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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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**Store Manager**  
Kathleen Weaver

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

**Education & Outreach**  
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## Next Board of Directors Meetings

Co-op Community Room - 6:00 pm  
Thursday, March 27  
Thursday, April 24



## GENERAL MANAGER'S REPORT



This year the Common Market celebrates our 40th year rooted in the community! Our Co-op started in 1974 when a small group of families wanted access to natural and unrefined foods that were not available in conventional grocery stores. The families were also interested in an alternative business model and operated with a consumer-owned cooperative structure. Since the early 1970's, a much broader audience has become interested in natural foods and co-ops such as ours have widened their products and services

to meet the changing desires of their members. Since my parents were founding members of the Co-op, along with many others who are still Owners today, I have had the pleasure of seeing the Co-op through its many growth stages. When I first started working at the Common Market, we had two registers with a bell at the front to call the cashier in case they were stocking shelves. Since then we have grown to over 4,200 Owners, 117 staff members (87% full-time with benefits) and many achievements with our social, economic and environmental triple bottom line. **There are many, many reasons why we think our Co-op Rocks, but we want to hear from you!** Stop by the Co-op Service Desk and tell us why you think this Co-op Rocks.

Over the course of the next several months, we will be celebrating this milestone with a number of events, posters, articles, social media shout outs, and merchandise, culminating in a special 40th anniversary OwnerFest in September. Keep an eye out for more details as they sprout up, and look for our new 40 YEARS & GROWING recycled canvas bags for sale at the Co-op Service Desk.

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.

## the healing power of nature & the nature of healing

AN INTIMATE RELATIONSHIP BETWEEN HUMAN AND PLANET

**B**y this time of year many of us are finding ourselves cooped up in our homes each day, spending more and more time inside buildings, isolated from Nature and its cold. But there's a price to pay for all that isolation and insulation from the outside. Many begin to feel depressed, have a lack of energy or motivation or just an overall feeling of being less passionate and alive. There's a very good reason for this.

*The Earth has incredible healing and balancing properties* that soothe and invigorate the human soul and spirit and can actually enhance the immune system and healing properties of the body. This takes place through the Earth's ability to emanate a frequency, a vibrational energy that can actually be measured. In fact the Earth resonates at approximately 7-16 Hz. This frequency matches the resonating properties of the human body (compared to the 180-250 Hz of the common house with all the electrical appliances which can be disruptive to the central nervous system and body.) This matching of frequencies encourages the para-sympathetic system (the system that re-establishes balance verses the sympathetic system which reacts to our stressful environment) of the human body to be activated and release the stress and imbalances, especially glandular and hormonal, thus encouraging healing and harmony to the person. It's no wonder that around this time many people go to places where they feel connected to Nature and its beauty; whether it's in a tropical setting with its sunshine and beaches or a snow capped mountain or forest to ski in the fresh clean air and the absolute stillness.

Research has shown that when there is green space included in urban development, stress is lowered as well as crime rates. When students are allowed to be in class rooms where Nature can be viewed through windows concentration improves and resistance to things like peer pressure, sexual pressure, and other challenges are more easily handled. Patients allowed to commune with Nature improve faster and with less medication.

Science has come to realize that within the dirt of the Earth lay certain bio-organisms that are meant to be a part of our digestive processes along with certain flora and bacteria. But with our paranoia of germs and disease we are now over sterilizing our environment and creating a whole different type of imbalance (unhealthy mutated organisms that lack the natural organisms to control them due to anti-bacterial products.) This cuts our children and us off from Nature's way of providing our bodies with the necessary organisms, bacteria, and flora to strengthen our immune systems through our gut and skin.



So what's the answer? Get out in Nature! Take your lunch break where you can sit in the sun (in moderation) or be out in nature. Take a break from the stale office air and pollutants by taking a short brisk walk outside. It will invigorate you. Listen to the sounds that Nature makes by closing your eyes while sitting on a bench in the park. When you are in Nature let your visual senses take in all the various colors and shapes. More vibrant than any computer monitor, the colors and shapes found in nature actually force your brain to work a bit harder to process it all — helping to stimulate activity in the brain and develop those neural pathways. Who needs Luminosity when you have Nature? Step outside and get smarter — it's a no-brainer!

True health comes from the things we do to promote our well-being every day. In my practice of 30 years I've witnessed patients improving the most and fastest by remembering that Nature has the power to heal. Keep it simple. Give Nature a chance to make a difference in your health — you'll be glad and healthier that you did.

Contributed by Jedidiah D. Smith, PhD., CHHP. Dr. Jedidiah is the founder of the Center for Holistic Wellness & Anti-Aging in downtown Frederick. The Center tailors Holistic Health care services to the patient/client's wellness goals. | [www.thecenterforholisticwellness.com](http://www.thecenterforholisticwellness.com)

# ILENE'S WEED & PEST CONTROL

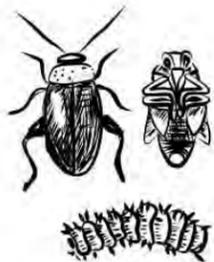
Here are some helpful tips from our friend *Ilene Freedman*. She utilizes these techniques while growing her crops at *House In The Woods Farm*.



