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**“NATURAL”**  
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# the Common MARKET

eat • shop • learn

Evergreen Square  
5728 Buckeystown Pike, Unit B-1  
Frederick, MD 21704  
www.commonmarket.coop  
301-663-3416  
Open Daily 8 AM to 9 PM

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Sarah Lebherz

**Store Manager**  
Kathleen Weaver

**Manager of Marketing  
& Owner Services**  
Sally Fulmer

**Education & Outreach**  
Kendra Varnon

**Owner Services**  
Sue Leveille

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**Next Board of Directors  
Meetings**  
Co-op Community Room - 6:00 pm  
Thursday, May 22  
Thursday, June 26



## GENERAL MANAGER'S REPORT

**40 Years and Growing!** The Common Market has been very fortunate to be part of a growing community. During our latest Owner Drive we welcomed over 120 new Owners and we continue to see new shoppers in the store every day. Our Owner and shopper growth has supported an overall increase in sales which has resulted in more grocery dollars flowing through the Co-op, supporting the local economy and allowing us to reinvest in our store.

If you have been shopping recently you may have noticed some movement of products and fixtures. We have been focused on making some updates and changes that we expect to have a positive impact on your shopping experience. Our Produce Department has replaced two refrigerators with larger units that will allow for more products to be showcased. A long winter helps to build appreciation for more fresh produce in the spring. In addition, we have moved bulk coffee and bulk spices and herbs to the bulk department aisle.

An upcoming grander change will be to our Wellness Department (body care, vitamins and supplements). The entire department will be undergoing a transformation to include new shelving and lighting, among other features. Please be patient with us during this remodel as we may need to close the department for a short period of time to make some of the larger changes. We are excited to do this work to make the department an easier and more pleasant place to shop.

In May we will be celebrating Fair Trade Day and Celiac Awareness Month and we will host an Owner Equity Drive. June brings Owner Appreciation Days taking place June 19, 20 and 21. As always, we have many great classes in the Co-op Community Room during both months. Please keep reading for all the great happenings in the Co-op!

## FROM YOUR BOARD OF DIRECTORS:

I'm happy to share two great ways that our Co-op is an organization that is "more than a store." The Board of Directors and staff have been active in advocating for GMO labeling laws. We believe strongly that consumers have a right to know what is in their food and make informed buying choices. The Maryland legislature is currently considering GMO labeling legislation. Our Board Secretary and Chair of our Advocacy Committee, John Beutler, represented the Common Market at the committee hearings on the bills, HB1191 and SB778. Two Tuesdays in March, John made the trek to Annapolis to give testimony to the committee about Marylanders' support for this

The opinions expressed herein are those of the authors and not necessarily those of the Board, Management, Staff or Member-Owners of The Common Market Co-op. Nutrition and health information are given for informational purposes only and are not meant as a substitute for a consultation with a licensed health or dietary practitioner.

labeling. We are happy that we could go to our state legislature and speak on behalf of our 4000 consumer-owners! We urge you to contact your legislators as well, to express your support for these bills.

The Board also extended a \$25,000 loan to Sevenanda Natural Foods, Atlanta's only food co-op. Sevenanda has been in business for decades, serving the central city of Atlanta, but ran into an unfortunate series of events last year. They are a viable, long-standing business doing good work and they reached out to the larger co-op community for loans that could address these events. Along with five other food co-ops who also made such loans, we were able to make available resources to help Sevenanda continue its important work. Of course, the Board carefully stewards the cooperative's resources, and fully expects Sevenanda to be able to pay the loan back without difficulty. But it is also important to recognize that part of our mission is to be there as a neighbor and friend to other co-ops doing the same kind of good work in other areas. Cooperation among cooperatives is a key principle of the movement, and we are pleased that our investment has been able to help out our friends and collaborators in Atlanta. Our advocacy and our collaboration are both evidence of how our Co-op is really living out the motto that we are "stronger together"!

*David Cloutier*



# CALL FOR BOARD CANDIDATES

## BENEFITS

- You help direct the future of your Co-op, in the short and long term.
- You collaborate with a great group of committed Co-op Owners.
- You gain a greater understanding and appreciation of what it takes to keep the Common Market a successful store.
- You gain the opportunity to help the Co-op and the cooperative movement to exist and thrive, which in turn helps your community to be stronger and healthier.
- You become an active participant in an extensive network of more than 29,000 cooperatives in the United States today.

## HOW to START

Learn more about the Board and how you can be involved. Come to one of two informational sessions or a Board meeting; drop in to learn about the Board and talk with Board members:

Wednesday, June 25, 6:00 PM-7:30 PM  
Thursday, June 26, 6:00-8:00 PM ( Board Meeting )  
Saturday, June 28, 3:30 PM-5:00 PM

Get an application from the Co-op Service Desk or [www.commonmarket.coop](http://www.commonmarket.coop) starting June 13.

Submit a completed application by close-of-business July 16.

## DUTIES

- Attend monthly Board meetings, typically the 4th Thursday of the month, 6-8 PM (dinner included.) During October through December, meetings usually occur the 2nd Thursday.
- Attend our Annual Meeting (OwnerFest) in September and the annual Board of Directors retreat. This year's Board retreat will be on November 8th.
- Prepare for monthly meetings by studying financial reports, completing monitoring surveys, reviewing general manager information, and other tasks as assigned.
- Serve in the Board capacity at Owner Appreciation Days, participate in committees, and attend regional co-op meetings and other meetings/events as appropriate and as needed.
- Participate in Board Days at the Co-op to communicate with Owners and shoppers while also promoting the value of the cooperative business model.
- Work toward achieving the goals of our Multi-Year Strategic plan, which seeks to expand our Co-op's success and develop partnerships with local vendors and other co-ops.

