



The  
**Common Market**  
CO-OP NEWSLETTER



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**Next Board of Directors Meetings**  
 Co-op Community Room - 6:00 pm  
 Thursday, May 24  
 Thursday, June 28



# GENERAL MANAGER'S REPORT

By Sarah Lebherz



In honor of the United Nations declaration of 2012 as The Year of Cooperatives, this newsletter issue focuses on products that we carry that are produced by co-ops, how we support other cooperatives, and how you can join the 800 million people around the world who are members of cooperatives by becoming an Owner of The Common Market during our May Owner Drive. The Common Market, as do other cooperatives, plays a valuable role in supporting a thriving local economy by purchasing from local producers, suppliers and businesses, by returning profits to our Owners through patronage rebates, and through our commitment to the seven cooperative principles which include social and environmental initiatives.

One of the seven cooperative principles is "Cooperation among Cooperatives." The Common Market carries out this principle through our partnerships with several cooperative organizations, including the National Cooperative Grocers Association (NCGA), an organization comprised of 125 food co-ops operating in the United States. By joining together, this organization represents over 1.4 billion dollars in annual grocery sales and 1.3 million consumer-owners. NCGA has enabled our cooperative to benefit from collaborative buying power by reducing our cost of goods and other services through nationally negotiated pricing. In addition, our "Co+op" coupons and sales flyers are available to us through our membership with the NCGA. The programs ultimately offer more value to our Owners and shoppers. NCGA is also a powerful advocacy voice in our industry and has recently been promoting the Just Label It campaign asking the FDA to label genetically engineered foods. At the end of March, the Just Label It campaign reached an impressive one million signatures.

The Common Market also supports and cooperates with local cooperatives. Our Board Secretary, John Beutler, volunteers on the Steering Committee for the Mid-Atlantic Food Cooperative Alliance (MAFCA). One of MAFCA's objectives is to provide resources to co-ops, with a strong focus on start-up co-ops in the Delaware, Maryland, New Jersey, New York, Pennsylvania and Virginia area. This organization holds regular meetings and recently held a full-day conference that The Common Market helped sponsor geared toward start-up co-ops. The conference served 131 attendees from 53 cooperative organizations.

I have had many conversations with groups local to us interested in forming co-ops. One such conversation has led to a newly-formed cooperative called the Lovettsville Cooperative Market. An energetic group from Lovettsville has been interested in forming a consumer-owned cooperative grocery store to meet the needs of their community. Currently, folks from Lovettsville need to commute to the Leesburg area or beyond to do their grocery shopping. The Board Chair of this co-op, Pamela Baldwin, recently invited The Common Market to attend a "Membership Mixer" at which they promoted their co-op to gain Ownership so they can begin to search for a storefront in Lovettsville, VA.

Think of the value co-ops bring to their communities and consider joining The Common Market by becoming an Owner. Co-ops give you the opportunity to get the products and services you need on a daily basis while strengthening the local community. Read more in this issue about joining during our May Owner Drive.

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.

## Message from Your Board of Directors

### Food Co-ops: The Big Power of Small Choices

If you're reading this you already know that The Common Market is an independent, locally-owned grocery store. And, we can think of The Common Market as even more than just a locally-owned business. We can consider it super-local - because the store is owned by you and thousands of others, most of who live within a 150 mile radius of the store. We share in the Co-op's profits, and we shape the Co-op's future.

And yet local doesn't mean "isolated." Annie Marshall and I attended a regional food co-op conference, and one presenter studying co-ops nationwide pointed out that co-ops tend to open and expand when society is moving from a "me" orientation to a "we" orientation. And the "we" goes far beyond Frederick - nationally, food co-ops in the US account for more than \$1.4 billion in annual sales. Think of it: hundreds of smaller "we" groups banding together and cooperating to make quite an impressive "We" - all working together to make major changes in our food system, our economy, and our communities. Yet these really big changes only happen because of all the little things each of us do at our own store. We on the Board think one of the greatest things about food co-ops is how thousands and thousands of small choices can all pull together in the same direction for change, and it need not be managed from some central office. It is just everyone making small choices together.

Because the food co-op movement is growing today, we at The Common Market benefit immensely from learning the lessons of others working on the same goals in their own local places. And we, in turn, are a source of help and strength for others - we cannot tell you how many times we hear from people at other co-ops about turning to our fantastic staff for advice and guidance! So, by supporting your Co-op, you get the best of both worlds. You get a truly local business, and you also get a node within a powerful web of others working for big changes all across the country. Every choice you make here - for local produce, for fairly-traded goods, for environmentally-sustainable products and practices, for bringing a bag for local non-profits - ripples through that web.

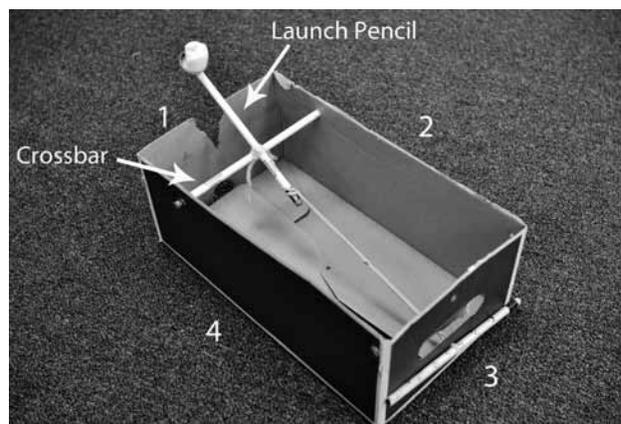
**David Cloutier, Board President**

## Kids Craft

### Marshmallow Catapult

#### Materials:

- Child's shoe box
- 3 pencils
- Rubber band
- 8-inch String
- Button or bottle cap
- Hole punch
- Hot glue
- Marshmallows
- Scissors