▲ Row covers help prevent pests from feasting on your plants. The materials needed to construct row covers could be found at your local hardware store.

## WHEN IT COMES TO WEEDS & PESTS, PREVENTION WORKS BEST.

Effective prevention depends on a strong, healthy immune system. As with our bodies, the healthy ecosystem of the soil is a living balance that must be nurtured. **Create a healthy balance in your soil by enriching your soil with compost and organic fertilizer.**



The Flea Beetle illustrated in the three stages of its life cycle. These can do serious damage to your garden. Be sure to identify and rid your plants of any infestation.



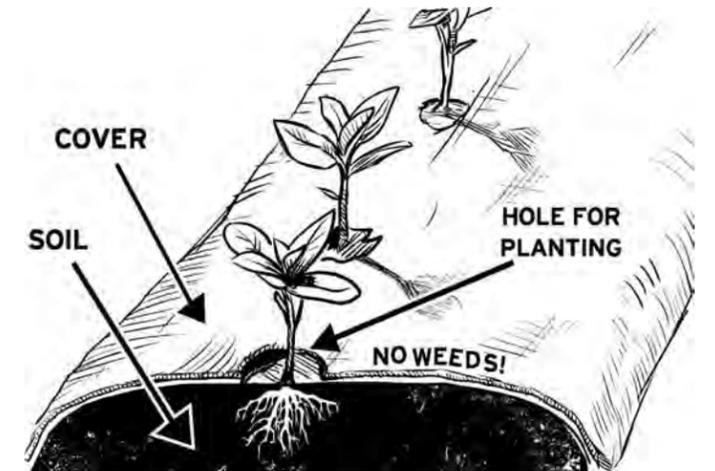
Sunflowers attract stink bugs away from your tomato plants. You should plant sunflowers on the edge of the garden to help stop the stink bugs before they get deeper into your garden.



A hoe should become your garden "weapon of choice." By utilizing this simple tool you can maximize your plants' health in addition to saving yourself countless hours of weeding.

## WEED CONTROL

- **HOE THREE TIMES**, a week apart, to let the weeds germinate but still be small and easy to hoe. After three times, you are often pretty clear of weed seeds. This technique takes diligence.
- **LANDSCAPE FABRIC** – it's mostly known for landscaping trees, but works perfectly to stop pesky weeds from popping up between plants. House in the Woods is kind of pioneering this fabric for this use.
- Many gardeners put down other kinds of **PHYSICAL WEED BARRIERS**, like newspaper or cardboard and then a layer of mulch.



▲ Landscape fabric lays on top of your crop rows allowing sunlight to only hit the designated areas that you cut out and place your seed into. This limits the amount of energy that is able to reach those unwanted weeds making it difficult for them to grow.

## PEST CONTROL

- **CROP ROTATION**— Keep those bugs and pests confused. Be sure to differ your crop locations from one year to another. Preferably these rotations would be drastic and, ideally, far away from where they were planted the previous year.
- **PHYSICAL BARRIERS**— Row cover keeps flying bugs from laying their eggs on plants, like the white cabbage looper moths, on broccoli and other crops. It keeps away bugs that will sit and eat your leaves, especially flea beetles (on beans, radishes and eggplant, among other crops.)
- **TRAP CROPS**—You can lead pests onto a desirable plant and then kill the bugs off it (dunk into soap water, spray with pepper spray, pick off bugs.) Sunflowers attract the stink bugs away from your tomato plants. We plant sunflowers on the edge of the garden to stop the stink bugs from getting past that into our tomatoes.
- **BENEFICIAL BUG HABITAT**— All bugs are not created equal. There are plenty of good bugs to keep around the garden. Bring in lady bugs, nurture praying mantis cocoons that hang around, create rich soil that harbors the earthworms and good bugs. Plant flowers and plants like nasturtiums, marigolds (repel pests), and permanent hedgerows around your garden, to attract beneficial bugs.

### WANT TO LEARN MORE?

Join Ilene and Phil Freedman for a workshop on weed and pest prevention strategies for your organic home garden. See full details on page 9.

**Thursday, MARCH 6th @ 6:00 - 8:00 PM**

You can sign up and receive more information at the Co-op Service Desk.

*eat)shop)learn*



BACKYARD AGRICULTURE

**the Common MARKET | EARTH MONTH EVENTS**



**SATURDAY  
APRIL 5<sup>th</sup>  
NOON - 3 PM**

Every year over a billion people in 190 countries take action for Earth Day. All over the world, people plant trees, clean up their communities, contact their elected officials, and more—all on behalf of the environment.

We celebrate Earth Day throughout the whole month of April, and it's kicked off by our popular Earth Day Youth Art Show! Come in and see environmentally themed artwork by young artists on display throughout the Co-op. Chow down on free hot dogs (meat & veggie) and listen to live music by Willie Barry and His Chaperones.

