



Common Market

CO-OP NEWSLETTER



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

General Manager
 Sarah Leberz

Store Manager
 Kathleen Weaver

Manager of Marketing & Owner Services
 Sally Fulmer

Education & Outreach
 Alexis Self

Owner Services
 Kendra Varnon

Board of Directors
 David Cloutier, *President*
 Jim Jenkins, *Vice President*
 John Beutler, *Secretary*
 Maria Acker
 Pat Allen
 Annie Marshall
 Annette Stefancic
 James Hanna
 Margie Lance



facebook.com/thecommonmarket

Next Board of Directors Meetings
 Co-op Community Room - 6:00 pm
 Thursday, January 24
 Thursday, February 28



GENERAL MANAGER'S REPORT

By Sarah Leberz

Happy New Year!

I sincerely hope this issue of our newsletter finds everyone happy, healthy and ready to embrace 2013! The advent of a New Year can often be a time for reflecting and resolving to bring about change in your life whether it is to eat healthier or cut out certain things from your diet. We hope that The Common Market will be a resource for you throughout the year to make these goals easier and less intimidating. Our Co-op Community Room will be holding some excellent workshops on health and wellness. We will have featured items to help you shape up your plate. And our most valuable resources of all, our staff, are here to serve you.

Hurricane Sandy Update

Thanks to all our Owners and customers for your patience and concern while we recovered from a brief power outage caused by Super Storm Sandy in late October. Thanks to the hard work and dedication of our staff members we were able to re-open quickly to serve you. And big thanks to those who shopped and participated in our Hurricane Relief Day on November 28th. Thanks to your donations and our 5% sales match on that day, we are sending a check to the Red Cross for \$2025 to aid people impacted by the storm.



Board members at the Annual Retreat at Liberty Village Co-housing Community.

Board Annual Retreat

In November the Board of Directors met for their Annual Retreat. Liberty Village Co-housing Neighborhood hosted the day-long retreat with facilitator, Michael Healy, a consultant from Cooperative Development Services, who has been working with the Board for several years. This year's retreat agenda included conversations around expansion, long term planning and partnerships. The outcome of the retreat was further refining of a multi-year Board plan for building knowledge on expansion strategies and engaging with Owners. Please remember you can contact the Board directly at board@commonmarket.coop.

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.

Owners – Don't forget to redeem your Patronage Rebate Voucher

Eligible Owners (Owners who purchased more than \$300 between July 1, 2011 and June 30, 2012) received their patronage rebate vouchers in early November. Don't forget to redeem the voucher for cash or a gift card, towards purchases or donate to the Maryland Food Banks. The Co-op will be required to pay taxes on the total patronage allocations associated with any vouchers that are unredeemed by the February 7th expiration date. Last

year, \$5,000 of unclaimed prior year patronage rebates gave rise to approximately \$9,523 in state and federal taxes. **The Board implores each Owner to use the money that they have earned by patronizing their Co-op before the February 7th expiration date.** If you did not receive a voucher or are unsure of your voucher status please contact Owner Services Coordinator Kendra Varnon - Kendra@commonmarket.coop.



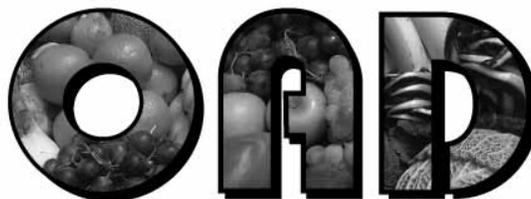
Name that Coolie

You may have noticed our "can coolies" on display at our registers recently. We brought these in before Ownerfest in September, mainly because we figured "who doesn't love to keep their drink cold and their hands warm?" We had a limited run of them made featuring our logo along with the bold statement "I'm a local Yokel," and so far, they've been well received. Now that they are running low, we wanted to print more with the hope that they might catch on and become the next big collectable item. These little beauties have the added charm of being made from 85% recycled material (hence the "eco" in the name.) We have had lots of ideas for them, and some of them are even clean enough to print, but where to start? So here is what we wanted to do: Give our Owners, friends, and fans a chance to tell us which can coolie to print next. Starting on January 2, we will post a photo album of our favorite designs on our Facebook page, and the one that gets the most likes will be printed on our next round of can coolies. Here is a sneak peek at the contestants:



New Year, New Hours

Who hasn't wished there were more hours in the day from time to time? Now there are! The Common Market has extended its hours of operation to 8 am to 9 pm every day. We will be closed New Year's Day, so our new hours will start on January 2nd. For you early morning gym-goers and late Sunday evening shoppers, we hope you will enjoy having a little extra time to shop!



Owner Appreciation Day 2013

February 21, 22, 23

Owners, receive 10% off one shopping trip of your choice on one of these three days.



Join the Challenge to Be a Green Leader

Do you want to conserve valuable resources and create a healthy home? Frederick County's recently launched Green Leader Challenge can help make that

happen in your household and community!

Green Leader is the second component of Frederick County's Green Homes Challenge, a three-part program

that helps households save energy (Be a Power Saver), adopt environmentally-friendly practices (Be a Green Leader), and use renewable energy (Be a Renewable Star). By participating in Green Leader, your household can reduce its environmental impact, improve health and safety at home, and save money on utilities, fuel, and goods. You can certify in the Green Leader Challenge by taking actions such as recycling, composting, carpooling, eating local foods, using environmentally-friendly cleaners, installing low-flow showerheads, installing rain barrels, reducing fertilizer use, and more.

How the Challenge Works

Households participate in the Green Leader Challenge by completing their choice of the 101 Green Actions listed in the Green Leader Handbook, available online and in print. Your

household could decide to focus its efforts on particular categories, such as Waste Management or Indoor Water Conservation, or you can complete various actions from all categories. Each Green Action has a corresponding point value ranging from 1 to 4. If you complete enough actions to earn 70 Green Points, you can certify as

a Green Leader Household. You can even track your actions and points using an interactive certification spreadsheet that estimates your energy, greenhouse gas emissions, financial, fuel, and water savings. Just complete our Certification Form or

spreadsheet listing the steps and actions you have taken, and you are Certified!