#### Steps:

1. Decorate box as desired.
2. With about 8 inches of string, tie 2 pencils together to form a "t", hot glue to reinforce if needed.
3. Hot glue your button or bottle cap to the end of the pencil (for launch pad.)
4. Attach a rubber band to the opposite end of the launch pencil.
5. Punch holes in sides 2 and 4, about an inch from the top.
6. Punch another hole in side 3. The lower the hole, the higher the marshmallow will fly.
7. Cut a "v" into side 1 to give the catapult more spring.
8. Insert the crossbar pencil through sides 2 and 4 and lace the other end of the rubber band through side 3.
9. Slide the remaining pencil through the rubber band loop on side 3 to secure it.
10. Adjust as needed to make rubber band taut.
11. FIRE!

*Cooperatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility.*

**Ban Ki-Moon, UN Secretary General**

## May Owner Drive

### Your Co-op: Grown to Own

#### 2012 is the official International Year of Cooperatives.

In support of that, this May The Common Market is having an Owner Drive. Join your community and become a part of an international movement. All cooperatives worldwide are founded on the 7 Cooperative Principles, originally called the "Rochdale Principles." One of the first successful cooperatives, the Rochdale Society of Equitable Pioneers established the Rochdale Principles in 1844, which started the now international cooperative movement. Today, more than 800 million people around the world are members of cooperatives. The Common Market currently has more than 3,600 Owners and hopes to continue to grow strong. Starting May 1st, we will launch an Owner Drive centered on individuals joining with their local community to support cooperatives worldwide. Our goal is to grow by 45 new Owners in 31 days. We can only accomplish this goal with your help. If you are currently an Owner, for every new Owner you encourage to join between May 1st and May 31st, your name will be placed in a drawing for a \$50 Common Market gift card.

In addition to growing our community base, new Owners also help grow our equity. Equity provides the Co-op with a capital



(financial) base that is governed by the Owner-elected Board of Directors. In the recent past, equity was very helpful in funding a portion of our expansion in 2006 to our current location. Equity also helped during the expansion when we sought additional funding through a loan as it allowed banks and other creditors to see that we had a stable financial base. Since the 2006 expansion, Owner equity is being saved for future needs and has not been spent on store operations or new equipment purchases – any expenditures since our expansion have come from profits. Future needs that equity could be used for would include any expansion opportunities that the Board approves. The Board and General Manager are currently engaging in research and study to determine the Co-op's opportunities for growth. Owner equity is an investment in the future of the Co-op and supports our ability to grow our operation.

Throughout the entire month of May, join us as we celebrate the International Year of Cooperatives. Come talk with our Co-op staff at our Service Desk and check out the posters around the store featuring pictures and facts from co-ops around the world. Help us celebrate the fact that cooperatives around the world are Grown to Own.

## Patronage Rebate Wrap-Up

With our second cycle of patronage rebates at an end, we wanted to send a big "thank you" to all the Owners who were diligent in returning their vouchers. Because of you, 90% of the dividends distributed were redeemed. This is a huge benefit to not only The Common Market, but also to all of you who were able to turn store profits into more good food and products for your households. This benefit is made possible by all of our loyal Owners, shoppers, and supporters. As sales continue to grow, we can continue to give back to the community and to you, our Owners. We give an extra special thanks to the Owners who chose to donate their rebates to the Frederick Food Bank. Because of your generosity, we were able to donate over \$2,600 to help feed the hungry.

We also want to keep you updated on other benefits that your retained patronage makes possible. The retained patronage and Owner equity have been allocated to savings for future needs and has freed up current operating income to be used on present needs. Our most recent development has been the move into bigger office space. In January, several of our departments moved across the parking lot to our new administrative offices. These new offices allow us to expand our behind-the-scenes work force, provide us with more space to meet with local producers and new suppliers, and work on educational items like this newsletter, our website, and exciting new classes and events. Thanks to all of you, our Co-op continues to grow and thrive as we keep on planning for the future of our community.





## Call for Board Candidates

Have you thought about getting more involved in a cooperative business?

Do you want to demonstrate your ownership in The Common Market?

Are you passionate about co-ops and a thriving local economy?

**Join The Common Market's Board of Directors and make a Cooperative Difference!**

### The Benefits

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

### Your Responsibilities

- Attend monthly Board meetings, typically the 4th Thursday of the month, 6-9 PM (dinner included.) During October through December, meetings usually occur the 2nd Thursday.
- Attend our Annual Meeting (OwnerFest) in September and the annual Board of Directors retreat. This year's Board retreat is on November 11, 2012.
- Prepare for monthly meetings by studying financial reports, completing monitoring surveys, reviewing general manager information, and other tasks as assigned.
- Serve in the Board capacity at Owner Appreciation Days,

participate in committees, and attend regional co-op meetings and other meetings/events as appropriate and as needed.

- Participate in Board Days at the Co-op to communicate with Owners and shoppers while also promoting the value of the cooperative business model.
- Work toward achieving the goals of our Multi-Year Strategic plan, which seeks to expand our Co-op's success and develop partnerships with local vendors and other co-ops.