**SATURDAY  
APRIL 19<sup>th</sup>  
10 AM - 1 PM**

**In celebration of Earth Day and the dedication of local farmers, big and small, we are having another Crop Mob at House in the Woods Organic Farm.**



**WHAT IS A CROP MOB?**

Crop Mobs are organized groups of people who lend their support to local farmers by pitching in on the farm. An added benefit of participating in the crop mob at House in the Woods Farm is that it helps raise money to purchase fresh, organic food from House in the Woods to the Frederick Food Bank. Participants are asked to donate \$5 or more toward providing fresh, local produce to feed those in need.

**WHAT YOU'LL GET:**

- Dirty hands and a huge sense of satisfaction
- Knowledge of how a small local farm works
- Light sustenance to keep you going while working

**SIGN UP @  
THE CO-OP SERVICE DESK!  
MORE DETAILS ON PG 11.**

**SATURDAY  
APRIL 26<sup>th</sup>  
8:45 AM - NOON**

With your help, we will be cleaning up the roadside that runs through the Frederick Watershed as part of the 26th Annual Potomac River Watershed Cleanup. Please sign up by contacting the **Co-op Service Desk at 301-663-3416** so we have an accurate count for gloves, safety vests, food and drinks! We will also provide directions to the site where we will be meeting. Besides the satisfaction of giving back, **volunteers will be entered into a raffle to win some great prizes including a \$100 Common Market gift card.**

**FREDERICK  
WATERSHED  
Clean Up!**



**RAIN BARREL GIVEAWAY**

- Free enter-to-win Earth Day giveaways during the month of April, including a rainbarrel from Scott Key Center.

- Free tastings and samples made by environmentally responsible companies on Saturday, April 12, 10am- 3pm.

**EARTH DAY YOUTH ART SHOW**

**THE DIRT:**

The Common Market, in partnership with Community Fare, is launching an art contest with the purpose of educating young people on the environmental issues facing Frederick County.

**WHO CAN DIG IN?**

Any "kid" (under 18) can choose an environmental theme from the list provided and submit artwork based on that theme.

**DEADLINE FOR ENTRIES:**

Entries must be received by **Friday, March 21st, 2014**. Winners will be selected by an independent panel of judges and contacted before the art show.

**CHECK OUT THE ARTWORK:**

The Common Market will host a special event to open the art show and recognize the ten winners in our Community Room on **Saturday, April 5th, 1-3pm**. All of the entries will remain on display throughout the store from April 5th to April 29th.

**WANT TO ENTER?**

Create a color picture, multi-media, collage or whatever art you wish depicting your interpretation of one of the themes listed. Drawings must be created on an 8.5" x 11" page, backed by construction paper, and must follow one of the themes listed.



Mail or hand-deliver your entry to:  
**The Common Market  
5728 Buckeystown Pike, Unit 1-B  
Frederick, MD 21704**

On the back of your artwork, please include which theme your entry is depicting, your name, school, age/grade, t-shirt size, email, and telephone number. Entries must be postmarked by 3/21/14. Contestants must be under 18 to enter.

**For more information call 301-663-3416 or visit [www.commonmarket.coop](http://www.commonmarket.coop)**

*Frederick County Public Schools is not a sponsor of this contest; however, student participation is encouraged to complement academic growth and endeavors.*



## COMMUNITY ROOM EVENTS



COOKING



HEALTH &amp; WELLNESS



ENVIRONMENTAL



KIDS



BACKYARD AGRICULTURE

### THE FIFTH COOPERATIVE PRINCIPLE:

Education, Training and Information: Cooperatives educate and train their members, elected representatives, managers, and employees so they can help with the development of their cooperative. They also inform the general public about the nature and benefits of cooperation.

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



#### The Lifestyle Transformation Series (three classes) with Founder of the Integral Wellness Center, Timothy Ford

Confused by all the diets, trainers, and health advice? Or perhaps you know several important things you need to do to change your health, but struggle to make it stick? In this three part lecture series, participants will learn a summary of nutrition, fitness, and stress management best practices that give significant results with the least effort. In each lecture, participants will be guided through the process of applying what they learn to their daily lives and health goals using a non-willpower-centric approach. Participants can expect to come away empowered with the knowledge and skills to author their own health transformation.

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.

#### 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: Saturday, March 1st 10:00 AM – 12:00 PM

##### Nutrition Transformation

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. This lecture will focus on making easy, delicious changes to what you're eating. Participants will also learn common nutritional myths, how to create macronutrient balance at each meal, and how to eat to best support their health and life goals.

#### Class 1: \$15, 20% discount for Owners

#### Class 2: Saturday, March 15th 10:00 AM – 12:00 PM

##### Fitness Transformation

Do you remember what it was like to run just for the fun of it, because your body was overflowing with energy? If it's been too long since you felt this, it's time to rediscover your vitality! Learn to eliminate muscular pain and increase your health with movement you enjoy and can safely do on your own. Expensive personal trainers

and gyms not required. This lecture will cover a range of topics in fitness, the safest and most effective way to develop your body, stretching and posture, and most importantly, how to make fitness part of your life.