# CURIOUS & CURIOUSER

## SUE'S ADVENTURES IN IGUANA LAND



The wooden floorboards creaked as I gazed upon the large world map hung behind the front counter of Curious Iguana and thought of the places I have been and would like to visit someday. Behind me were shelves of books that ranged from vegetarian cooking to *William Shakespeare's Star Wars*. I spied one of the owners, Marlene England, behind the bookmark and card display.

Marlene, along with her husband Tom England, owns Curious Iguana, a bookstore and gift shop, and Dancing Bear Toys and Gifts, a battery-free toy store, in downtown Frederick, MD. Through these businesses, Marlene and Tom share their passion for bringing happiness and awareness to the community and beyond. Dancing Bear gives back to the local community through fundraisers, donations and by putting play in everyone's day. Curious Iguana focuses globally with monthly donations to international organizations, a set-up to enable "skyping" with classrooms and authors around the world, and an education series called "Get to Know Your World."

### A Pathway to a Better Life

On this particular night, I was at Curious Iguana on behalf of the Common Market (and myself) to hear two people, film producer/director Rob Rooy of Rooy Media LLC and Leigh Carter, Executive Director of Fonkoze USA, speak about the microfinance institution, Fonkoze, its impact on Haiti's community, and the cooperation it takes to succeed. Fonkoze is Haiti's largest microfinance institution whose mission is to provide the financial and non-financial tools to Haitians—primarily women—to lift their families out of poverty. With a four step Staircase Out of Poverty approach, they provide a pathway to a better life. Fonkoze serves 250,000 people with micro-loans and other financial services, as well as education and health programs.

I was among about twenty people who attended this open event in the back room of Curious Iguana. The

stories presented by Fonkoze were ones of community, cooperation and hope. Coming from the Common Market, I immediately recognize the values and principles at work in both the Iguana and Fonkoze as the same ones that underpin cooperatives including self-responsibility, democracy, equality, honesty and social responsibility. The stories of the women who have been helped and go on to help others through Fonkoze were inspiring, moving, and empowering.

### An Iguana with a Porpoise

The Curious Iguana itself is worth a second glance. Is it a bookstore, an alternative classroom, an avenue for philanthropy, or a whole new thing altogether? In a time when some independent and national brick-and-mortar book stores are closing down, Curious Iguana is just getting started. Marlene and Tom England are optimistic that people have not lost their taste for thumbing through genuine paper pages and are also interested in businesses with a broader mission than just selling a product.

In the summer of 2012, Curious Iguana became what is believed to be the first benefit corporation established in Frederick County, Maryland, and one of approximately 50 such entities in the State of Maryland. Benefit corporations: 1) have a corporate purpose to create a material positive impact on society and the environment; 2) are required to consider the impact of their decisions not only on shareholders but also on workers, community, and the environment; and 3) are required to make available to the public an annual benefit report that as-

sesses their overall social and environmental performance against a third party standard.

As a benefit corporation, Curious Iguana has made a commitment to give a percentage of monthly sales to global non-profits. The owners are particularly fond of those involved with microfinance—specifically Kiva and Fonkoze—because they believe this type of equitable lending empowers borrowers and provides not only the money

**“Who in the world am I? Ah, that's the great puzzle.”**

— Lewis Carroll  
*Alice in Wonderland*



**Tom & Marlene England in their new store, located at 12 N Market St, in downtown Frederick.**

but also the comprehensive support needed to launch and sustain new business ideas, plus the positive effect of microcredit loans can be seen not only in individuals and their families but also in entire communities.

“Tom and I believe that businesses—and individuals—can do much to change the world, and even the smallest efforts can have a positive impact,” states Marlene England. “As much as we’re excited about having an independent bookstore in Downtown Frederick, we’re even more excited about engaging a community of people who care about this world we all share. This is definitely not your typical bookstore.”

The Fonkoze presentation was the first of the Get to Know Your World events, and they have more planned. In early May is a presentation with Shari Scher, retired FCPS educator. Shari and her husband Howie have founded Children of Promise, Children of Hope—a nonprofit with this mission: To assist the community of Los Tocones de Las Galeras de Samana in the Dominican Republic in acquiring a library and to enrich the physical, social, emotional, and intellectual environment and well-being of the children of Los Tocones. This nonprofit will be the recipi-

ent of the Iguana’s charitable donation in May.

As I was leaving, I said my thank-yous and goodbyes and found myself looking back up at the world map behind the counter. Now, instead of seeing the map as a geographical reference and a jumping-off point for daydreams, I started to think about the people in those places, how they work together to carry each other along on the pathway to a better life. And I saw myself as a as a piece of the puzzle, armed with strong values and principles, able to make change happen anywhere I go. This awareness of possibilities that I experienced was all because of Marlene and Tom England’s mission for everyone to “get to know your world.” And since I have begun, I can never go back to yesterday because I’m a different person now.