The best part is that the Green Leader Handbook tells you how to accomplish your actions. Each Green Action is accompanied by a description including the action's benefits and instructions on how to complete it. The interactive online version of the Handbook (available at www.FrederickCountyMD.gov/GreenHomes) includes web

links to well-researched online

resources, such as County recycling instructions, composting how-to videos, and native plant guides. Everything you need to accomplish your goals is in one place - your Green Leader Handbook.

What's in it for You?

Being a Green Leader will benefit you, your household, your community, and the

environment. "I save lots of money by cycling instead of driving, my fitness level has improved, and I have significantly reduced the emissions I put into the air," said Certified Green Leader and Frederick City Alderwoman Kelly Russell. "I eat more fresh fruits and vegetables purchased at local farmers markets, which is good for me and good for the local economy. Through conservation efforts my water bill has not risen, despite rate increases. I feel good about doing my part to help the environment, and I save money as well."

In addition to these benefits, the Green Homes Challenge provides incentives, recognition, and prizes for participating and certified households. Households that sign up for the Green Leader Challenge are eligible to receive a free soil testing kit and lab analysis that provides recommendations for fertilizing and maintaining your lawn and garden. Certified households receive recognition,

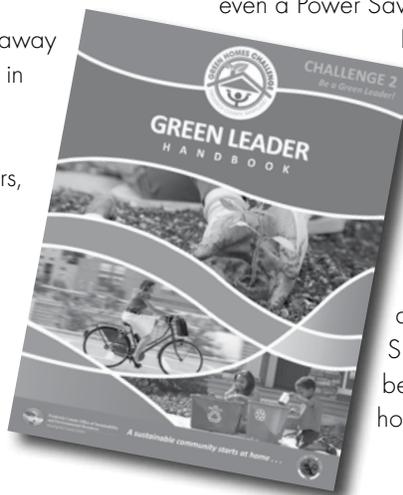
including a Green Leader Certificate, yard sign, recognition from County officials, and even a potential media profile. Best of all, all households Certified in the Green Leader Challenge get entered into annual drawings for high value prizes. During the



first prize drawing for Certified Power Savers, who saved energy by completing the first component of the Green Homes Challenge, fourteen households walked away with prizes. A few of the prizes included \$2,000 in custom energy efficiency services from Lancaster Craftsmen Builders, a weekend stay at a LEED-certified hotel from Plamondon Hospitality Partners, a rain barrel from the Scott Key Center, and a load of Revive Compost from Frederick County Department of Solid Waste Management.

Get Started

The first step is registering for the Green Homes Challenge and taking an online Pre-Survey that gages your current level



of action. From there, you can become a Green Leader and even a Power Saver too. To register or learn more, visit www.FrederickCountyMD.gov/GreenHomes, call 301.600.7414, or email GreenHomes@FrederickCountyMD.gov. The Pre-Survey can also be accessed from the program website. Then, award yourself points for the actions you have already completed, and start completing more!

Every action you take makes a difference, and here at the Frederick County Office of Sustainability and Environmental Resources, we believe that a sustainable community starts at home.

New Limited Time Opportunity! Power Saver Retrofits

Qualifying homes can receive an energy audit and up to \$1,600 worth of energy efficiency retrofits implemented by a professional contractor. To get involved, contact us at GreenHomes@FrederickCountyMD.gov or 301.600.1306.



Random Fun Facts

The banana tree is not a true fruit at all but a giant herb and the banana is actually its berry.

A row of corn always has an even number.

The first soup was made of hippopotamus.

The Popsicle was invented by an 11 year old who kept it secret for 18 years.

At one time, dynamite was made with peanuts.

Bubble gum is illegal in Singapore.

In the United States, 30,000 cooperatives provide more than 2 million jobs.

It is estimated that co-ops around the world generate annual revenues in excess of \$1.6 TRILLION.

The color orange was named after the fruit.

Carrots used to be purple before the 17th century.



COMMUNITY ROOM EVENTS

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 and community room bulletin board for other classes and events.

Raw Warming Soups, Country Comfort Foods and Your Dehydrator with Raw Chef Chelly

Saturday, January 5 11:00 AM-1:00 PM

How do you make soups using a dehydrator? Come and see! Raw soups can be amazingly creamy and comforting. Soups encourage stealth health providing excellent nutrition disguised as comfort foods! Incorporate a wide variety of vegetables into your daily diet just by making delicious soups with the multitudes of seasonal vegetables available. Root vegetables keep you grounded; they are also very filling. In this first raw class of 2013 you will learn how to make amazing soups with the use of your dehydrator that are 100% delicious, healthy and warming all over.

\$25, \$20 for Owners

Reflexology and Its Role in Energy Medicine with Amye Clark

Wednesday, January 9 6:30-8:00 PM

Reflexology in its truest form is "energy medicine." The practice of reflexology dates back over 3,000 years, and is similar to acupressure in that by stimulating points on the body or feet, the body is reminded to clear and heal. Our discussion/lecture will cover the basic understanding of how the mind, spirit and body are inter-connected and that body reveals its "conditions" through the markings and wear of our feet. We will discover our "weaknesses" and learn how to help our body to heal.

\$15, \$12 for Owners

Being Fit While You Sit with Mimi McLaughlin

Tuesday, January 15 7:30-8:30 PM

Learn to be more effective on the job while working. Just think about it; having better posture makes you look younger. You know gravity has a relentless stress upon a posturally weakened spine – strengthen yours amidst your day. We will look at ergonomics and learn exercises to help you be more flexible and stronger while sitting.

Dr. Mimi has been a practicing chiropractor for nineteen years. She had a life altering experience with chiropractic as a teenager which inspired her to share the empowering effects of chiropractic with others. The practice offers complimentary workshops each week on a variety of topics to engage people to live healthier lives, naturally.

\$10, \$8 for Owners

Fundamentals of Nutrition Talk with Dr. Laura R. Chaffiotte

Thursday, January 17 6:00-7:30 PM

Take CHARGE of your health through nutrition and CHANGE YOUR LIFE! Learn how proper nutrition can increase energy, decrease aches and pains, improve mental clarity, decrease PMS & menopause symptoms, learn simple steps to improved health and wellbeing. Take home menu suggestions.

