



The **Common Market**

CO-OP NEWSLETTER

Extreme Wellness!

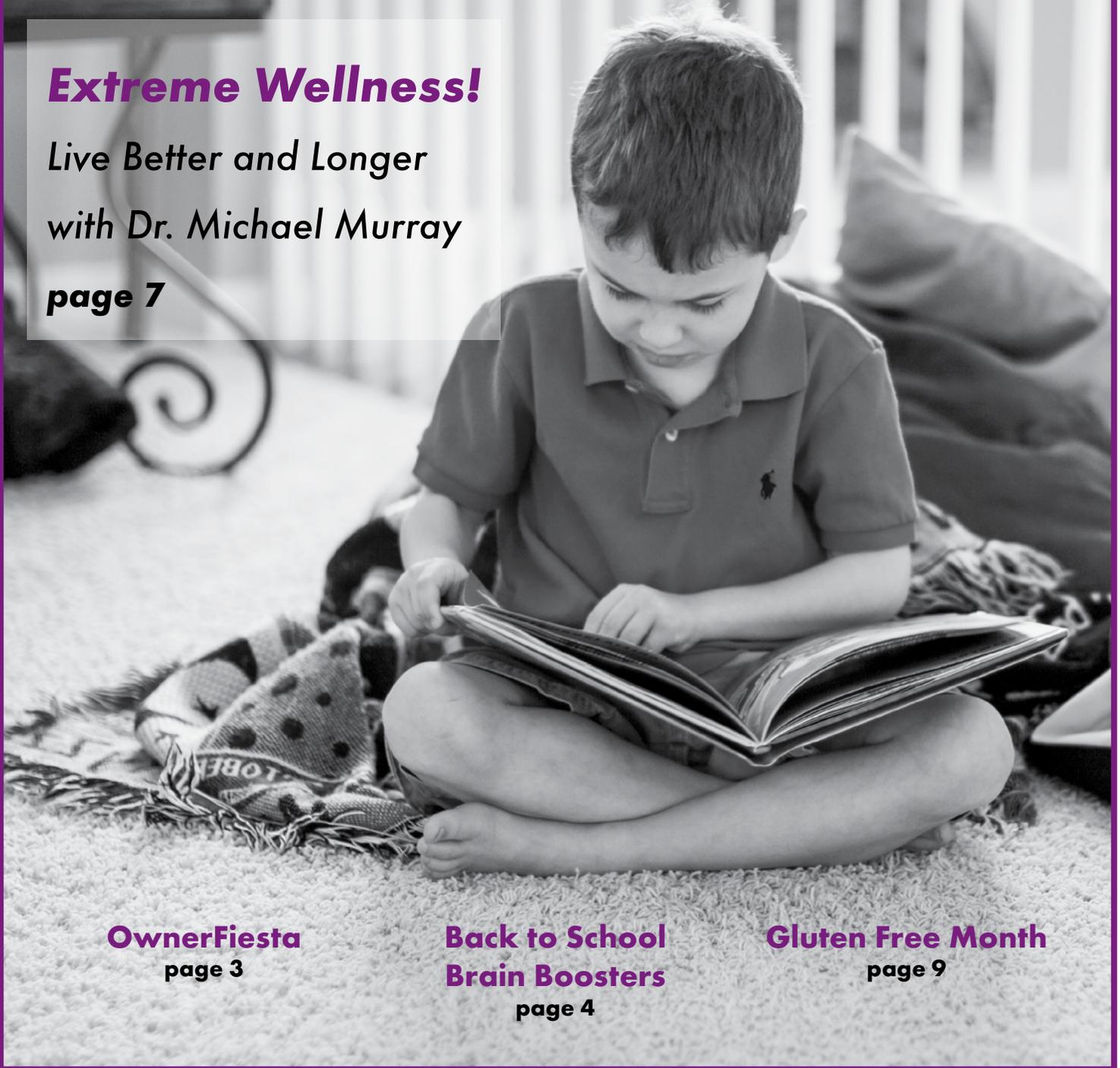
*Live Better and Longer
with Dr. Michael Murray*