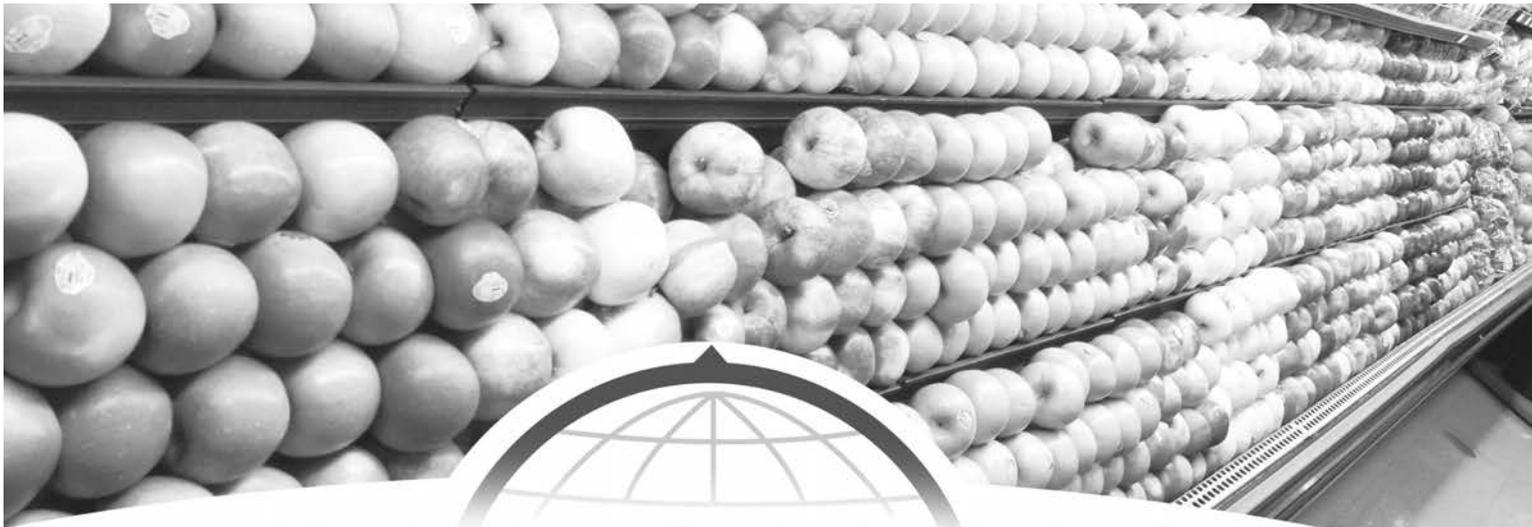
**“I can’t go back to yesterday because I was a different person then.”**

— Lewis Carroll  
*Alice in Wonderland*

***Sue Leveille is Outreach and Owner Services Specialist***



Learn more about Curious Iguana at  
[facebook.com/CuriousIguana](https://facebook.com/CuriousIguana)



# NAVIGATING “NATURAL”

With tons of attention on the GMO issue in 2013, thousands of new non-GMO products entered natural food stores and supermarkets. The profitability of non-GMO products has attracted many new manufacturers, and sales of Non-GMO Project Verified products in 2013 broke \$5B in the U.S. alone.

This guide should help you to navigate some of the most common non-GMO labels.

But many people are still confused about how to make reliable non-GMO choices. What do all the different non-GMO claims out there mean? And which ones can you trust?



▲ This is North America's only independent verification for products made according to best practices for GMO avoidance. The Project's standards are fully transparent, and require ongoing testing and oversight not found in other standards. Look for the Non-GMO Project's butterfly seal, and bring home non-GMO products you and your family can trust.

## MANUFACTURER CLAIMS

▲ With attention on non-GMO products at a high point, many manufacturers have begun including in-house non-GMO claims on their product packaging: “GMO Free, Non-GMO, GE Free, made with non-GMO ingredients”. While many consumers demand GMO-free food, the high risk of crop contamination and limitations to current testing technology make “GMO Free” claims impossible to substantiate in finished products today. Though some manufacturers do go to great lengths to ensure their products are non-GMO, in-house non-GMO claims are often unreliable. Third-party standards and oversight provide reliability, recognition, and ease of use that are valuable to both retailers and consumers.



## The Non-GMO Project requires the following of all products that earn the verification mark:

- **Testing of all major at-risk ingredients** — Any major ingredient being grown commercially in GMO form must be tested prior to use in a verified product.
- **Action threshold of 0.9%** — In alignment with laws in the European Union, ingredients that test above this threshold may not be used in products that bear the seal. Absence of all GMOs is the target for all Non-GMO Project Verified products. Continuous improvement toward this goal is required.
- **Traceability and segregation** — Post-testing practices ensure ingredient integrity through to the finished product.
- **Strict review of low-risk inputs** — Even low-risk ingredients are subject to thorough review of ingredient specification sheets to ensure the absence of GMO risk ingredients.
- **Onsite inspections and annual audits** — Verification is maintained through an annual audit, along with onsite inspections for high-risk products.
- **Surveillance testing** — The Non-GMO Project's technical advisors manage a surveillance testing program to verify the compliance of ingredients and products.



Produce codes *cannot* be relied upon for differentiating between GMO and non-GMO foods. Though a voluntary system was created to call out genetically modified produce with the prefix “8”, this convention is voluntary, and is not in use in the market.

When choosing Non-GMO produce, avoid high-risk items like corn, papaya, zucchini, and summer squash, or choose organic and Non-GMO Project Verified options when buying high-risk items. Organic produce *can* be recognized by the number “9” followed by the four digits of the conventional PLU.

## Buying organic is a good strategy for reducing the presence of GMOs in products you purchase.

GMO avoidance is a central tenet of organic, making organic products much cleaner than their conventional counterparts. Unfortunately, because of the increased proliferation of GMOs over the last 15 years, there is a growing contamination risk to all non-GMO crops, including organic.