Dr. Chaffiotte brings a wealth of expertise to her practice at Toll House Chiropractic, based on specialized training in the fields of nutrition and chiropractic medicine. She has been a licensed chiropractor since 1990, and has a Diplomate of the American Clinical Board of Nutrition.

\$15, \$12 for Owners

Nourishing Bites for Wellness in Life with Amanda Archibald, R.D.

Monday, January 21 6:30-8:30 PM

Tired of daily sound bytes telling you what to eat? Fed up with one more "superfood" claim, or the daily "top ten" food list? One day something is good for you and the next day it's not. Perhaps we should all take some dining cues from our ancestors? Maybe glean a little knowledge from folks who live to be 100 or more? In this class, we'll explore which foods, cooking practices and lifestyles are consistent with the living well around the world. Then we'll link the underlying science to your health. Leave with strategies for organizing your food lifestyle in easy ways. Learn what to put on your plate without reading labels or doing arithmetic and high octane strategies for getting the most nourishment per bite. You will get a nutrition roadmap for the rest of your life along with a tasty morsel for your palate. Nourishing Bites is the foundation class for Field to Plate's Hearth to Health culinary series debuting at The Kitchen Studio, Frederick in January 2013. At the end of this class, we'll share special offers for Common Market customers who may be interested in attending Hearth to Health cooking classes.

This class is taught by Field to Plate Founder & Owner, Amanda Archibald, R.D. Uniquely trained as both an analyst and a food and nutrition expert, Amanda understands the challenges of distilling complex ideas into relevant, easy to teach and easy to digest concepts.

\$15, \$12 for Owners

Using Homeopathy: The Basics about this Natural & Effective Medicine with Belle Noorzai from Washington Homeopathics

Wednesday, January 23 6:30-8 PM

Although homeopathy was developed back in 1794 in Germany and is now used throughout the world, it can still be somewhat of a mystery to many people. While many of you may be familiar with common remedies like Arnica or Chamomilla and trust in their efficacy, you may not know how the medicine works or know of other remedies you can also try for your everyday ailments. If you are curious about the principles behind homeopathy and also want hands-on information for using homeopathics in your household, this workshop will provide you with the basics to get started! Attendees will review common seasonal remedies and take home free samples and literature. Come and learn how you can confidently use homeopathy in your home.

\$10, \$8 for Owners

Own Your Evolution: Self Coaching 101 with Heather Tydings-Goldfarb

Saturday, January 26 1:00-3:00 PM

Self Coaching 101 will connect participants to the wisdom of their essential selves. This workshop will use mind/body techniques, muscle testing and thought dissolving to help loosen fears that keep people stuck. Participants will learn two powerful tools that will pump up the joy in their lives.

Heather Tydings-Goldfarb is a licensed counselor (LCSW-C) and Martha Beck life coach. She is owner of Own Your Evolution life coaching program. She has worked as a therapist since 2001 and more recently has offered life coaching.

\$10, \$8 for Owners

Eating Gluten Free & Healthy for the New Year...Soups and Stews that Satisfy with Chef Jerree Nicolee

Saturday, February 2 12:00-2:00 PM

Let's ring in the New Year with some healthy, gluten free alternatives! Soup is one of the least expensive and most satiating ways to make a quick dinner that you can feel good about eating. Butternut squash is delightful when pears and apples join the party for a hearty (and heart healthy) dinner. Roasted cauliflower becomes a creamy (without using cream), rich soup that will leave you full, without any guilt. Sausage and lentils come together to make a stew that will satisfy your hunger and tickle your taste buds! Soups will all be made using gluten free ingredients; some will be vegan and vegetarian.

\$20, \$15 for Owners

Stress Relief with Herbs- Alleviate Anxiety and Beat the Blues with Herbal Medicine with Susan Hirsch

Tuesday, February 5 6:30-8:30 PM

Wednesday, February 27 6:30-8:30 PM

Now that we have gotten over the exciting holiday hump, you may find yourself down in the dumps, or still way too pumped up. Learn about ways to regain balance using herbal medicine. Get ideas for Valentine's Day gifts or to soothe your winter skin. During this interactive class, we will experience a mini herbal spa! Learn a little bit about the physiology of stress and ways to find sleep, feel rejuvenated, support emotional turmoil, and bring some ease into your life. This class Includes facial steams* and foot soaks, herbal massage oils, chocolates, breathing exercises, and, of course, herbal teas! *Please bring in a medium size mixing bowl and small towel for your facial steam.

Susan Hirsch is a Clinical Herbalist with a Master's degree in Herbal Medicine from Tai Sophia Institute. She is qualified as a Certified Nutrition Specialist from the Certification Board for Nutrition Specialists. You can also find her part-time in our Co-op's Wellness Department.

\$20, \$15 for Owners

From Lawns to Gardens Talk with Michael Judd

Thursday, February 7 6:00-7:30 PM

From lawns to gardens and backyard orchards. Whether you are starting out from scratch or wanting to diversify your planting, this interactive talk and slide show will walk you through your own edible Eden. Learn how to design and carve raised beds that harvest rain water and combine sheet mulching to dramatically reduce watering. Learn how to plan a landscape lush with healthy trees and bushes that drip with delicious but unusual

fruits that are easy to grow and are the stars of the neighborhood. Grow gourmet mushrooms in the shade! Plus plenty of resources to get yourself rooted!

\$18, \$15 for Owners

Raw Vegan Desserts for Breakfast, Lunch & Dinner with Raw Chef Chelly

Saturday, February 9 11:00 AM-1:00 PM

Can you say delicious, fat free, guilt free and divine all at once? Raw vegan desserts are safe for all, satisfying and truly decadent. In this class you will learn the simple art of making divine raw vegan desserts that are perfect for any time of the day. Delicious dessert bars, fantastic fruit dips and cupcakes to live for are just a few of the samples you'll enjoy.

\$20 for Owners, \$25 for non-Owners

Coming up in March...