#### Class 2: \$15, 20% discount for Owners

#### Class 3: Saturday, March 29th 10:00 AM – 12:00 PM

##### Stress Management & Relaxation Transformation

Relax into a new way of living beyond traditional stress management. Learn to cultivate vital peace and experience the healing and rejuvenation that comes from stillness. This workshop will examine the risks and cost of chronic stress, overview effective practices for dealing with stress, and how to elicit the relaxation response. Participants will examine the ways stress is affecting them and apply what they learn to create more balance and peace in their daily lives.

#### Class 3: \$15, 20% discount for Owners



#### Farming for Consumers with Rick Hood

Tuesday, March 4th 6:30 – 8:30 PM

From learning the difference between hay and straw, to when synthetic chemicals were introduced to agriculture and why, local farmer Rick Hood will share some of his extensive knowledge about the fascinating world of farming. Learn why so much corn is grown, why vegetables are more expensive than flour, and how crops go from seed to your cereal box. This class will provide answers for people who may not want to farm but are curious about the processes used in growing their food and other farming facts.

Rick Hood owns and operates Summer Creek Farm, a certified organic farm in Thurmont, Maryland. Rick's scope of knowledge is not limited to simply how to grow a great tomato (which is not as simple as it sounds.) His understanding of food policy, economics, and historical perspective makes him an absorbing speaker. Don't miss this opportunity to glean some of the facts behind the food we consume.

#### \$12, 20% discount for Owners



#### Weed and Pest Control in Your Organic Garden

with Ilene & Phil Freedman

Thursday, March 6th 6:00 – 8:00 PM

Join Ilene and Phil Freedman for a workshop on weed and pest prevention strategies for your organic home garden. You'll learn a variety of weed prevention strategies from experienced farmers as they share House in the Woods's stories of trial and error. Learn how to ward off pests and weeds while creating a strong soil ecosystem through cover crop rotation, physical barriers, trap crops, and pest and beneficial bug habitat. Phil and Ilene were recipients of the Mother Earth News 2013 Homesteaders of the Year award and love sharing their knowledge and experience to encourage homegrown sustainability and success.

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



#### Life in the Hive: An Overview of Beekeeping with Rick Hood

Thursday, March 13th 6:30 – 8:30 PM

Prepare to be amazed as you learn about the intriguing world of these hard working pollinators. This is an overview of the honey bee community and life in the hive. Learn how honey is made, how bees live, and how to aid in the agricultural world. This introduction to their world will provide an understanding of bees and beekeeping so that we may better appreciate and protect this vital part of our eco-system.

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



#### The Art of Juicing for Wellness, Longevity and Anti-Aging

with Jedidiah D. Smith, Ph.D., CHHP

Saturday, March 15th 1:00 – 3:00 PM

Proper juicing entails more than just pushing some fruits and vegetables through a juicer. To get the most from juicing it must be performed with a purpose or intent. This workshop will help you determine what you want to accomplish and where to go to get the right information. Learn about types of juicers and which is right for you. Find out what types of vegetables should be used for different types of health issues such as diabetes, cancer, skin health and more. Come to this workshop to learn when it is appropriate to add or use fruits. Samples of juicing will be demonstrated and discussed. All you wanted to know about juicing and more!

Jedidiah D Smith PH.D, CHHP 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



#### Gardening for Beginners with Rick Hood with Rick Hood

Tuesday, March 18th 6:30-8:30 PM

This course is a less intense version of the basic organic gardening course. It is oriented for people who have never gardened and want to know where to start. We will cover how to grow some basic crops like tomato, beans and squash. Learn how to select and prepare your garden site, how to read your plants for signs of distress, and how to become a better gardener each year.

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



#### Basic Organic Gardening with Rick Hood

Thursday, March 20th 6:30-8:30 PM

Learn organic vegetable gardening from this experienced farmer. Join Rick Hood of Summer Creek Farm for a workshop on organic vegetable gardening. In this class, you will learn the basics of soil preparation, nutrient management, planting, weed control, pest control and harvest timing. Rick will spend this time giving you the basics and answering your questions. This class is ideal for folks who have some gardening experience and know-how and are interested in improving their results and moving to the next level.

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



#### Rain Barrel Building Workshop with Rick Hood

Saturday, March 22nd 10:00-11:00 AM

Come learn about the benefits of installing and using rain barrels. In this class you will not only learn about rain barrels but construct one too! Rick Hood has been constructing rain barrels for over 5 years. Learn how to make and install a barrel. Learn all the uses of a rain barrel as well as the environmental benefits. Rick will supply the materials, tools, and the know-how. All you need is an interest and a downspout! Space is limited – don't wait to register.

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

#### Additional materials fee: \$48 to be paid directly to instructor at the workshop, by cash or check only.



#### Kitchen 101: Budget Basics with the Cafe Staff

Tuesday, March 25th 6:00-8:00 PM: Vegetarian & Vegan Budget Basics

Tuesday, April 1st 6:00-8:00 PM: Meat & Seafood Budget Basics

In our Café, we try to work by the motto of "waste not, want not." And we want to share our love of food and thriftiness to help others to eat well on a lean budget. Whether its tempeh, tofu, meat, seafood, grains or legumes – we will teach you to stretch your dollar and inject flavor into everyday meals. Learn how to make the most of each ingredient and turn one meal into several without breaking the bank or your patience with tedious and time consuming recipes. We will discuss stocks, sauces, soups, casseroles, salads and much more.