- **Use of GMOs prohibited** — Organic producers are prohibited from using genetic engineering and its products in their production practices.
- **Buffer zones** — Producers must create boundaries and buffers to prevent the unintended application of a prohibited substance.
- **Testing when/if contamination is suspected** — When there is reason to believe GMOs might be present, testing may be used to determine whether contamination has occurred.
- **Suspension or revocation of licensure** — When investigation determines that intentional use of GMOs occurred, the certification will be suspended or revoked, and the product may not be sold as organic.
- **Process improvements** — If contamination was unintentional, the source of the inadvertent GMOs must be identified, and improvements must be made to avoid contact with GMOs in the future.

### A Note on “Natural”

Though the word “natural” is often associated with purity or traditional food practices, there are no laws in North America governing the use of GMOs in foods labeled “natural.” It cannot be used reliably to determine non-GMO status.



## What you can DO?

Looking for some simple answers? Here are three things you can do to ensure you're bringing home the best for your family:

- **Choose Non-GMO Project Verified** — Non-GMO Project Verified products provide the most reliable assurance of GMO avoidance in North America, with testing, segregation, and traceability in place to prevent contamination.
- **Go Organic** — Buying organic is a great GMO-avoidance strategy, and organic standards provide health and environmental protections that cover a long list of other critical issues.
- **Avoid other products made with corn, soy, sugar, canola, and animal-derived ingredients.** Even products with in-house non-GMO and natural claims aren't always as trustworthy as they seem.

# COMMUNITY ROOM EVENTS



COOKING

HEALTH &  
WELLNESS

ENVIRONMENTAL



KIDS

BACKYARD  
AGRICULTURE

## THE FIFTH COOPERATIVE PRINCIPLE: EDUCATE TO EMPOWER

Visit our website [www.commonmarket.coop](http://www.commonmarket.coop) and community room bulletin board for other classes and events.



### The AD/HD Alternative: A Holistic Approach to Management, Accomplishment, and Motivation with Stephanie Glagola

What do you know about AD/HD? Those four little letters are the root of an incredible collection of misinformation and misunderstanding. People with AD/HD know that it isn't just a medical condition to be medicated and ignored—it is an integral part of everyday life that impacts those who live with it in remarkable ways. But it's not all bad! In fact, AD/HD can be an incredible tool for success and creativity. In this three part lecture series, participants will learn everything there is to know about the tools for managing this common—and commonly misunderstood—condition. In each lecture, participants will gain new and powerful tools to overcome the most affective symptoms of AD/HD. Getting control of your life with AD/HD is 100% possible. The first step is the whole body approach.

Creator of The AD/HD Alternative Program, Stephanie Glagola provides one-on-one mentoring as a life coach for adults living with AD/HD. Her whole-body whole-life approach to treatment and management incorporates everything from diet to meditation, and all that's in between, to create effortless support systems for those living with the disorder to manage their everyday lives.

Individual classes each:

**\$15, 20% discount for Owners**

**Series discount: \$40, 20% discount for Owners**

*We recommend taking all three classes in this series, but it is not a requirement. Taking any class will be an informative and fulfilling experience.*

### Class 1: What is AD/HD? Understanding an Infamous 4-Letter Word

Thursday, May 1st 6:00-8:00 PM

Every good relationship starts with an introduction. Learn exactly what these four letters can mean, and what current

conventional treatment and management options are. This workshop will also examine where conventional options fall short, and begin an exploration of both the individual nature of AD/HD and the incredible advantages of taking a whole body, holistic approach to treatment and management. Participants will not only learn about the disorder itself, but also gain an understanding of AD/HD as more than just a condition—as a positive and often powerful tool for creativity and success.

### Class 2: It Can Be Done: Creating Structure and Reaching the Finish Line

Thursday, May 8th 6:00-8:00 PM

The first step in AD/HD management is finding your focus, and building systems that make accomplishment effortless. This workshop will examine how the AD/HD mind perceives and creates structure, and the way that building everyday systems for management can have a life changing impact. Participants will learn the basics (and the not-so-basics) of time management, organization, project completion, habit formation, and money management, to name a few. Participants will gain real life, usable tools to take beyond the classroom and manifest real change in their own lives every day.

### Class 3: Whole Body, Whole Life: Alternative Therapies and Lifestyle Changes for AD/HD

Thursday, May 15th 6:00-8:00 PM

Treating AD/HD shouldn't just be taking a pill and hoping for the best. This lecture will take a look at the incredible range of treatment options and alternatives available. Alternative therapies can be much more cost-effective than standard treatment, and often are available free of charge. These options can include meditation, reiki, yoga, acupuncture, and biofeedback, and they can have enormous benefits for AD/HD sufferers. This lecture will also take a look at lifestyle modifications that can change the face of this disorder—everything from eating your greens to spending more time

in green spaces—and teach the tools to make these changes. Participants will gain a better understanding of a whole-body, whole-life approach to treatment management, as well as real skills and practices to use in their everyday lives.



### **Becoming a Better You Through Mindful Eating** with Timothy Ford

Saturday, May 3rd 1:00-2:30 PM

Are you looking for simple, powerful ways to improve your health through nutrition? Wish you enjoyed eating healthfully? Diets don't work, and neither does beating yourself up inside for eating chocolate cake. Learn to make healthy, satisfying choices that move you towards your ideal weight, keep you energized, and support the lifestyle you love. Participants will learn about the benefits of mindful eating and how to practice it at every meal. This class functions as both a stand-alone lecture that anyone can join and as ongoing support and education to attendees of the previous Healthy Lifestyle Transformation Series.