Building an Herb Spiral Workshop (off site) with Michael Judd

Sunday, March 3 1:00-3:30 PM

Herb spirals add instant architecture to your landscape that looks good year around. Herb spirals are versatile and can be tailored to fit any space from an urban courtyard to an entire yard. A cornucopia of herbs can be grown in the spiral thanks to all the microclimates created through elevation and cardinal directions. Having one right outside the kitchen window will inspire fantastic meals from your edible landscape! Join us in building one from scratch and learn to create your own just in time for this growing season.

This is an off-site workshop; directions will be provided upon registering. This workshop will take place rain or shine, plan to dress accordingly.

\$50, \$45 for Owners

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.

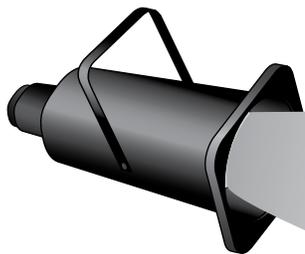
Register for any class at the Co-op Service Desk - 301.663.3416 or email education@commonmarket.coop for payment options.

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.



Staff Spotlight Christopher Spade



If you have shopped in our bulk department, you've probably seen Chris Spade filling bins or placing orders. He has been injecting his own particular (and hilarious) brand of humor into our Co-op for 12 years now, and has become a bit of a celebrity in certain circles here. He is also seen around town, dressed sharply and playing upright bass with the band The Yardslippers. In fact, Chris has been a part of the Frederick music scene since the early eighties, playing in bands such as Fat Sack of Fat and The Wrist Slashers.

It's safe to say that Chris is one of the most memorable people you are ever likely to meet. He is known for bestowing very funny (and occasionally flattering) nicknames, singing show tunes and old punk songs, and answering any bulk department question you can think of. He's always happy to help customers and is quick with a smile and a "krutaia" (a blessing of indeterminate origin.) Here is a little bit more about him, from the man himself.

- **What is your current position and how long have you worked at the Co-op?** I'm a Grocery Steward and I've worked here 11 or 12 years, maybe 13, but it seems just like a few years. The older you get you realize how time really does fly by.
- **What brought you to the Co-op?** I was a housekeeper for the priests at St. John's which was part-time and I worked at The Brown Pelican part-time. I needed full-time work since I was buying a house. I knew Sarah (our current GM) and my brother worked here. I've always liked the store and started shopping here in the 80's. I got an interview and was hired, the rest is beautiful history.
- **What are your favorite products?** Too many to list. Many of the cheeses, the fruit, I especially like the Barbara's Jalapeno Cheese Puffs, and the Trickling Springs Ice Cream is my current favorite.
- **What do you like best about your job?** I believe in what the store stands for, the commitment to good high quality food, but mainly it's the people I work with. I couldn't imagine going to work every day with people you can't stand.
- **What are your favorite "Co-op Memories"?** One good memory was about a former Common Market employee named Pam who became a very good friend of mine. Pam developed a special relationship with one of our customers, Mrs. Hyssong. She was a special Common Market shopper who lives on in our hearts. Pam would climb inside Mrs. Hyssong's shopping cart and ride around the (old) store. One time Pam saw Mrs. Hyssong pull up to the store and she ran outside and climbed onto the hood of the car to press her face against the windshield, all the while exclaiming "Hello Mrs. Hyssong!" Mrs. Hyssong said that she thought Pam was trying to give her a heart attack and we all had a good laugh. I don't recommend trying any of these actions to other staff; Pam and Mrs. Hyssong had a special relationship.
- **What type of things do you like to do outside of work?** Outside of work I play bass with The Yard Slippers and that's pretty much it. I like naps and have been known to take naps on Sundays until it's time to go to bed.
- **What's your favorite food to make?** I can't say that I have a favorite food to make; if I could, I would eat out every night.
- **Do you have a nickname?** Uncle Leo, Pap Pap, Old Queen, Mudcat
- **What do you want to be remembered for having said or done?** The music - I'm not the best in the world but I do think my band is entertaining. (Eds.: He's being modest; he's a very talented musician!)
- **Tell us something about a pet that was or is the love of your life?** I had a turtle that I kept for a long time; he would eat out of my hand. One day he wouldn't come out of his shell and I thought he had died so I buried him. The next day I wanted to check on him so I dug him up and he was gone.
- **Honey Crisp or Pink Lady? Satsuma or Honey Tangerine? Kale or Collards? Bacon or Sausage? Milk Chocolate or Dark Chocolate?** Pink Lady, Satsuma, Collards, Bacon and Milk Chocolate.

Here's what other Common Market staff had to say when asked "What is your favorite thing about working with Chris?"

- **CJ, Grocery Department-** "Definitely his sense of humor. He keeps things lively."
- **Vincent, Produce Department-** "There's so much to say about Chris. He keeps me in stitches all day every day. He's just a fun guy to work with."
- **Phyllis, Grocery Department-** "He is always singing to me, that is pleasant. We like the same kind of music."
- **Anthony, Café Baker-** "Actually, I hate his guts. He might be the worst person I've ever worked with. All meant with love, of course!"
- **David, Brand Design Manager-** "I appreciate the on-the-spot mincing lessons. Now I know the difference between mincing, sashaying and flapping."
- **Zoë, Education and Outreach-** "I love watching Chris watch children in the store. He is very amused by way kids will do and say anything without self-consciousness. If Chris had his druthers, everyone would act this way all the time."
- **Sarah, General Manager -** "I love that Chris has this goofy sound he makes when he is trying to get my attention. I can be clear across the store, hear that sound, look over and see his face looking back at me laughing. Laughter is good and Chris provides us all with plenty!"

Kids' Craft: Art Cookies

Make the cookie your canvas and let your imagination run to the abstract with this edible craft. You could also try using a (new) small paint brush or toothpicks to move the food coloring around.