### What do you have to do to get started?

- ✓ Learn more about the Board and how you can be involved. Come to one of two informational sessions; drop in on the half hour to learn about the Board and talk with Board members:
  - Wednesday, June 27, 6:00 -7:30 PM
  - Saturday, June 30, 11:30 AM-1:00 PM
- ✓ Get an application from the Co-op Service Desk or [www.commonmarket.coop](http://www.commonmarket.coop) starting June 15.

**✓ Submit a completed application by close-of-business (9:00 pm) July 18.**

## Spud Puppy Casserole

This three-ingredient casserole is a cinch to make. Make this for dinner alongside a big tossed salad or steamed broccoli and cauliflower.

- 1 pound lean ground beef or ground turkey
- 1 (12 oz.) container Pacific Condensed Cream of Mushroom Soup
- 1 (16 oz.) bag frozen Cascadian Farm Spud Puppies

1. Pre-heat oven to 350°F.
2. Heat a large pan over medium-high heat. Sauté beef or turkey, breaking into small pieces, until browned.
3. Add soup and stir to combine, simmer on low for 15 minutes. Remove from heat.
4. Spread the soup and meat mixture on the bottom of a glass casserole dish, layer frozen tots over the top. Bake until tots are browned and serve immediately. Serves 6 - 8

Per serving: 362 calories, 20g fat, 9g sat fat, 28g carbohydrates, 18g protein, 595mg sodium, 2g fiber (nutritional information based on lean ground beef in this recipe)

Adapted from <http://www.outpost.coop/resources/cookbook/entr-es/recipe/183/tater-tot-casserole/>





## From the **PRODUCE** Department

### Tuscarora Organic Growers Co-op – **How to Stay Happy in Business**

Tuscarora Organic Growers Cooperative (TOG), located in Hustontown, Pennsylvania, has been one of our leading providers of in-season, fresh, organic fruits, vegetables and plants for many years. TOG has played an essential role in strengthening the local food system since they began 24 growing seasons ago. TOG is a perfect example of a thriving cooperative business in action. Here is what Jeff Taylor, TOG's account manager and marketing spokesperson, has to say about their co-op:

1. **What is TOG?** TOG is a certified organic produce cooperative entering its 24th season, located in south-central Pennsylvania.
2. **What is your business philosophy?** Basically, we strive to provide the highest quality certified organic produce to our customers that will ensure the profitability of our sustainable family farms.
3. **Who owns TOG? Who profits from TOG?** We're legally incorporated as a producers cooperative, which means that the business is owned by the farmers it serves. We're democratically controlled 100% by farmers; we have officers and a Board of Directors who are farmers. Co-op operating expenses are paid out of regular commissions on sales, and any profits at the end of the year are distributed according to the growers' wishes. The economic goal of the co-op is service "at cost" to growers.
4. **How many farms make up your Co-op?** Currently, TOG has 44 member growers and will work with an additional dozen or so farms for the 2012-13 season.
5. **With so many different partner-farms, how does TOG work to ensure quality and uniformity of the harvests?** We strive to pack our produce better than industry standards, and every grower delivery is checked for quality and consistency when it arrives at our dock. Growers are held to strict standards, spelled out in an 18-page set of guidelines covering harvest, grading, packing, storage and food safety.
6. **How does a farmer join TOG?** Initially, a grower would participate in our commitment chart, where they would "commit" to produce "x" number of cases of a particular



item per week for "y" number of weeks. After a couple of seasons of successfully meeting their commitments, the grower would, if interested, be invited to join the co-op.

#### 7. **What is the benefit of being part of TOG to local farmers?**

The simple benefit is that the grower will have a reasonable opportunity to sell his produce based on his commitment, will know in advance the expected return and get paid within three weeks of the sale. With our shrink at approximately 1% annually, the likelihood of his produce being sold is very strong. In addition, we have group supply orders and information exchange among like-minded farms.

#### 8. **What is TOG's role in the local food system?**

You might be able to find produce cheaper, or buy from someone who will have tomatoes year-round as well as bananas, avocados and more. But most produce distributors prioritize convenience and cost-savings over quality and integrity. As one of the oldest and largest organic produce cooperatives in the East Coast, we have developed a rather unusual business model that has successfully provided local organically certified produce to the Baltimore - Washington metroplex for over twenty years. TOG is the connection between our array of sustainable family farms and the local community of our restaurants, retailers, farmer's markets and buyer's clubs. Our expanding group of family farms allows for longer local seasons of various produce as well as the production of many specialty items so desired by the culinary diversity of the urban community. Local seasonal consumption is on the rise across the US. TOG has always been at the forefront of the "Buy Fresh, Buy Local" trend, well before it was trendy. TOG has long since set the standard by marketing only organically certified produce.

9. **Who are your customers?** Besides Common Market? We are proud to say that The Common Market is one of our largest single location retail accounts. We work with restaurants, other retailers, farmer's markets, CSAs and buying clubs and food service institutions.



**10. How many people are on your crew?** We have four full-time employees on our staff and up to eighteen seasonal employees.

**11. How long have you been in business and when/how did TOG begin?** Tuscarora Organic Growers (TOG) took root in 1988 when a group of neighboring organic fruit and vegetable farmers discussed the possibility of joining forces in the marketing of their products. By working together, they could coordinate crop production to complement one another rather than compete. And they could enjoy economies of scale in shipping and selling. The cooperative form of business fit the farmers' needs, allowing ownership and market access to be divided fairly and decisions to be made jointly. And through cooperation, the growers were able to serve their customers better, by providing a diversity of crops and a level of service that no one grower could provide on his own. In TOG's first season, seven growers moved about 1,500 cases of produce to Washington DC retailers over a five-month period. Since then, each successive season has brought steady growth in sales as well as diversity, season length and professionalism. In the coming season, TOG will bring a projected 120,000 cases of produce from farm to city, offering locally grown, certified organic produce all 12 months of the year.