Founder of the Integral Wellness Center, Timothy Ford brings scientifically supported methods and proven results to his wellness programs. His integrative approach incorporates a variety of topics in nutrition, physical fitness, and stress management. Timothy specializes in showing people realistic, effective, and affordable ways to fit health changes into their busy lives.

**\$15, 20% discount for Owners**



### **Frequency of Medicine: The Future of Holistic Medicine** with Jedidiah D. Smith, Ph.D., CHHP

Saturday, May 17th 1:00 – 3:00 PM

Technology has changed every profession on earth—holistic medicine, prevention and wellness is no exception. During this workshop we will look at several of these technologies that are providing breakthrough information about the body in new ways. Raman Spectroscopy (laser based technology), Compass (bio-harmonics), and Rife Wave (square wave) will be shown, and appropriate use and efficacy will be discussed and demonstrated.

Jedidiah D. Smith has been in private practice for nearly 30 years. He is originally from Dayton, Ohio where he became founder of The Ohio Wellness Center, a consortium of Holistic Health and Clinical Practitioners specializing in an integrative approach to health and healing. He also attended and became co-developer and CEO of The Ohio Academy of Holistic Health, Inc., the first state approved training center in the mid-west and also the first academy of its type to be federally accredited in the nation.

**\$20, 20% discount for Owners**



### **Earth Oven Building Workshop** with Robert Strasser

Saturday, May 17th 9:30 AM–4:00 PM &

Saturday, May 24th 9:30 AM–4:00 PM

Experience building a low cost, low-tech, wood fired earthen oven from start to finish in two days! Earth ovens are great for making bread, pizza, and many other foods. You will come away from this two-part workshop with the basic skills to step out into your own earthen oven building journey. This is a hands-on experience, and you can get your bare feet into the mud mixing process too. Together we will build an oven base and dome from native soil, sand, and straw mixed together in various proportions to make adobe, cob and a finishing plaster.

Lunch will be provided. Come early each day for a warm up beverage and talk. Work starts at 10 and we will adjourn early if we get the task du jour finished early. As a fun extra component to the workshop, hosts Randy and Francy Williams will take participants on a tour of their straw bale house and the house where the Common Market began as a bulk food buying group.

Robert Strasser is a biologist and ceramic artist who resides in Frederick. He worked as a volunteer in the first Common Market store and has been a member for most of its history. His major areas of professional work include education, forest conservation and ceramic arts.

**\$60 per class, Class limited to 10 participants**



### **Everything You Wanted to Know About Using Homeopathic Remedies for Children**

with Erin Kinney

Tuesday, May 27th 6:00-8:00 PM

There are so many wonderful things about children, but raising them is not an easy thing to do. And when children get sick, being a parent becomes even harder! Making choices about whether or not to give Tylenol to bring a fever down, what to do with a cranky teething baby, or how to deal with chronic ear infections is not easy. Thankfully, homeopathic medicine can help. Homeopathic remedies are safe and effective. They can be used to treat the majority of common ailments in children. All it takes is learning some of the basics.

Dr. Kinney will discuss which remedies are indicated for common conditions and which remedies are good to have on hand for acute situations. She will instruct you on how and when to use those remedies, as well as when to seek outside care.

Dr. Kinney is a naturopathic doctor whose journey into holistic medicine began with her own personal interests in nutrition, mind/body medicine and women's health. She studied psychology and business at Vanderbilt University and went on to earn her doctorate of Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine.

**\$18, 20% discount for Owners**



### **Kitchen 101: Picnic and Party Side Dishes**

*with Common Market Cafe Staff*

**Thursday, May 29th 6:00-8:00 PM**

Picnics, pool parties, summer fun; it's just around the corner. So, what are you taking to the pot uck party? We are going to discuss and share recipes for our most popular side salads from our salad bar and Grab-n-Go case.

Potato salad, grain salad, coleslaw, and bean salad will all be highlighted. We will demonstrate how to make a few base sauces and marinades to use in a wide array of dishes. By simply adding or changing a few ingredients to come up with creative and unique flavors, you will have people thinking you spent hours when it really took only 30 minutes.

**\$20, 20% discount for Owners**



### **Soap Making 101** *with Teresa Kasten*

**Saturday, May 31st 1:00-5:00 PM**

Learn how to make soaps that do what you need them to do without worrying about what's in it. Learn the difference between hot and cold process while making a hot batch with all natural ingredients that you could eat. If you wouldn't put it in your body, why put it on your body? This step-by-step class will guide you in choosing what goes into your bar, how to make your own recipe, what makes it soap, and creating your own scent! Each participant will be leaving with 1 pound of their own hand-made soap. Please bring your own mold/container to take home your soap in.

Teresa Kasten is a work-at-home mom who started making soap for two of her children that happened to have two different skin conditions. Two problems, one solution! She lives outside of Frederick with her family, one rabbit, three cats and 100+ chickens—but who's counting?

**\$35, 20% discount for Owners**



### **Clinical Reflexology: The Application of Reflexology for Real Prevention and Wellness** *with Jediah D.*

*Smith, Ph.D., CHHP*

**Saturday, June 7th 1:00-3:00 PM**

Reflexology is a method of activating our bodies' natural healing power to reduce pain and to normalize all body functions, especially those showing signs of dis-ease, through the manipulation of the feet and hands. The history, application and efficacy of Clinical Reflexology will be discussed in depth. We will review which charts are most accurate, appropriate digit techniques and procedures. Each attendee will be given an opportunity to experience Clinical Reflexology first hand. Contraindications will be discussed.