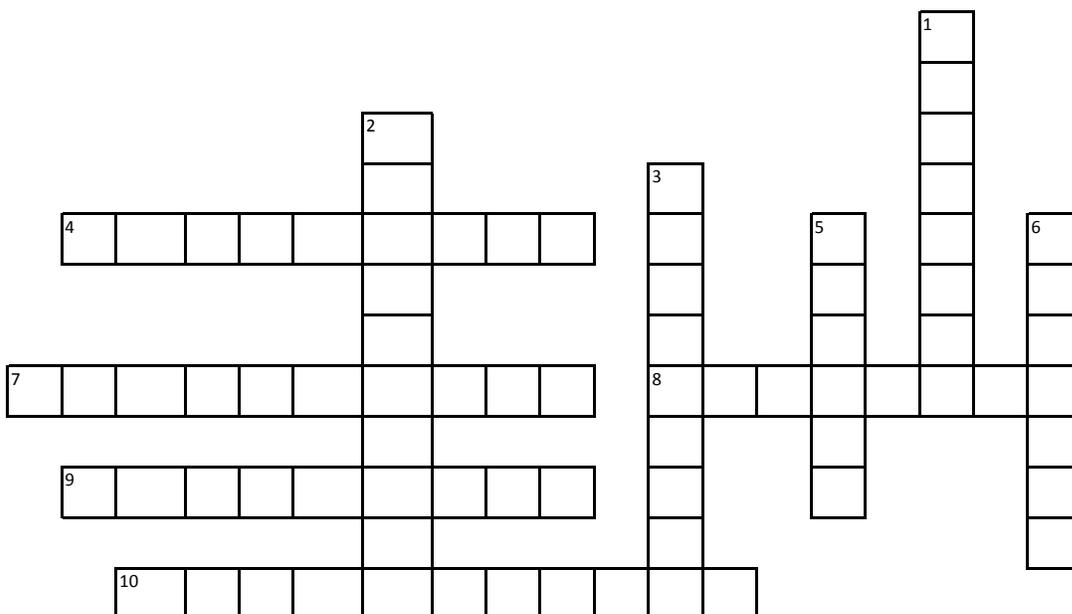
Ingredients / Supplies

- 4 cups sifted all-purpose flour, plus more for dusting
- 1/2 teaspoon table salt
- 1 teaspoon baking powder
- 1 cup (2 sticks) unsalted butter
- 2 cups sugar
- 2 large eggs
- 2 teaspoons pure vanilla extract
- Assorted liquid food coloring and sprinkles for decorating
- Straws



Directions

1. In bowl, sift together flour, salt, and baking powder; set aside.
2. In a large bowl, cream butter and sugar with an electric mixer until fluffy. Beat in eggs and vanilla.
3. Add flour mixture; mix on low speed until well combined. Wrap in plastic; refrigerate for 45 minutes.
4. On a floured work surface, roll dough 1/4 inch thick. Transfer rolled dough to a prepared baking sheet; chill until firm, about 10 minutes. Cut dough into large rectangles (or any desired shape). Place the cut cookies 2 inches apart on baking sheets.
5. To decorate, place a few drops of food coloring on a cookie. Using a straw, gently blow food coloring over cookie. Add sprinkles as desired. Place baking sheet of decorated cookies in refrigerator; chill until dough is firm, about 15 minutes.
6. Preheat oven to 325 degrees. Bake for 12 to 15 minutes, until edges of cookies start to brown. Transfer cookies to wire racks and let cool.



Down

- 1 Golden Acres Orchard is located in _____
- 2 February 14th
- 3 There are no two alike
- 5 Oranges, Lemons, Grapefruit
- 6 January 1st

Across

- 4 One of the most popular gifts given on Valentines Day
- 7 People make these promises at the beginning of a new year
- 8 The shortest month of the year
- 9 The type of rebates we distribute to our Owners
- 10 This issue's staff spot light is _____ Spade

Healthy New Year

Mustard Roasted Cod

Makes 4 servings

INGREDIENTS

4 8oz. wild cod fillets	8 oz. Greek yogurt
Kosher salt	1 Tbs water
Freshly ground black pepper	2 Tbs Dijon-style mustard
2 to 3 medium shallots	1 Tbs whole-grain mustard
1 to 2 teaspoons capers	

1. Preheat the oven to 425°. Line a rimmed baking sheet with parchment paper, or have a baking dish ready that is large enough to hold the fish in a single layer (the fillets can overlap slightly.)

2. Season the fillets lightly on both sides with salt and pepper and place in a pan.

3. Mince the shallots and drain the capers; place both in a medium bowl and add the remaining ingredients, stirring to combine.

4. Spoon the mixture over the fillets, making sure the fish is completely covered. Bake for 10-15 minutes, or until the fish is just cooked through and opaque in the center.

5. Serve hot with sauce from the pan spooned over the fish.

**You can also try this recipe with catfish or rockfish for a little variety.*

-Adapted from The Barefoot Contessa Back to Basics by Ina Garten



Tender Sautéed Kale

Makes 3-4 servings

INGREDIENTS

1 lb lacinato kale	1 1/2 - 2 cups water
1 Tbs extra virgin olive oil	Salt and ground pepper
1 medium shallot, diced	Optional: cooking sherry or white wine
2 cloves fresh garlic, very finely minced	goat chevre

1. Remove the center ribs from the kale and roughly chop. Set aside.

2. Heat the oil in a heavy frying pan over medium heat and add the shallots, cooking 3-5 minutes or until they begin to brown.

3. Add the chopped kale and garlic to the onion. Season with salt and pepper, stir, and cover for 2-3 minutes.

4. Uncover and add 1/2 cup of water, stir, and let the kale cook uncovered until the pan is almost dry, 5-10 minutes.

5. Add another 1/2 cup of water and continue to cook until the pan is nearly dry.

6. Add a third 1/2 cup of water (or substitute cooking sherry or wine) and cook until pan is nearly dry again.

7. Taste to see if the kale is tender. If not, add an additional 1/2 cup water or sherry and cook a bit longer. When the kale reaches the desired tenderness, serve.

**Sprinkle with goat cheese for extra tanginess.*

-Adapted from The Italian County Table by Lynne Rossetto Casper

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YOU ARE WHAT YOU ABSORB

The adage, “you are what you eat,” is a familiar one. Michael Pollan further states: “you are what you ate, ate.” How your produce is raised or your cow is grazed ultimately becomes a part of your cellular fabric. Personally, I prefer the term “you are what you absorb.” There is a correlation between what you choose to eat, how your body absorbs it and how efficiently it uses it. Some of us have experienced the ravages of malabsorption or food rejection via ugly dashes to the bathroom, accompanied by “what did I eat..?” Fortunately for us, our body handily detects “invaders,” puts up the big stop sign and simultaneously pulls the reject trigger.