We will have several dishes to taste and companion recipes to take home and try out on your own. We will include some of our most popular dishes from our Café based on customer feedback and suggestions. We have scaled these recipes down to a manageable size for the family kitchen.

We will offer two classes, one focused on vegan and vegetarian foods and the other will include meat and seafood.

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



#### Creating Needle-Felted Faces with Ilene Freedman

with Ilene Freedman

Wednesday, March 26th 6:00 – 8:00 PM

No previous experience required for this introduction to needle-felting. The class will include an introduction to some of the many possibilities of this art form. There are so many applications for DIY needle-felting crafting—decorate shirts, jeans, purses, greeting cards, wool pictures, sculptural dolls and animals. Then, using a simple tool and beautiful wool fleece, Ilene will guide you in creating sculptural faces that seem to come alive. Class includes a small kit of supplies to get you started in class and at home. Due to the sharp needle-felting tool, this class is for ages 10 and up, and adults of all ages. For the past decade, when she's not farming at House in the Woods Farm,

Ilene White Freedman has been exploring fiber arts and all things wool, primarily knitting, wet felting and needle-felting.

**\$22, 20% discount for Owners (price includes a \$10 supply fee)**



**Growing Mushrooms Outdoors** with Michael Judd

Sunday, March 30 1:00 - 4:00 PM

Grow your own mushrooms! It is easier to grow mushrooms at home than you think. You can grow delicious and nutritious culinary and medicinal mushrooms in your own garden or home (in apartments, and on rooftops and patios, too!) Learn how to inoculate stumps, logs, wood chips, and burlap sacks while improving your garden ecology.

In this interactive class you will learn the types of culinary mushrooms that grow well in our area, the conditions required and the equipment you will need. We will discuss growing mushrooms on logs and stumps, saw dust and wood chips and other natural culture options. The class will also cover the basics of mushroom science and how fungi functions in nature. Learn how to inoculate logs, stumps and wood chip patches. Take home your inoculated mushroom log.

**This is an off-site workshop; directions will be provided upon registering. This workshop will take place rain or shine; participants should dress appropriately for outdoor activity.**

**\$55 (price includes one inoculated log)**



**New Me Series: The Functional Medicine**

**Approach to Health** (three classes) with Dr. Rao

Functional Medicine regards people as integrated, whole, complex beings, not as disparate parts that work (or fail) independently. It focuses on treating the root cause of a problem, not just the symptoms. This series is designed to introduce people to what a functional medicine approach to health looks like and why it is needed. Learn how tough medical problems can be tackled by looking at the functioning of the body. Prepare yourself for a brand new year, with some brand new ways to improve your health.

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.

**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:** Thursday, April 3rd 6:00-7:30 PM

**Heal My Gut, Heal My Body**

The health of your gut is the foundation of all health. By healing your gut, you can help heal chronic illness and inflammation. In this class, Dr. Rao will explain food sensitivities, chronic GI inflammation, testing options, and the role of the elimination diet. Walk away with practical ways to control your health by helping your gut. After all you've only got one GI, Joe.

**Class 1: \$15, 20% discount for Owners**

**Class 2:** Thursday, April 10th 6:00-7:30 PM

**Chill Out: Stress and My Adrenal Glands**

We are all familiar with the temper-flaring, heart-pumping, sweaty-palm effects of stress. But there are many more physiological responses to stress going on in your body at the same time. These responses have real names and real consequences for your health.

Find out how stress causes hormonal changes and its effects on the rest of the body. Learn about how much control we DO have in managing our stress and blunting the high cortisol (i.e., stress) response. We will discuss the connection of stress with glucose control, fat metabolism, energy issues and inflammation.

**Class 2: \$15, 20% discount for Owners**

**Class 3:** Wednesday, April 23rd 6:00-7:30 PM

**Protect My Heart**

What are the best ways to protect your heart? We can't stop you from falling for the wrong person, but we can help you avoid other dangers and discover ways to protect this vital organ. In this class, you will learn about the role of glucose and insulin in coronary artery disease and the lifestyle changes you can make to protect yourself. Find out the increased incidence of pre-diabetes in normal weight individuals and its relationship to coronary artery disease. Learn about Metabolic Syndrome, its risk factors, how it relates to your heart health, and how not to become a part of this epidemic.

**Class 3: \$15, 20% discount for Owners**



**Herbs as Food: Spring Clean** with Susan Hirsch

Wednesday, April 9th and Tuesday April 29th 6:00-8:00 PM

Learn how to incorporate common and uncommon medicinal herbs into food. This class is an expansion of Susan's "herbs as food" theme with a special emphasis on aligning with the spring season by focusing on cleansing the liver and the body with fresh greens and roots. (You do not need to have attended her winter class, and if you did, there will be new experiences and herbs.) Susan will review the basics of the energetics theory (e.g., hot/cold, dry/moist, etc.), how foods act on and move through our bodies, and how to apply this wisdom using herbs. With this simple theory you can learn how to identify imbalance and how to bring about balance in your body. You will leave with recipes, resources, and happy taste bud memories.