Jediah D. Smith has been in private practice for nearly 30 years. He is originally from Dayton, Ohio where he became founder of The Ohio Wellness Center, a consortium of Holistic Health and Clinical Practitioners specializing in an integrative approach to health and healing. He also attended and

became co-developer and CEO of The Ohio Academy of Holistic Health, Inc., the first state approved training center in the mid-west and also the first academy of its type to be federally accredited in the nation.

**\$20, 20% discount for Owners**



### **Kitchen 101: Vegan & Vegetarian Cooking w/Tofu, Tempeh and other Meat Alternatives**

*with Common Market Cafe Staff*

**Saturday, June 14th 1:00-3:00 PM**

We will focus on how to creatively use meat alternatives in vegan and vegetarian dishes in order to provide variety and flavor to what otherwise can be boring ingredients. We will highlight some of our most popular recipes and discuss how to adapt popular meat based dishes with meat alternatives to satisfy even the most ardent carnivores without breaking the bank!

We will continue discussions from our previous vegan and vegetarian class on building your pantry allowing you to effectively create unique dishes at home at any time with only a few ingredients purchased from the store. Some of the products we will highlight are tofu, tempeh, Beyond Meat Chik'n, mushrooms, and garbanzo burgers.

**\$20, 20% discount for Owners**



### **Spice up Your Health** *with Dr. Jyothi Rao*

**Thursday, June 12th 6:00-7:30 PM**

So many of the diseases we have in American society are due to inflammation—heart disease, cancer and autoimmune disease. Many diseases can be prevented and/or curtailed by changing what we put into our bodies. Come and discuss with us your confusion and anxiety about food. We'll learn from each other with a conversation on spices: a perfect start to the meal. Together, let us be empowered to change our diets and, with that, enrich our lives and the lives of our families. We will start the discussion with our top 10 spices and review the latest information on research, new recipes and practical uses of these wonderful health tools.

Dr. Rao is a Board Certified Internal Medicine Physician, Medical Acupuncturist, and Fellow in American Academy of Anti-Aging, Functional Medicine. She is in the process of obtaining her Masters in Metabolic Nutrition at the University of South Florida while she works at Shakthi Health and Wellness Center in Mt. Airy, MD.

**\$15, 20% discount for Owners**



### **Enjoying Fitness Again: Cultivating Energy, Balance, and Strength in Movement** *with Timothy Ford*

**Saturday, June 28th 1:00-2:30 PM**

Would you like to live with more energy? Feel more solid and confident in the way you exercise and move? Prevent injuries and falls? Participants will learn simple, everyday ways to increasing physical strength, flexibility and balance through

working with posture and movement. This presentation includes lecture and hands-on application. This class functions as both a stand-alone lecture that anyone can join and as ongoing support and education to attendees of the previous Healthy Lifestyle Transformation Series.

Founder of the Integral Wellness Center, Timothy Ford brings scientifically supported methods and proven results to his wellness programs. His integrative approach incorporates a variety of topics in nutrition, physical fitness, and stress management. Timothy specializes in showing people realistic, effective, and affordable ways to fit health changes into their busy lives.

**\$15, 20% discount for Owners**

## Please read the *fine print*:

### Class registration & information

Three ways to register

1. Phone: 301-663-3416 by credit card.
2. In person: at our Co-op Service Desk. Cash, check, credit card or Common Market gift card.
3. Mail: Send check or credit card information to 5728 Buckeystown Pike, Frederick, MD 21704. Along with your check, include names of each attendee, phone number, Owner # if applicable, and the name and date of the classes you wish to attend.

### Fees and Registration

- Payment is required at registration.
- Full refunds will be given for classes that Common Market cancels. Individuals who wish to cancel their registration for classes must contact the Co-op Service Desk with 48 hours' notice to receive a full refund. No refunds will be given for cancellations made less than 48 hours of a class.

### Please Note

- ASL interpreting may be provided upon request. Send ASL interpreting request to [education@commonmarket.coop](mailto:education@commonmarket.coop) no fewer than 7 days prior to the desired class.
- Children are welcome in the Community Room so long as the material of the class is age appropriate for the child and a seat has been paid for. We kindly ask that parents excuse themselves from the room if their children become disruptive.
- Out of respect for people with chemical sensitivities, we ask that fragrances and scented products not be worn in class.

**These seminars are provided as an educational opportunity for our community. The ideas expressed do not necessarily reflect those of The Common Market, our Owners or employees.**



A GROWING PART  
OF THE  
*Frederick*  
**COMMUNITY**  
SINCE 1974



The aim of the Common Market's Education & Outreach program is to provide an educational and inspiring environment in which to explore, with our community, natural approaches to health and sustainability through our classes and events.



### COOKING:

Learn more about cooking techniques and experiment with fresh new ingredients.



### HEALTH & WELLNESS:

Obtain the knowledge that can help restore balance to your body & mind.



### ENVIRONMENTAL:

Cultivate awareness and engage in the topics of local and global preservation.



### KIDS:

Fun, interactive experiences for kids to learn about food and where it comes from.



### BACKYARD AGRICULTURE:

For the first time gardener or avid green thumbs, these classes help you find the pay-dirt in your own backyard.

*eat shop learn*



# STAFF SPOTLIGHT

Meet Susan Hirsch. Susan works part-time in the Co-op's Wellness Department and provides wellness and herbal consultations at Healing Circles Wellness Center in Frederick. To say she is a wealth of knowledge is just the tip of the iceberg.