But an increasing number of people are finding that their bodies are struggling with food. They present with a wide variety of symptoms ranging from headaches, strange aches and pains, bloating, constant fatigue, muscle weakness etc. Through testing, we discover that components in food trigger a series of reactions that can damage the lining of the gut (our inner skin). This may result in leaky gut syndrome, a condition where the integrity of the gut is damaged (holes are blown in the fortress walls). With a compromised gut wall, we absorb components of our food that ordinarily would not be absorbed. It is these components that trigger the complex immune responses resulting in these seemingly esoteric symptoms that often hard to pinpoint. While this analogy is simplistic, it does highlight the critical role our gut plays in our health.

Nourish the Soil of Your Body

Mark Liponis, MD, Director of Medicine at Canyon Ranch, Berkshires summarizes the gut in this way: “Healthy plants need healthy soil. The gut is the soil of your body, so nurture and feed it.” Here’s how:

1. Keep bad guys out and good guys in

Build a healthy gut ecology (environment) by seeding it with

health-supportive microbes. Find them in living foods or ones that contain the words live cultures or probiotics. Foods containing live cultures include quality yogurts, cultured butters & creams and naturally aged cheeses. The best probiotic foods are the ones you make yourself. These include dairy, but also naturally fermented sauerkraut and root vegetables, kefir, kvass and other probiotic tonics and condiments to name a few.

2. Feed the Good Guys

Once you have seeded the gut with beneficial microbes, you’ve got to nourish them. Prebiotics are non-digestible carbohydrates occurring in specific foods and are selectively fermented by beneficial gut bacteria. Prebiotics occur naturally in the allium family (leeks, onion, garlic) as well as chicory, artichokes, oats, wheat, bananas and soybeans.

Prebiotics are also added to some foods and are available as dietary supplements. Look for the terms inulin, FOS or GOS.

3. Flush the Works Every Day

Garbage cans don’t smell nice if the trash stays in them. Same with your gut. Decaying food creates a toxic and damaging environment. So eat fiber rich foods and drink plenty of water to move that trash out every day.

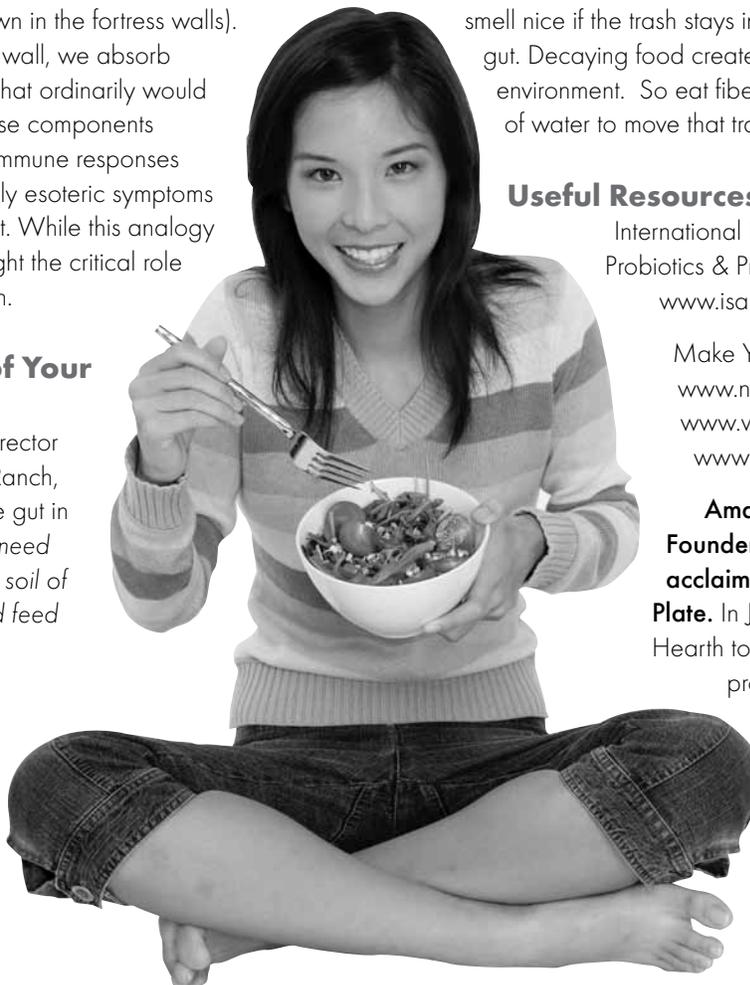
Useful Resources:

International Scientific Association for Probiotics & Prebiotics
www.isapp.net/default.asp

Make Your Own Fermented Foods:
www.nourishedkitchen.com
www.wildfermentation.com
www.culturesforhealth.com

Amanda Archibald, R.D. is the Founder and Owner of nationally acclaimed company, Field to Plate. In Jan 2013, she is launching Hearth to Health, a hands-on cooking program that includes an entire lesson on cultured and fermented foods!
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Mark Liponis, MD, Director of Medicine at Canyon Ranch, Berkshires summarizes the gut in this way: “Healthy plants need healthy soil. The gut is the soil of your body, so nurture and feed it.”



Golden Acres Orchard

Tiny Orchard with Big Heart

Golden Acres Orchard in Front Royal, Virginia, has been in business since 1945. That is 67 years of growing apples without using harmful pesticides, fungicides, or fumigants in a part of the country where this is difficult and rarely done. Golden Acres is a small business without a website and very little internet presence whatsoever. This is an old fashioned business with old fashioned values that still resonate strongly with modern concerns for human and ecological health.