**12. What type of growing practices do you support?** All produce sold by the co-op is certified organic. All farms in the co-op and those working with us must have current organic certification.

**13. What types of growers sell through TOG?** All kinds! Our growers farm as little as 2 acres of produce and as much as 60 acres. The average farm is managing 20-30 acres of organic ground for fruits and vegetables. Most are farmed as family operations with some occasional hired help, but a few have large work crews. ALL are certified organic. We also get mushrooms from an organic house

near Philadelphia, and seasonally work with other organic growers or growers' co-ops on the east coast, as well as organic citrus growers in Florida. Approximately 95% of what we sell is produced locally by our member growers. Our main emphasis is on fresh, locally grown, organically grown foods - we don't buy from California or Texas [because of the distance.]

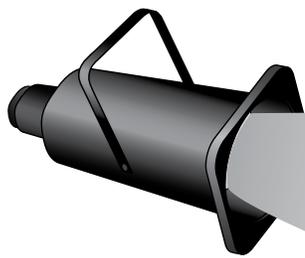
**14. How has the surge in popularity of "buying local" affected TOG?** Obviously, we like it. Having been doing the "local" thing for about twenty-four years, we are uniquely positioned and recognized as one of the best sources of local organic produce. Our customers have confidence in buying from us, we have many long and sound relationships out there and our growers get to continue to be what they set out to be, sustainable family farms.



**15. What are some unique challenges that you face?** Our challenges are reflective of the agriculture industry as a whole. Aging farmers, questions of generational secession, increasing regulations, particularly with regard to food safety, increasing costs, increasing competition, both locally and internationally and the ever present "Why should we pay more for organic?"

**16. Most important business lesson you've learned?** Tough question. Perhaps it is this: This cooperative business model that TOG has developed is one that truly satisfies all parties involved - from happy customers enjoying a tremendous diversity of locally grown, organically grown produce to profitable, sustainable family farms - and has done so in a cost effective and efficient manner.

**17. What do you think is the future of good food?** I think it is good. As long as it continues to be affordable to the consumer and profitable to the producer, we will be in business, happily in business.



## Staff Spotlight Troy Sexton



Troy Sexton is sort of like a 17-year-old trapped in a 40-year-old's body, but in a good way. Whether he's skateboarding, riding his new motorcycle or jetting around the store like a plaid-clad Ambassador of Customer Service, Troy's fun-loving spirit is evident. He is an outgoing, fast-paced, hard-working guy who is always ready to lend a helping hand. Troy will always go the extra distance for a shopper, and he will do it on the double.

Outside of work, Troy is known for being a big ol' softy. His love for his baby daughter is truly heartwarming. When he speaks about her, thinks about her, or hears a sappy song that reminds him of her, he is frequently moved to tears. Troy is famous for telling personal stories that he should probably keep to himself, but which are (usually) totally endearing. Troy is really an all-around great guy and we are glad that he is part of our Co-op Family!

1. **What is your current position and how long have you worked at the Co-op?** My current position is Customer Service Manager and I've worked at The Common Market for just about 6 years. During that time I've held the jobs of Café Assistant Manager, Lead Stocker, Shift Coordinator and Assistant Grocery Manager.
2. **What brought you to the Co-op?** I heard an ad on the radio that The Common Market was hiring. Around the same time my friend Dustin, who was the frozen buyer, was always telling me what a great place The Common Market was to work. It was right before the move to the new store was when I was hired. Six years later I can say, "You were right, Dustin; The Common Market is a great place to work".
3. **What are your favorite products?** Chocolate, chocolate, and more chocolate! I have a bit of an obsession with Trickling Springs Chocolate milk and Salazon Chocolate bars. Uh YUM!!
4. **What do you like best about your job?** The people I work with. The Common Market staff is a wealth of knowledge. I learn something new almost every day I'm at work, whether it's work related or personal interest.
5. **What are your favorite "Co-op Memories"?** During the yearly all-staff Town Hall meeting we played a game that was like super market sweep and a scavenger hunt. It was fun to see all the staff enjoying themselves outside their normal everyday work roles. It was funny to watch Phyllis running! And I have fond summertime memories of the good times at Wanda's parties.
6. **What type of things do you like to do outside of work?** I'm known for my love of skateboarding and, no, 40 is not too old to skateboard! Lately I've become more of a family person - I'm a new father with a 6 month old daughter so when I'm not at work, I'm still working and I love it.
7. **What's your favorite food to make?** Anything easy and the easiest would be turkey tacos, of course, with organic toppings. I'd rather eat food than make it!
8. **Do you have a nickname?** Not that people seem to want to tell me. Oh, I was given a "rainbow name" a few years back... "LaTroya"
9. **Tell us something about a pet that was or is the love of your life?** The first year I worked at The Common Market I still had my dog. He was a Boston terrier named Angelo. He was very smart and a great best friend. About a year after working here my dog passed away and the staff of my department bought and signed a sympathy card. Truly touching.
10. **Honey Crisp or Pink Lady? Satsuma or Honey Tangerine? Kale or Collards? Bacon or Sausage? Milk Chocolate or Dark Chocolate?** Pink Lady, Satsuma, Neither (kale nor collards), Bacon, and... who are you kidding? Chocolate, any and all types of Chocolate!

### Here's what other Co-op Staff had to say when asked "What is your favorite thing about working with Troy?"

**Alex (Perishables Buyer)**- "He's always pepped up. When he used to eat a lot of chocolate he would run around here like a hummingbird. It was something else."