Susan is a Clinical Herbalist with a Master's degree in Herbal Medicine from Tai Sophia Institute. Susan moved to MD from Greensboro, NC where she got her feet wet in the herbal world while working at Deep Roots Market Co-op. Currently she lives on a farm with her husband, growing herbs, veggies, and garlic. She has a vision of utilizing the experience of growing plants to synergize with the consumption of herbs for enhanced healing effects and well-being. Her theory is that plants help us heal by reminding us of our connection to something larger than ourselves.

Her training as an herbalist makes her an invaluable resource to customers and staff alike. Susan's professional demeanor and endless patience are just a few of the reasons people seek her out. Her positive attitude and easy going personality make her very approachable. She is a bright ray of sunshine – even under great stress.

*Here is a little more about Susan from the lady, herself:*

**What is your current position & how long have you worked at the Co-op?** Wellness steward, 5 1/2 years.

**What brought you to the Co-op?** I came to Maryland to go to school for herbal medicine and nutrition, and fell in love with the Frederick area.

**What do you like best about your job?** Talking to many different kinds of people and helping them learn and become empowered to make educated choices

**How has working at the Co-op affected your life?** I am what is known as a "co-op lifer"- once you work at a co-op, you can never go back into normal society. I love the social and educational nature of the job, and the idea and energy exchanges that occur in a co-op. It is the source of physical and spiritual food.

**What are some of your favorite products at the Co-op?** Cherry Glen chèvre, Satsuma mandarins, organic local produce and meats, tulsi tea, dark chocolate.

# SUSAN HIRSCH

WELLNESS SAGE

**What is your favorite food to make?** It always changes according to the season. I like stews and pestos because you can throw everything in them and they taste good and they are good for you.

**When you have 30 minutes of free-time, how do you pass the time?** Cook some food, read in an obscure herbal book, stretch and do yoga, or walk around in the garden.

**What is something you learned in the last week?** How to make a cauliflower crust pizza!

**If you could learn to do anything, what would it be?** Fly

**What is the one thing that should be taught in school that isn't already?** Emotional intelligence and how to be aware of your body.

**What would you name the autobiography of your life?** The rainbow mandala

**Where do you see yourself in 10 years?** Living in the moment.

-----  
 "Susan is both the knowledge base and the source of positivity within the Wellness Department. She's passionate about the Common Market and we love having her here. She also comes up with the raddest outfits of any other employee." - **Schuyler, Wellness dept.**

"If I could borrow a brain for a day, it would be Susan's. She is my favorite plant wisperer. I know I can count on her for digestible information on herbal remedies and a dose of positivity to brighten my day."

- **Alecks, Demo Coordinator**

"Susan is a wonderful coworker and asset to our team. Our customers ask for her by name and trust her with their health concerns. We are so lucky to have somebody with such knowledge of supplements, diets and nutrition! Thank you, Susan, for helping to keep our staff and community healthy!"

- **Sarah, Co-op Service Desk**



# FAIR TRADE



On

THIS MONTH!

MAY 10<sup>th</sup>

we will be celebrating World Fair Trade Day with Alaffia, Alter Eco, Divine Chocolate, Dr. Bronner's Magic Soaps, Equal Exchange, Guayaki Yerba Mate and Maggie's Organics. All these brands are committed to fair trade through their entire supply chains supporting small family farmers and trade justice policies.



Look for great deals on fair trade products at the Co-op from April 28 through May 20, when the manufacturers have agreed to donate 1 percent of purchases made at participating co-ops to Root Capital. Root Capital is a non-profit social investment fund that grows rural prosperity in poor, environmentally vulnerable places in Africa and Latin America by lending capital, delivering financial training, and strengthening market connections for small and growing agricultural businesses. The National Cooperative Grocers Association ([www.strongertogether.coop](http://www.strongertogether.coop)) will be matching the manufacturers' donations as well. Learn more about Root Capital at [www.rootcapital.org](http://www.rootcapital.org).



Common MARKET

During the month of May, current Owners & new Owners that pay their equity balance off will receive a free reusable bag and be automatically entered to win prizes, including a \$100 Common Market gift card!

**MORE INFO @ THE CO-OP SERVICE DESK!**

YOUR VOICE. YOUR VOTE. YOUR CO-OP!

# HEART SHAPED FRENCH TOAST

*Drizzled with Strawberry Syrup*

..... BY ELLIE

This Mother's Day let your little ones do the dirty work! For a perfect start to Mother's Day, let the kids make you this delicious and child friendly breakfast.

Submitted by Ellie S. (age 7) for our Chef's Challenge Breakfast Edition, this recipe has been kid made and mother approved.

## FRENCH TOAST

2 eggs

1/2 cup almond milk

1/4 teaspoon vanilla

6 shakes of cinnamon

6 slices of challah bread (cut into hearts with a cookie cutter)

Cooking spray



Heat the griddle up to medium heat. In a bowl add the 2 eggs along with the almond milk, vanilla and cinnamon. Whisk until ingredients are mixed well. Spray the griddle with nonstick cooking spray. Dip both sides of each slice of bread into the mixture and let a little bit of the mixture drip off. Place the bread on the heated griddle. Cook until golden brown on each side.



2 cups of fresh sliced strawberries

1 cup sugar

1 cup water

Put strawberries in a saucepan over medium heat, mash them with a whisk. Add the sugar and water to the strawberries and bring to a boil. Stir until the sugar dissolves and the strawberries are cooked down. Then put the strawberry syrup in the blender and blend it up until thick.