The A.P. Thomson family describes their products (i.e. apples, apple juice, and apple cider vinegar) as being *biologically grown*. Biologically grown is not an officially recognized label with defined growing methods. However, in reading an interview with the orchard's founder, A.P. Thomson, an understanding of what biologically grown means crystallizes:

"After years of research and experimentation, Thomson has developed a system—consisting of a number of environmentally safe treatments and methods—to maintain his orchard's soil fertility, grow hardy trees, repel insects and disease, and produce delicious apples (a fruit which is traditionally among the most difficult crops to grow without pesticide sprays)". Jeanne Malmgren, Mother Earth News, January/February 1981

An important part of their story is told in most of their yearly letters to customers:

Mr. Thomson "...sought a better way to raise apples through soil fertility and understanding the interconnections of nature. He believed people should not harm themselves or the environment in the process of growing food, and that we should constantly strive to minimize our disturbance of the ecosystem. He avoided commonly used fruit-dip preservative chemicals which cannot be washed-off." He "built the soil with cover crops, propagated earthworms, applied a variety of mineral powders, composted and applied liquid seaweed, a practice that is still an annual tradition..."

Before 2002, when the USDA restricted the use of the term to certified organic producers, Golden Acres apples may have been sold as "organic" though the company has never sought organic certification. They have, instead, chosen biologically grown to encompass the decades of knowledge they have accumulated building up the soil health and working in harmony with the environment and climate.

You will find Golden Acres apples at The Common Market labeled as "conventional" because it is not legally permitted to label them organic and we do not want to mislead people by failing to mention a growing method. But we hope to spread the word of Golden Acres' unique products far and wide as local, seasonally available treats that should not be missed.

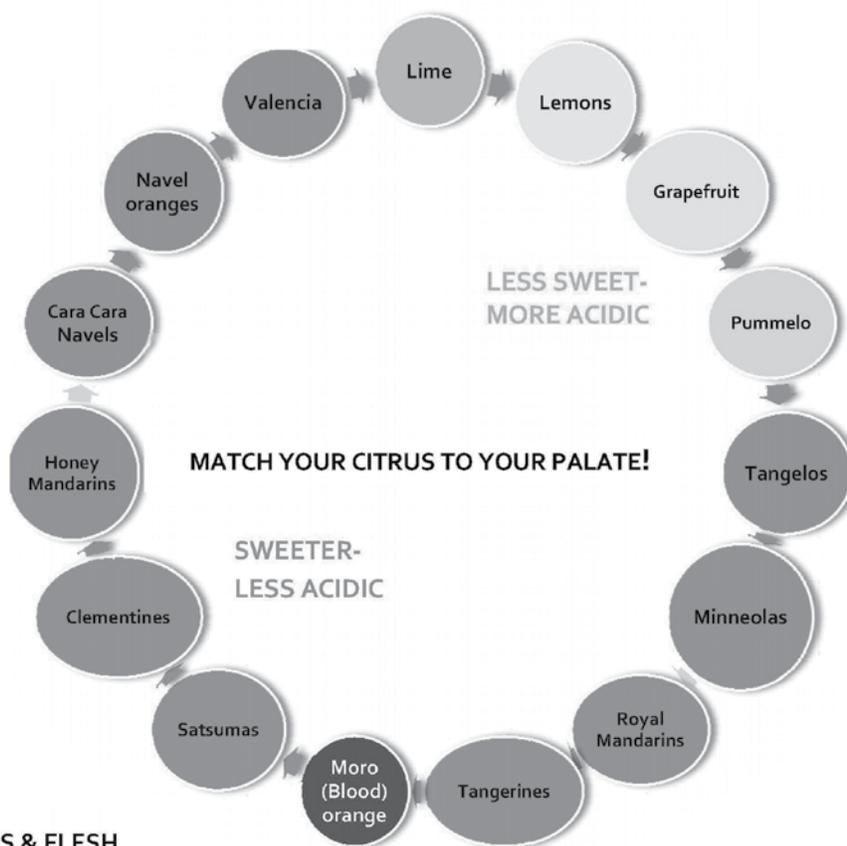
For an in depth understanding of the history and practices of Golden Acres Orchard, read the Mother Earth News interview with A.P. Thomson (1910-1986) from 1981. We recommend reading the entire fascinating and inspiring interview, entitled "Organic Apples: The A.P. Thomson Interview." www.motherearthnews.com/sustainable-farming/organic-apples-zmaz81jfzraw.aspx





From the **PRODUCE** Department

Eating with the Seasons - Winter Citrus Guide



SEEDS, PEELS & FLESH

Variety	Seeds
● Grapefruit	Few
Honey Mandarins	Many
Clementine Mandarins	Few
Satsuma Mandarins	Few
√ Minneola Tangelos	Few
Moro (blood) oranges	Few
● Cara Cara Navels	Few-None
● Navels	Minimum
√ Dancy Tangerine*	Moderate
√ Fairchild Tangerine*	Many
√ Royal Tangerine*	Some
Orlando Tangelos	Some

√ Easy to Peel ● Easy to section
* Tangerines are usually harder to peel, but these varieties are easier

How much does a piece of citrus make?

- 1 cup of juice = 6 medium lemons or 3-4 medium oranges
- 1 medium grapefruit = ¾ cup juice
- 1 medium lemon = 3 tsp grated peel
- 1 medium orange = 4 tsp grated peel

Breaking the Cycle

Many people think of the beginning of a new year and hanging up a fresh calendar as a good time for a fresh start in various aspects of their lives. Fitness clubs and yoga studios find themselves inundated by exercisers with renewed resolve. But, as the New Year grows stale, frequently so does the resolve; and the gyms and yoga studios empty out.

One reason for this may be that people are not supporting their resolutions through other actions. Will power is not self-sustaining and, if not backed up by adequate physical and mental energy, eventually dwindles. People find themselves feeling wiped out at the end of a work day with nothing "in the tank" left to get to the gym, or to yoga class, or achieve what it was they had wanted to do.

How does one energize will power and resolve until the desired results are achieved? We asked two local health care providers to weigh in on ways to break the New Year resolve/crash cycle.

Rachael Pomato is a Health and Nutrition Coach at Holistic Health Associates in Frederick. Rachael received a Bachelor of Science in Psychology from the University of Maryland and graduated from the Institute

of Integrative Nutrition. She practices as a certified health coach through the American Association of Drugless Practitioners and is the newest addition to the Holistic Health Team as a Health and Nutrition Coach.