**Rhee (Café Baker)**- "I like it when he sings 'Hold On' by Wilson Phillips. He sings like an angel."

**Cindy (Cashier)**- "He moves so fast that it's like working with the Road Runner. I do appreciate how he always thanks everyone for their hard work."

**Greg (Assistant Store Manager)**- "Troy's a good one. If his attitude determined his altitude he would be an astronaut."

**Lori (Cheese Buyer)**- "He's worked all over the store and he seems to bring something good to each department."

**Dave (Promotional Coordinator)**- "I like the good-natured banter that Troy and I have cultivated over the years. Also, he's a good sport when I beat him mercilessly at basketball over and over again."



# From the **WELLNESS** Department

## Herbal Recipes for Moms and Dads

Show your love for your mother or father with a homemade spa package! Using bulk herbs from your local health food store, you can make some wonderful, easy-to-prepare treatments for your mother's skin that will leave her feeling luxurious and relaxed. Or have a beauty party and invite your friends, sisters, fathers, and brothers. These recipes are from our grandmother herbalist, Rosemary Gladstar, a lovely woman who taught many people how to use herbs for health and beauty. These herbal gifts look amazing when given in a basket tied with ribbons. Remember to include chocolate!

### Cleansing Grains

This recipe is a mild exfoliant with nourishing nutrients for the skin. Use it in place of a facial soap, which can be harsh on dry skin. Use a coffee grinder to grind the herbs to a fine consistency, still leaving some gritty bits to do the scrubby work.

- 2 cups bentonite or French green clay
- 1 cup finely ground oats
- 1/4 cup finely ground almonds
- 1/8 cup finely ground lavender
- 1/8 cup poppy seeds or finely ground blue corn (optional)
- 1/8 cup finely ground roses

Combine all of the ingredients and store in a glass container. To use, mix 1-2 teaspoons with water and make a paste. Gently massage on your face and rinse with warm water.

### Herbal Facial Steam

This is a great way to open up the pores of the face and let some herbal love in! To do a facial steam, bring 2 to 3 quarts of water to boil in a large pot. Toss in a handful of the herbal mixture, cover, and let simmer for a few minutes. Remove the pot from heat and place on a pot holder. Lean over the pot and drape a towel over your head and the pot to capture the steam, venting for cooler air when needed. Remember to close your eyes! (This recipe can be adapted to work as a sinus opener by adding peppermint and eucalyptus herbs or essential oils. Definitely close your eyes if using any essential oils.)

- 3 parts comfrey leaf
- 2 parts calendula
- 2 parts chamomile



- 2 parts roses
- 1 part lavender

After the steam, tone your skin and close the pores with a toner made out of 3/4 rosewater and 1/4 witch hazel. Then use your favorite cream or facial oil to seal in the moisture. I like to use plain jojoba oil for normal to oily skin, or coconut oil for dryer skin. Jojoba oil helps balance oil production in the skin so it tends to be better for summer needs or oilier skin, and virgin coconut oil is one of the best facial creams for winter needs or to prevent and soften wrinkles.

How about something for Dad? Here is a great homemade bay rum recipe. If you can't find fresh bay leaves, try rosemary in this recipe. This recipe makes a spicy facial tonic or stimulating apertif.

### Bay Rum Aftershave

- Fresh bay leaves, or dried or fresh rosemary
- Allspice, ground or grated
- Whole cloves
- Fresh ginger, ground or grated
- Rum

Pack a wide-mouthed mason jar with the bay leaves or rosemary, leaving some room at the top. Add the spicy herbs as desired. Fill the jar with enough rum to cover the herbs by an inch or two. Cover tightly and let sit for 3 to 4 weeks in a warm place. Strain out the herbs and pour into a dark amber glass bottle. Use this as an aftershave, or try a little bit of your concoction over sparkling water.

*Susan Hirsch is a clinical herbalist with a Masters in Herbal Medicine from Tai Sophia Institute.*



# 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.*

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

### Raw Vegan Fermentation Class: Veggie Sauerkraut, Pickles & Kimchi with Raw Vegan Chef Chelly

**Saturday, May 5 11 AM-1 PM**

Microscopic organisms available in our environment can transform food and extend its usefulness in our bodies through fermentation. Fermentation is found throughout human cultures. There are numerous studies to prove fermented foods help people stay healthy. Many of your favorite foods and drinks are probably fermented - wine, beer, mead, chocolate, coffee, and tea, to name just a few. Come learn the ancient technique of raw, vegan fermentation to enhance your gut flora and digestion.

**\$25, \$20 for Owners**

### An Introduction to Whole Foods Nutrition with Julie Richards

**Wednesday, May 9 6:30-8 PM**

This class will introduce participants to the basic principles of whole foods nutrition and plant-based eating. Learn about the importance of eating a wide variety of fresh, local, seasonal, and organic foods and come away with a better understanding of making optimal food choices to support your health and well-being. Attendees of this talk will gain an understanding of:

- The impact of the work of the nutrition pioneer, Dr. Weston A. Price
- The differences between whole foods and processed foods
- The benefits of adopting a plant-based dietary system where at least fifty percent of dietary intake is derived from plant foods
- The advantages of eating a wide variety of fresh, seasonal, local and organic foods
- Adequate daily hydration as an important aspect of whole foods nutrition
- Barriers associated with eating whole foods (versus the Standard American Diet)

Julie Richards is a practicing Nutrition & Fitness Consultant, and hold a Master of Science degree in Holistic Nutrition. She has personally experienced how increasing the proportion of whole foods in one's diet can improve health, support healing, increase vitality, and provide higher energy levels – leading to enhanced wellbeing and better quality of life.