MARK *your* CALENDAR

for  
**OWNER  
APPRECIATION  
DAYS**

JUNE



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# FOR THE KIDS

# RECYCLED GUITAR

## SUPPLIES

- Cardboard box
- Cardboard tube
- Long rubber bands
- Duct tape

### OPTIONAL:

- Coffee stirrers, cut in half
- Hot glue gun

## INSTRUCTIONS

1. Cut a round hole in the top and bottom of your cardboard box, for the tube to fit in.
2. Insert your cardboard tube through the holes, leaving about 1/2 inch of the tube exposed on the bottom of the guitar and duct tape in place.
3. Cut a circle about 5 inches in diameter on the face of the box.
4. Cut notches on the top and bottom of the cardboard tube about 1/4 in deep.
5. Optional: Glue several coffee stirrers together to form a plank. Glue it to the front of the box below the circular hole that you've cut. Glue another coffee stirrer to the tube just below the notches.
6. Insert rubber bands in the notches and attach them to the bottom of the box, taping in place.
7. Play!



MALCOLM

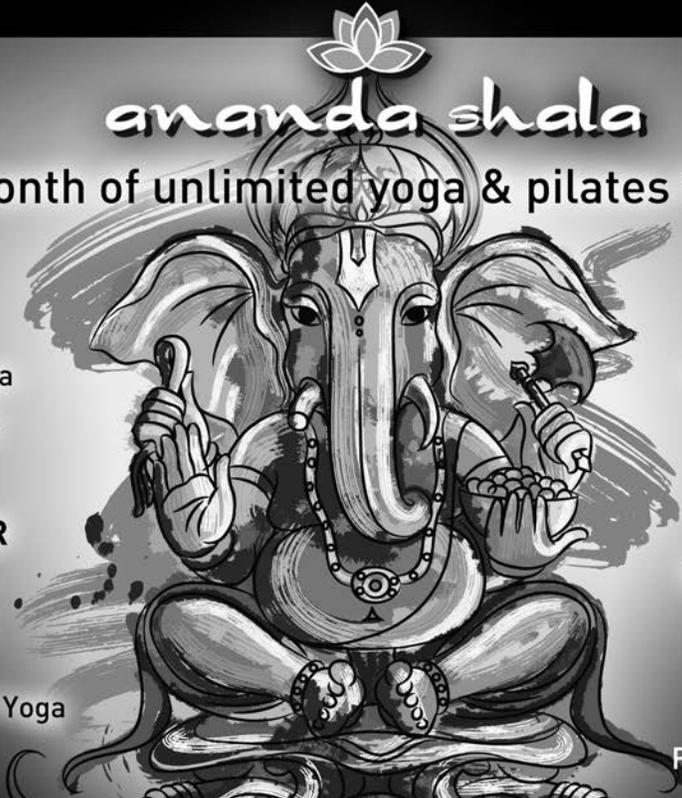
RECYCLED GUITAR HERO



For printable guides and tip sheets on celiac disease and living a gluten-free lifestyle, visit [www.celiaccentral.org/Resources/Printable-Guides/373/](http://www.celiaccentral.org/Resources/Printable-Guides/373/)

Celiac disease is a digestive and autoimmune disorder diagnosed to individuals who are intolerant of gluten-based foods. Gluten is a protein found in many foods processed from grains – most commonly wheat, rye and barley. The disorder is known to affect between two to three million Americans and that number is constantly growing. Celiac Awareness Month is an event held throughout the United States each May and is supported by the National Foundation for Celiac Awareness (and other relevant organizations). This event raises awareness about celiac disease, and highlights the work of the National Foundation for Celiac Awareness (NFA) to improve the quality of life for people on a life-long gluten-free diet.

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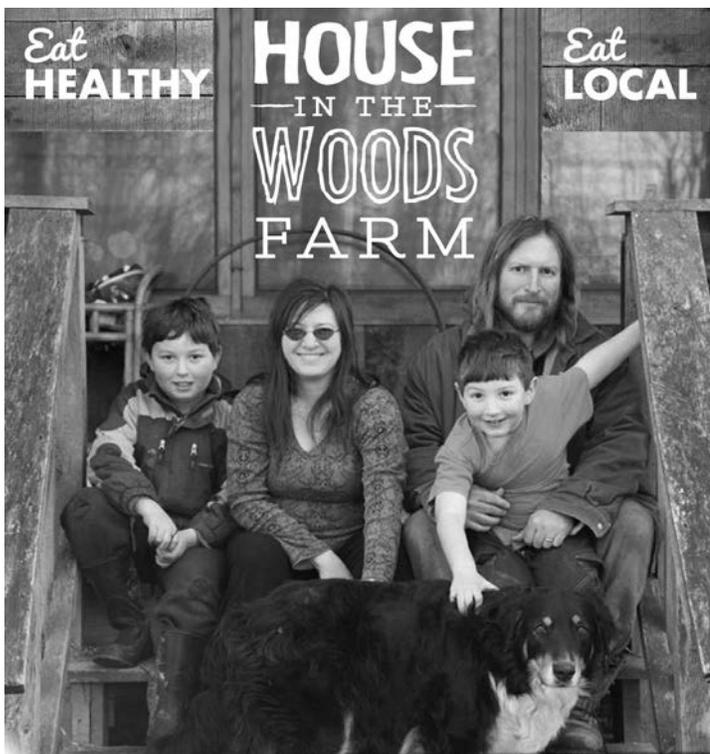
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