Susan Hirsch is a Clinical Herbalist with a Master's degree in Herbal Medicine from Tai Sophia Institute. She is qualified as a Nutritionist in the State of Maryland. You can also find her part-time in our Co-op's Wellness Department.

**\$22, 20% discount for Owners**



**The Use of Medicinal Essential Oil** with Jedidiah D. Smith Ph.D.,

CHHP

Saturday, April 19th 1:00-3:00 PM

Only 2% of all essential oils in this country are actually pure according to National Association of Holistic Aromatherapy. Most people want essential oils that are actually pure, organic and safe for their clients/patients/family and yet they are not given the appropriate education, training and products to accommodate this growing need. Come and learn how to determine if the essential oils you are using are truly pure 100% of the time. You will learn to the importance of Latin binomials for the safe use of medicinal essential oils. Also within this class you will sample essential oils and learn how to create your own medicine chest for yourself, family and clients. Special attention

will be given for the use of essential oils for children. This and much, much more will be learned. Jedidiah D Smith Ph.D, CHHP 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**



**CROP MOB! @ House In the Woods Farm**

Saturday, April 19th 1:00-3:00 PM

**In celebration of Earth Day and the dedication of local farmers (both big and small) we are having another Crop Mob at House in the Woods Organic Farm.**

What is a crop mob? Crop Mobs are organized groups of people who lend their support to local farmers by helping them to complete various farm jobs that would take the farmer much longer to accomplish alone. Previous "mobbors" have assisted with a variety of farm tasks including: weeding the huge garlic patch, preparing row covers for the next growing season, grinding corn for chicken feed, clearing out the hoop house in preparation for plantings, preparing potting mix for seedlings, and planting and watering seedlings.

An added benefit of participating in the crop mobs at House in the Woods Farm is that it helps raise money to purchase fresh, organic food from House in the Woods to the Frederick Food Bank. Participants are asked to donate \$5 or more toward providing fresh, local produce to feed those in need.

**What you'll get:**

- Dirty hands
- Knowledge of how a small, organic farm works
- Light sustenance to keep you going
- A huge sense of satisfaction

**Sign up to be part of the Crop Mob at the Co-op Service Desk!**



**Benefits of Detox with Erin Kinney**

Wednesday, April 30th 6:00-8:00 PM

Many of the toxins abundant in the environment today including certain pesticides, herbicides and industrial chemicals can enter our bodies through the food, water, and air supplies. These toxins can become trapped in our body's organs and tissue: and, over time, can negatively impact health, reduce vitality, and eventually may contribute to the development of chronic diseases.

Detoxification should be a part of everyone's health regime and, when done properly, can increase energy and vitality, provide more restful sleep and clearer thinking, improve weight loss, boost moods and reduce the risk for chronic disease

This class will explain in detail the importance of regular detoxification and will provide simple and effective ways to support the body's natural two-phase detoxification process to safely remove toxins accumulated in the body.

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 then went on to earn her doctorate of Naturopathic Medicine from the University of Bridgeport College of Naturopathic Medicine.

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

**Register for classes at the Co-op Service Desk - 301.663.3416 or send email to education@commonmarket.coop for payment options.**

**THE FINE PRINT...READ ME PLEASE!**

Prepayment of your class is required to reserve your spot. Please be aware that only those students who have paid the class fee are considered to be fully registered and count toward the required minimum number of students needed to hold a class. Payment may be made using the following methods:

- By phone with a credit card.
- By mail, send a check for the required amount and please include the following information: names of all attendees, a contact phone number, Owner # if applicable, and the name and date of the classes you wish to attend.
- In person, by cash, check, credit or debit at the Co-op Service Desk.

Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called and informed of the cancellation. Students may either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows. Please be on time! Late arrivals are disruptive to the instructor and other students. The classroom is open at least 15 minutes before each class. Anyone arriving more than 10 minutes late will, unfortunately, be counted as a no-show and that seat may be given to another student. Register for any class at the Co-op Service Desk - 301.663.3416 or email education@commonmarket.coop for payment options.

ASL interpreting may be provided upon request, but is not guaranteed. To request ASL interpreting service for a specific class, contact education@commonmarket.coop no fewer than 7 days prior to the 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.**

**Children in the Community Room**

While we welcome you to bring your children along to classes in the Community Room, we ask that you ensure the material of the class is age appropriate for your child and that you register and pay for their seats in the class. In an effort to make the class experience a positive one for everyone, we kindly ask that you excuse yourself from the room if your child becomes disruptive.

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# STAFF SPOTLIGHT

Meet Nick Rippey, produce prep yogi. His interest in fresh, vibrant, nourishing food has honed his eye for selecting the best. Much of the produce found on the Common Market's shelves has first passed through the hands of this man and is better for it. Nick is well suited for the meditative work of prepping produce — fill, cull, trim, soak, drain, repeat.

Nick's co-workers appreciate his ability to adapt to any role needed within the department. On top of that, he does a great job at everything he does which makes produce one lucky department. When Nick was a produce steward he elevated stacking apples in the fruit case to an art.