**\$10, \$8 for Owners**

### Feed the Body, Not the Lyme Bug with Melanie Munson

**Saturday, May 26 10-11 AM**

Lyme disease can be debilitating and many people do not realize that some healthy foods can be the worst choices for Lyme sufferers. Eating certain foods causes the bacteria to multiply and increase in an already inflamed body. This class will cover the basics of Lyme nutrition and foods that feed the bug and contribute to inflammation. Participants will gain an understanding of the three main foods that are not friendly for a sick body trying to heal and recover, why each of these foods items is detrimental. Learn how to choose foods to strengthen the immune system and heal your body from Lyme disease.

Melanie Munson is a Certified Health Coach. She came to coaching through her own twenty year journey to health from late stage neurological Lyme. She is passionate about educating and helping others heal.

**\$10, \$8 for Owners**

### Don't Just Survive – Thrive! with Omar Cruz from Himalaya Institute

**Wednesday, May 30 6:30-8 PM**

Join us for an illuminating tour of the body and wander through the amazing and adaptive physiological changes that occur during the stress response. Together, we will shed new light on the link between stress and numerous health conditions and review both ancient and modern understandings that provide continued hope for vitality and wellness.

- Learn body/mind techniques that promote restoration.
- Review the current scientific findings relating to herbs, vitamins, and amino acids that may reduce the impact of stress on the body.
- Learn how to increase mental awareness and vitality without stimulants.

**\$10, \$8 for Owners**

### Away from Chronic Fatigue Syndrome with Greg Lee, Acupuncturist and Chinese Herbalist

**Saturday, June 2 10 AM-Noon**

Are you tired of specialists giving you medications that aren't eliminating your pain and fatigue? In this workshop you will learn about five tools for healing the underlying causes of Chronic Fatigue Syndrome, with special focus on Lyme disease. Join Greg Lee to learn about natural medicines and treatments, including *Pediococcus*-based probiotics, that can relieve pain by killing Lyme disease and other tick infections, eliminate energy-zapping toxins, and help you increase your enjoyment of life.

Greg Lee is a graduate of the Traditional Acupuncture Institute. He currently specializes in treating Lyme disease and other tick infections. He is the co-founder the Two Frogs Healing Center located at 170 West Patrick Street in downtown Frederick. [www.GoodbyeLyme.com](http://www.GoodbyeLyme.com)

**\$10, \$8 for Owners**

### Breaking Through Weight Loss Resistance with Julie Richards

**Wednesday, June 13 6:30-8 PM**

Are you having trouble losing weight? Is your energy level low most of the time? Do you struggle with cravings? If so, then this workshop may hold the answers to your distress. You will have the opportunity to identify some of the less obvious areas that can affect your resistance to losing weight. Usually, we focus solely on food intake and exercise, but there are other factors that should be considered. Learn about several key areas of Weight Loss Resistance and how they may be holding you back from maximally enjoying the benefits of better health and fitness.

The attendees to my talk will gain an understanding of:

- What metabolism means and how your body composition may be affected by a damaged metabolism
- Why you should be concerned about the obesity epidemic in this country
- Why an over-consumption of calories and lack of physical activity, alone, cannot explain national statistics relating to obesity
- How to construct an action plan which will help you to practically implement your new-found knowledge about Weight Loss Resistance

**\$10, \$8 for Owners**

**Raw Vegan Thai Cuisine with Raw Vegan Chef Chelly**  
**Saturday, June 23 11 AM-1 PM**

Thai Cuisine is the national cuisine of Thailand in Southeast Asia. Thai cooking places emphasis on lightly prepared dishes with strong aromatic components. As with other Asian cuisines, balance, detail and variety are of great significance to Thai chefs. Thai food is known for its balance of three to four fundamental flavors in each dish or the overall meal: sour, sweet, salty, and bitter. Let's make Thai food with raw vegan inspiration. Pad Thai, Mango Sticky Rice & Delicious Stews are just a few traditional dishes of Thailand.

**\$25, \$20 for Owners**

**Weigh Less, Live More! with Rachael Pomato**  
**Tuesday, June 26 6-7:30 PM**

Have you ever wondered why "diets" don't work? The word diet actually describes what a person usually eats and drinks on a daily basis. But what usually comes to mind when we think of the word "diet" is a restricted or

prescribed eating regimen that we put ourselves through in order to lose or gain weight. In this class you will discover a safe way to drop pounds and stay fully satisfied. We will also explore the weight loss problems in America and learn why "diets" don't work. Join me to learn how to weigh less and live more by making long lasting changes to your health!

Rachael Pomato is passionate about empowering others to achieve their highest potential for their health and wellness goals. She works as a Certified Health and Nutrition Coach in Frederick at Holistic Health Associates. She guides individuals and groups with a variety of health concerns, such as weight loss, stress management, increasing energy, and better sleep to take their overall health and happiness to the next level.

**\$10, \$8 for Owners**

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.

**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 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.

**Co-op Trivia**

- Champagne is predominately produced by cooperatives.
- 80% of Spanish olive oil is produced by co-operatives.
- 75 % of Fairtrade goods are produced by cooperatives of smallholders.
- In the UK, the cooperative economy has grown by 21% to £33 billion since the start of the credit crunch in 2008.
- Roughly 90% of parmesan cheese in Italy is produced by dairy members who are part of a cooperative.
- Divine is a Fairtrade chocolate company, which is 45% owned by the Ghanaian farmers' cocoa cooperative Kuapa Kakoo.