Here is what Rachael had to say about some great ways to support your ideal self:

Have you ever just felt tired, blah, or down in the dumps?

The food we eat affects how we feel and how we feel affects the food choices we make. It is time to break the cycle of using stimulants like caffeine and sugar to give you a quick boost that in the end just gives you another crash (and usually you crash even harder once the affects have worn off). Instead create a new pattern and opt for healthier food choices that elevate your mood and give you a steady level of energy. When we feel good, we tend to make more positive choices for ourselves in all areas of our lives.

Here are some tips on food choices to support your mind and body to have a healthy mood and more energy.

Tip #1 – Balance your blood sugar. Eat foods that keep your blood sugar balanced. Your mood and energy level is influenced by the fluctuations or stability of your blood sugar. If your blood sugar is too low, you will be irritable, shaky,

and tired. To prevent spikes in blood sugar that lead to these lows, stay away from refined sugars, refined carbohydrates, and processed foods. Instead go for whole foods that are high in fiber and slow down the absorption of sugar in the blood. Try legumes like black beans, garbanzos, and lentils. Add these to whole grains like quinoa or brown rice. Also eating carbohydrates with protein will help to slow down the absorption of sugar in the blood.

Tip #2 – Feed your Brain. The brain is the control center of the body and we require healthy fats for it to function optimally. We can positively influence our thoughts and emotions by eating foods that make a healthy brain. Eat foods full of omega-3

essential fatty acids such as cold water fish like salmon, sardines, and mackerel or plant foods like flax seeds, chia seeds, and walnuts.

Tip #3 – Boost your Serotonin. Serotonin is the "feel good" hormone that is responsible for you being able to sleep through the night and the feeling of wellbeing during the day. When levels are too low, then we feel depressed, have low energy, or we may have trouble sleeping.

Eat foods with the amino acid tryptophan (which the body uses to make serotonin.) Tryptophan is found in proteins like turkey, eggs, chicken, fish, nuts, seeds, and beans.

Tip #4 – Relax your body and mind. Magnesium is the relaxation mineral. This important mineral aids in many cellular functions such as the production of energy, the relaxation of the muscles in your body, and even aids in a good night's sleep. An irritable mood can be a sign of magnesium deficiency. Eat foods rich in magnesium such as dark leafy greens like spinach or Swiss chard, seeds like pumpkin or sunflower seeds, nuts like Brazil or almonds, and bran from oats or buckwheat.

Dr. Laura Chaffiotte has been a licensed chiropractor since 1990, and has a Diplomate of the American Clinical Board of Nutrition. She brings a wealth of expertise to her practice at Toll House Chiropractic, based on specialized training in the fields of nutrition and chiropractic medicine.

Can food affect your mood? When we make poor food choices it affects us on many levels. One of the major issues that results from the ingestion of refined carbohydrates and other "fake" foods is poor blood sugar handling, also known as dysglycemia or "prediabetes." This affects our mood, energy, inflammation and hormones. The blood sugar "dips"



that occur when we eat refined carbs cause us to crave the very foods that wreak havoc on our health. In addition to poor blood sugar handling, food sensitivities can cause a variety of different symptoms such as anxiety, depression, aches and pains, etc. The most common food sensitivities are gluten, dairy, soy and corn. There is another mechanism whereby food affects mood. Studies show that certain people cannot break down the proteins found in gluten and/or dairy. These proteins are broken down incompletely, and left in the form of "opiate peptides." Opiate peptides are opium-like substances that can alter the mood.

These are just some of the ways in which food can affect how we feel. Feelings of depression, fatigue and anxiety lead to poor food choices for many people. The good news is that this

vicious cycle can be stopped. Control blood sugar by eliminating refined carbohydrates such as white flour (a.k.a. wheat flour or unbleached wheat flour) and sugar (a.k.a. anything ending in "ose", especially high fructose corn syrup.) Eat small, frequent meals high in vegetables and lean protein and low in grains, especially refined grains. Supplement your diet with omega-3 fatty acids found in fish and wild game. DHA, a type of omega-3 fat is important for brain and nervous system health. Identify and eliminate food sensitivities. Break the cycle and regain your health!

Dr. Chaffiotte is teaching a class on the fundamentals of nutrition in January. See class listings for complete details.

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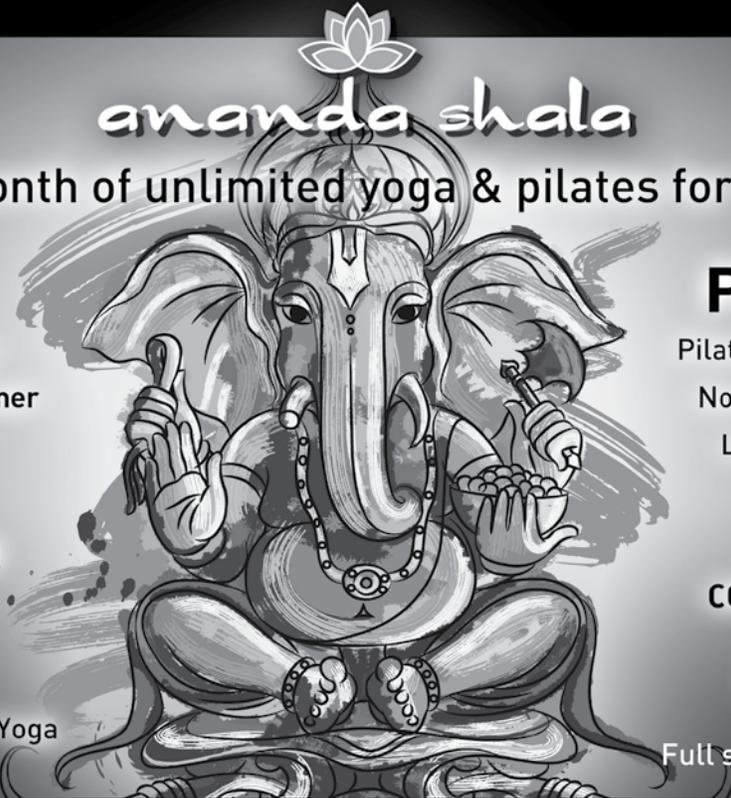
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