Nick is friendly and easygoing and has a great sense of humor. Another thing that stands out about Nick is his uncanny ability to have an informed conversation about absolutely anything which allows him to blend well with Produce's diverse team. He also does yoga in the prep room.

### *Here is a little more about Nick from the man himself:*

**What is your current position and how long have you worked at the Co-op?** I am the prep steward in the produce dept. and I have worked at the co-op for 5 1/2 years.

**What brought you to the Co-op?**

I was seeking a job at a place for which I could feel good about working.

**What do you like best about your job?**

Helping friends, family, coworkers and customers find joy and peace through a connection to their food.

**How has working at the Co-op affected your life?**

It has broadened my dietary horizons, greatly improved my well-being, and introduced me to new perspectives on life.

**What are some of your favorite products at the Co-op?**

Any in-season fruit or vegetable, brown rice wraps from the café, and hemp seeds.

**What is your favorite food to make?**

Smoothies of all kinds.

**When you have 30 minutes of free-time, how do you pass**

# NICK RIPPEY

## PRODUCE YOGI

**the time?** Read some articles on the internet or do some asanas [yoga postures].

**What is something you learned in the last week?**

Kali, partner to Shiva, also can be called Shakti or Devi.

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

Sing.

**What is the one thing that should be taught in school that isn't already?**

Nutrition and accurate history.

**What would you name the autobiography of your life?**

RIPPED

**Where do you see yourself in 10 years?**

Growing food.

Here are some of the things that Nick's coworkers had to say about him:

**"I always knew when I came in the morning after Nick closed the fruit side, the 'Apple Wall' would look like a perfected state of apple nirvana. I wish I had a picture."**

- Lori D., Asst. Produce Mgr.

**"Nick is like a walking encyclopedia. Every day I learn something new."**

- Leslie R., Produce Steward

**"I really enjoy our philosophical conversations about the loss of individual rights and living off the grid, among other things. Nick should have his own radio show one day called 'Talking Loud with Nick' because he gets really loud when he's enthused about something."**

- Kai J., Produce Steward



## GREEN CHILI EGG BAKE

by Ellen Lewis

### INGREDIENTS

10 eggs  
4 cups shredded Monterey Jack cheese  
2 cups small curd cottage cheese  
1/4 cup butter, melted  
1/4 cup flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
paprika  
2 (4 ounce) cans chopped green chilies, drained

### METHOD

- 1) Preheat oven to 350°.
- 2) Beat eggs, stir in other ingredients except paprika.
- 3) Pour into 13 x 9 greased baking dish
- 4) Sprinkle with paprika. Bake for 40 minutes (or until set).
- 5) Cool for 10 minutes before serving. Makes 8-10 servings for breakfast/brunch.

Pictures & recipes can be found on our Facebook page, [facebook.com/commonmarket](https://www.facebook.com/commonmarket)



## SAVORY RICE FARINA WITH SPICED EGGS

by Shirley Jacob

### INGREDIENTS

1 1/2 cup brown rice farina  
1-2 tbsp coconut oil  
1/4 cup raw cashews  
1/4 cup raisins / dried cranberries  
1/2 tsp mustard seeds (optional)  
1/2 tsp cumin seeds  
1 small onion, chopped  
1 tsp grated ginger  
1 Thai chilli / jalapeño pepper, halved  
1 carrot, grated fine  
1 1/4 - 1 1/2 cups water  
1 tsp salt

### METHOD

- 1) In a large skillet, dry roast the farina. Stir constantly until aromatic, about 5 - 10 mins. Remove into a small bowl and keep aside.
- 2) Melt the oil and fry the cashews and raisins. Remove into another bowl when cashews start browning.
- 3) In the remaining oil, add the mustard seeds and fry over medium heat until they pop. Add the cumin, ginger, pepper, and onions. Fry until onions are soft.
- 4) Add the carrots, salt and 1 1/4 cups of water. When the mixture starts simmering, add the farina carefully whilst stirring. Mix well.
- 5) Lower heat to a simmer, cover the pan and let cook for at least 10 minutes.
- 6) Taste to check if rice is cooked. If not cooked well or it's sticking to the pan, add about 2 Tbs of water at a time, until rice is cooked.
- 7) Sprinkle with cilantro and mix well. Remove from fire and keep covered until ready to eat.
- 8) To make the eggs, melt oil in a small skillet. Add the hard-boiled eggs and stir. Add mustard seeds, if using. Add the spices and stir to coat all the eggs.
- 9) Remove from fire and transfer to a serving bowl.
- 10) Serve the farina along with banana, sliced eggs and a cup of herbal tea.

1/2 cup chopped cilantro  
1/2-1 ripe banana per person, cubed

Herbal tea.  
Spiced eggs (recipe follows)

### For the eggs:

1 - 2 eggs per person, boiled  
2 tbsp coconut oil  
1/2 tsp mustard seeds (optional)  
1/4 tsp cayenne pepper powder  
1 tsp paprika  
1/4 tsp salt



The United Nations declared 2014 as the International Year of Family Farming (IYFF). According to the Food and Agricultural Organization of the United Nations the International Year of Family Farming honors over 400 million family farms in both developed and developing countries, defined as farms that rely primarily on family members for labor and management. Such farms produce the food that feeds billions of people. In many developing countries family farms make up on average up to 80 percent of all farm holdings.