<http://www.malta2012.coop/trivia.html>



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**2012**

June 7, 8, 9

October 25, 26, 27

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## Power to the Farmers: Reaffirming Our Commitment to Authentic Fair Trade

*Phyllis Robinson, Equal Exchange Education & Campaigns Manager*

Co-op members' commitment to small farmer co-operatives and Fair Trade, over the past 25 years, has helped trading co-ops like Equal Exchange build and strengthen small farmer co-operative supply chains. Because consumers are willing to buy Fair Trade, small farmer organizations across the world have achieved the level of success they currently enjoy.

Unfortunately, this success and all our advances are now in jeopardy.

Deep controversies in the Fair Trade movement have been simmering over the past decade. Today, the situation has reached a boiling point and concrete actions must be taken or we risk losing everything we have collectively built.

Fair Trade USA (formerly TransFair USA) has slowly but steadily chipped away at our principles and values, only recently taking the final steps in building their strategy. They have taken the name Fair Trade USA, then proceeded to leave the international Fair Trade System (FLO International/FairTrade International), lower standards, eliminate farmers from their governance model, and invite large-scale plantations into coffee and all other commodities.

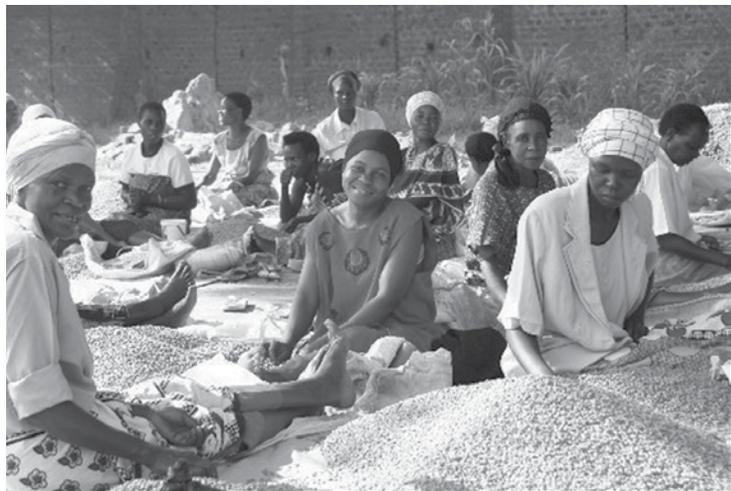
This is not Fair Trade and we are asking you to join with us in differentiating TransFair's model from the authentic small farmer Fair Trade that we are collectively building.

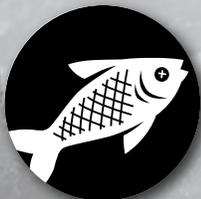
In 1986, Equal Exchange (EE) was founded to challenge the existing trade model. EE supports small farmers and connects consumers and producers through information, education, and the exchange of products in the marketplace. At its founding, EE joined a growing movement of small farmers, alternative traders (ATOs), religious organizations, and non-profits throughout the world who shared similar principles and objectives. The U.S. consumer co-op movement has been an integral part of this movement.

Equal Exchange believes that only through organization can small farmers survive and thrive. The cooperative model has been essential for building this model of change; the Authentic Fair Trade model.

**It is time to withdraw support from TransFair USA/  
FairTrade USA products. They do not represent Fair Trade.**

We need your support! Please join us in reaffirming your commitment to the authentic values underlying Fair Trade. Sign our authentic Fair Trade statement at [www.facebook.com/equalexchange](http://www.facebook.com/equalexchange).





## From the MEAT, SEAFOOD, CHEESE & OLIVE Department

### Seafood Ratings On the Line

The Common Market strives to stay abreast of the most important issues in the natural foods industry. It is that spirit that led us to form a partnership with the Blue Ocean Institute two years ago, which allowed us to access their extensive database of scientific research, and use their seafood rating system. That partnership has been a great boon to us, but it has come to an end. The Blue Ocean Institute has recently informed us that they will be narrowing their focus, so to continue using the most up-to-date information when we determine what seafood to bring in, we are currently developing a relationship with Seafood Watch, a program that is part of the famous Monterey Bay Aquarium. During this transition you will see a change in our signage, including the addition of "catch method" for each species, helping our shoppers make even more informed choices. We encourage you to check out the Seafood Watch smart phone app, which lets you review the ratings of fish you see, as well as find sources of sustainable seafood near you. We recently had a chance to pose some questions to the staff at Seafood Watch, and here is what they had to say:

**CM:** The Common Market Seafood Department's goal has always been to provide the freshest, most healthful, and most "ocean-friendly" seafood choices to its customers. What is the aim of the Monterey Bay Aquarium's Seafood Watch Program?

