge, check out M.Nicholson’s hip hop fitness class every Saturday and Sunday at sweatbox in Grandview. Admittedly perhaps not for those who have two left feet, this one hour workout complete with choreographed routines, jumps, planks, and squats will leave you totally exhausted and stress free. In the spring, the staff opens up the garage door in the back and fresh air flows in to cool you off. The good news? M.Nicholson’s patrons are non-judgmental and will pretend not to notice when you botch every routine during your first few classes. The great news? This workout is only \$7 for a drop-in class and \$40 for a ten class package. See you at sweatbox next Saturday! Website: <http://mnicholson.com/hip-hop-classes/>; sweatbox address: 935 King Ave., Columbus, OH 43212.

- **Marcella’s Short North Happy Hour.** If you live in the Short North, you know Marcella’s is packed every weekend night with the exception of when the Buckeyes have a night game during the fall. Perhaps you did not know, however, that Marcella’s has one of the best happy hours in the city. If you can sneak out of work a little early, snag a seat around 4:30pm by the windows in the front of the building that open up on warm spring days. You are in for a treat—half off select food and drinks from 4-6pm every Monday-Friday. The half off select food includes the entire left side of the menu and pizzas, and

the half off select drinks includes wine, beer, and cocktail options. Try out the melted pecorino cheese, arancini, and mushroom pizza with taleggio and truffle oil. Wash it all down with a Milan Manhattan. Yum. Website: <http://shortnorth.marcellasristorante.com/default.aspx>; menu: http://shortnorth.marcellasristorante.com/menus/marcsn_dinner1014.pdf.

- **BESA.** “Besa is about engaging the people and causes around you. . . . It’s about making a difference in your life and your community today.”² BESA helps connect people to their community by aggregating current volunteer opportunities in Columbus on one user-friendly webpage that provides quick sign-up and date and venue information. BESA makes it easy for you to find a volunteer opportunity that fits your busy schedule. You can help serve dinner to families at a shelter, lift the spirit of seniors at a nursing home, or empower youth through sports. Nothing puts work stress in perspective quite like helping those who are less fortunate. Website: <http://www.givebesa.org/volunteer>.

The above activities are just a select few out of hundreds. So make yourself take a break from that brief and get out and explore Columbus. The brief will turn out better with fresh eyes in the morning.

¹ <http://thekitchencolumbus.com/>.

² http://www.givebesa.org/pages/about_us.



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