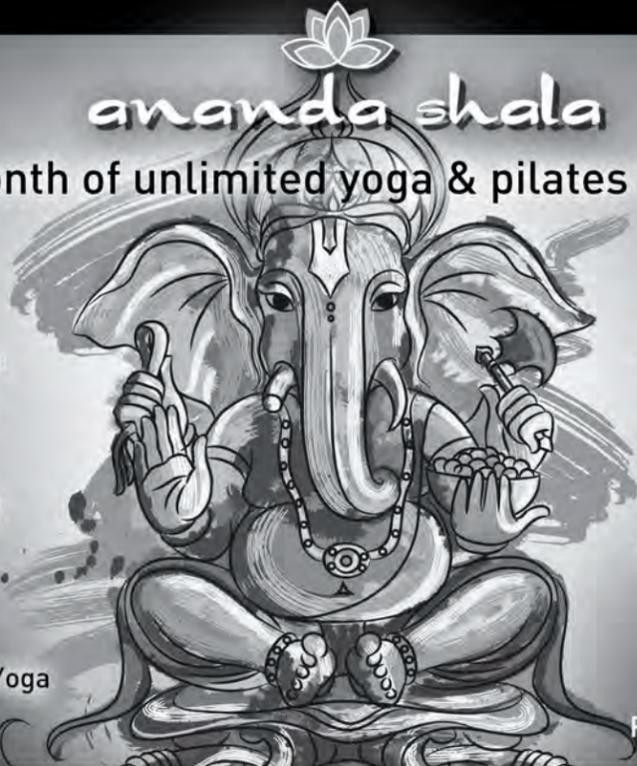
This yearlong celebration aims to raise the profile of family farming and smallholder farming by focusing world attention on its significant role in eradicating hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, particularly in rural areas.

◀ Ron Holter, a local family farmer, grazes his cattle on his farm in Jefferson, MD. The Holter family has farmed this land since 1889 and are part of the Organic Valley Co-op.

Roger Johnson, president of the National Farmers Union said, "This is one way of highlighting what farmers do and re-establishing that connection, not only to the production of food, but how that food provides nutrition, how the earth is cared for and how we help our fellow human beings who may be suffering from hunger."

**IYFF is an excellent opportunity to celebrate farmers for all that they are - business women and men, teachers, innovators and inventors, and stewards of the land who deserve to be recognized for the services they provide that benefit us all.**

Find out more about IYFF events and details: <http://www.fao.org/family-farming-2014/en/> and [foodtank.org](http://foodtank.org)



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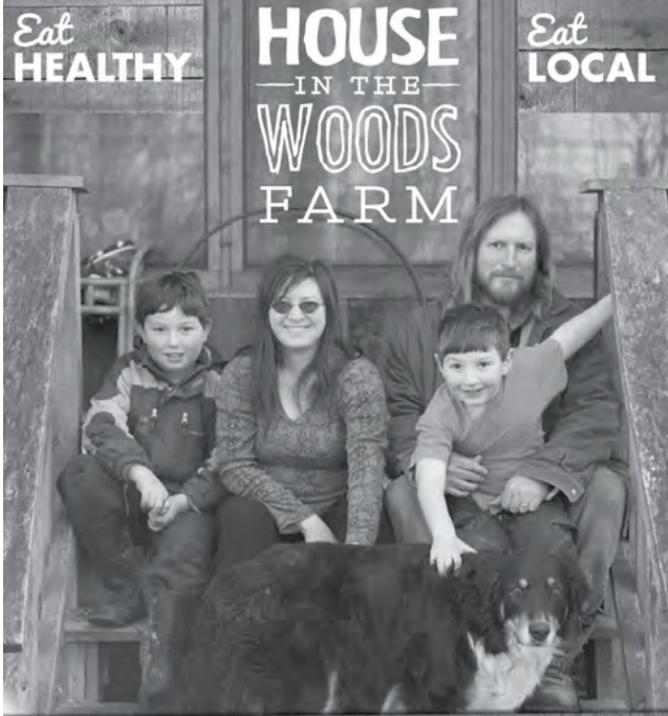
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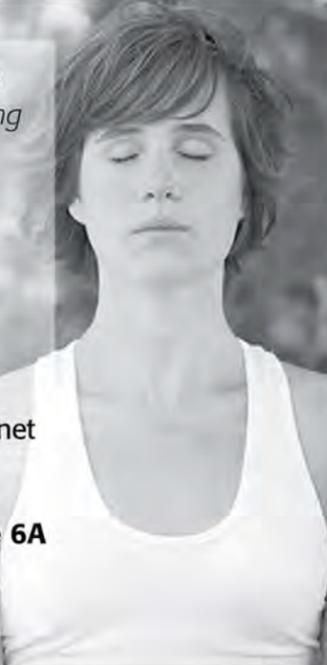
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