**MBA:** *The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses make choices for healthy oceans. Our recommendations indicate which seafood items are "Best Choices," "Good Alternatives," and which ones you should "Avoid."*

**CM:** What are some of the challenges that you face when determining how to rate a particular fish?

**MBA:** *There are hundreds, if not thousands of seafood choices available to the buying public and it's not feasible for us to assess them all. Therefore, our work focuses on the seafood items most consumed in the U.S.*

**CM:** What aspects of your service have you found that consumers most respond to?

**MBA:** *Consumers love the wallet cards. In fact, since our program started in 1999, we have distributed over 43 million Seafood Watch pocket guides across the U.S. We have also had a great response to*

*our smart phone app that lets you have up-to-date recommendations at your fingertips. The Project FishMap feature of the app also lets you locate where others have found ocean-friendly seafood near you.*

**CM:** How does Seafood Watch arrive at its seafood ratings?

**MBA:** *Our scientists research government reports, journal articles and white papers. They also contact fishery and fish farm experts. After a thorough review, we apply our sustainability criteria to develop an in-depth Seafood Watch Report. All of our reports are reviewed by a panel of experts from academia, government and the seafood industry and are available on our website. From our reports, we create our seafood recommendations.*

**CM:** What benefits do you see from working with a natural foods cooperative?

**MBA:** *Anyone who is using our recommendations is helping us spread the word about ocean-friendly seafood. It's important that the public knows that their choices make a difference and their buying habits can support fisheries and fish farms producing seafood in environmentally friendly ways.*

An important point to remember is that The Common Market views this relationship as a resource to help us make the best choices possible. We may use the Seafood Watch rating fish that such a rating exists for, but we reserve the right to continue to seek out information on sustainability from a variety of sources. While our aims are parallel to those of Seafood Watch, they are not identical. Seafood that may be deemed "ocean friendly" may be so high in contaminants as to warrant our dismissal, and it's conceivable that a poorly rated species could be available from a source that is singularly sustainable. In any case, we will continue to investigate responsible seafood choices so that staff and customers can be as informed as possible.

## Co-op Made

There are many goods at The Common Market that are produced by and/or sold by cooperatively owned and run companies. Some of the businesses listed are worker-owned co-ops, some are farmer/grower co-ops, and some are not co-ops themselves but are distributors of products made by co-ops. Regardless of the type of co-op, each of these companies has chosen make their business work for people, not the other way around.

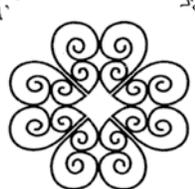


Ajiri Tea	Ajiri black tea is produced at the Nyansiongo Tea Factory, which is owned by over 10,000 small-scale farmers.	fair trade tea
Alaffia Sustainable Skin Care	The women of the Alaffia Shea Butter Cooperative in Sokodé, Togo handcraft raw ingredients using traditional, sustainable methods.	bath and body care products
Alter Eco	Alter Eco works directly with 25 cooperatives of small farmers in 19 countries.	organic, fair trade quinoa
Alvarado Street Bakery	employee-owned cooperative	organic sprouted grain breads
Aura Cacia	part of Frontier Cooperative	aromatherapy, bath and body products
Blue Diamond Almond Growers	growers cooperative	crackers, almond milk, nut butter
Cabot Creamery	farmer-owned cooperative	Cheese
Deep Root Co-op	farmer-owned cooperative	organic winter root vegetables, raw fermented vegetables
Divine Chocolate	The cocoa farmers' organization is named "Kuapa Kokoo" which means "Good Cocoa Farmers Company and owns 45% of Divine Chocolate in the US.	organic chocolate
East Wind Nut Butters	worker-owned cooperative	nut butters
Equal Exchange	worker-owned cooperative	organic bananas, coffee, chocolate, tea
Frontier Natural Products	Frontier Natural Products Co-op is owned by their wholesale customers	herbs and spices
Holterholm Farm (sold under Organic Valley label)	family farm member of Organic Valley Co-op	organic milk
Larry's Beans	distributor of co-op produced coffees	organic coffee
Lotus Foods	Lotus Foods itself is not a cooperative, but the farmers they work with are. The names of the cooperative are on the bags.	exotic rices

Maggie's Organics	The company's production is done in worker-owned co-operatives in Nicaragua and North Carolina, as well as in a family-owned and -operated facility in Costa Rica.	organic cotton apparel
Maple Leaf Co-op	farmer-owned cooperative	smoked gouda
No Frills Fancy	employee-owned cooperative	recycled cloth bags and gifts
Once Again Nut Butters	employee-owned cooperative	nut butters
Organic Prairie	farmer-owned cooperative	organic meats
Organic Valley	farmer-owned cooperative	organic milk, butter, and cheese
Shady Maple Farms	producers cooperative	organic maple syrup
Simply Organic	part of Frontier Cooperative	organic spices, flavorings, spice mixes
Tillamook	farmer-owned cooperative	cheese
Tuscarora Organic Growers Cooperative	farmer-owned cooperative	organic fruits and vegetables

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Thursday, May 31, 6:30PM at The Common Market

Director of Education for Himalaya Herbal Healthcare, Omar Cruz is a botanical researcher, clinical herbalist, author and speaker with over 20 years in the industry. Omar combines his knowledge of southwestern herbalism with his passion for pharmacognosy in an effort to bridge traditional herbalism with western medicine. Omar has further dedicated the last several years to the study of Tibetan Ayurveda, which is a combination of Ayurveda and Traditional Chinese Medicine.



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## “Away from Chronic Fatigue Syndrome”



Probiotics - a choice to be included in the five tools for healing the core causes of Chronic Fatigue Syndrome.

**SATURDAY, JUNE 2nd, 10:00AM - NOON**

Founder of Two Frogs Healing Center in Frederick, MD, Mr. Greg Lee is a renowned acupuncturist, herbalist, author, and speaker with over a decade dedicated to natural

healing. He applies his scientific knowledge and devotes his clinic practice to healing Chronic Fatigue Syndrome, as well as other health difficulties. Mr. Lee developed and uses a novel therapy program called the “Goodbye Lyme System” to help his patients eliminate their Lyme diseases. He is a graduate of the Jaffe Institute-a Sufi Spiritual Healing school, and has a Masters degree in acupuncture and ancient herbal remedies.



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