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Evergreen Square
 5728 Buckeystown Pike, Unit B-1
 Frederick, MD 21704
 www.commonmarket.coop
 301-663-3416
 Mon. - Sat.: 9 - 9 • Sun.: 10 - 8

General Manager
 Sarah Lebherz

Store Manager
 Kathleen Weaver

Manager of Marketing & Owner Services
 Sally Fulmer

Education & Outreach
 Zoë Brittain

Owner Services
 Kendra Varnon

Board of Directors
 David Cloutier, *President*
 Jim Jenkins, *Vice President*
 John Beutler, *Secretary*
 Julie Richards, *Treasurer*
 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, September 27
 Thursday, October 25



GENERAL MANAGER'S REPORT

By Sarah Lebherz

Your Voice, Your Vote, Your Co-op!

Come celebrate the International Year of Cooperatives with Board, staff and other Owners at our Annual Meeting at OwnerFest! **OwnerFest will be held on September 22nd, from 12 noon – 3 pm in our side parking lot.** In August, Owners should have received their packet for Board Elections and invitation to OwnerFest. Please review the materials and return your ballots to the Co-op by September 17th (or postmarked by September 13th). Election results will be announced during the Annual Meeting at OwnerFest.

At this event we will celebrate the International Year of Cooperatives and will feature several of our local farmers and businesses sampling their goods for you to try. In addition, our staff will serve food produced by local farms and businesses or cooperatively run farms and businesses. The menu will include: cheesy onion dip (an OwnerFest tradition), build your own taco (meat, vegetarian and vegan options available) and Mexican apple bake.

In order to reduce our waste for the event, we are partnering with Waste Neutral and all disposables from the event will be recycled or composted at Recycled Green Industries, a composting facility in Carroll County, MD. At 1:30 pm the Board will commence the Annual Meeting, the business portion of the day, with a President's and Treasurer's report updating attendees on the state of the Co-op and the Patronage Rebate System. The entire day will be kid-friendly with activities planned that include local produce derby and a piñata - so bring the family and join us to celebrate a "Taste of Local"! **The Board will offer door prizes to be announced during the Annual Meeting (must be present to win).**

Addresses needed for Patronage Rebate Vouchers! Though we have not completed our annual financial audit, it does appear we have had a profitable fiscal year and will be distributing patronage rebate vouchers to eligible Owners by December 1st. Don't miss out on this Owner benefit due to an old mailing address! Please make sure your address is up to date in our database. Contact the Co-op Service Desk at 301-663-3416 or via e-mail at cm@commonmarket.coop. **Patronage Rebate Vouchers are a portion of the Co-op's profit distributed back to Owners at the end of profitable years.** The amount of the voucher is proportionate to the amount of money you have spent at the Co-op in the fiscal year. More information will be available in the next newsletter when the audit is complete.

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

Got Co-op Spirit?

Five members of your Board of Directors attended CCMA, the national convention of food co-ops, in nearby Philadelphia. This year's theme (in honor of the location and the International Year of Cooperatives) was "Declaration of Independence: We Own It!" The conference allows for networking and idea-sharing, as well as learning from visiting other co-ops in the Philly area (there are many!). Seeing other operations and talking to Board members from across the country are invaluable as the Board considers future opportunities for The Common Market. Particularly impressive this year were visits to a number of urban farm initiatives cosponsored by co-ops and strategic plans to increase investment in the co-op sector of our economy through new vehicles like a 401(k) plan. Both address larger problems in our society - the problem of a lack of fresh food and food knowledge in inner-city areas, and the problem of investing ethically and sustainably. An inspiring march to Independence Hall was capped by a rousing speech by Benjamin Franklin (no, not the real one!). **And we're always happy to report how respected and admired our store and its staff are in the larger co-op world. We are particularly proud of Robyn O'Brien, a former Common Market General Manager, who now heads the 70-year-old Putney Co-op in Vermont, which won the Howard K. Bowers Fund Award for Cooperative Excellence, CCMA's highest honor.**

Would you like to get some of this co-op spirit yourself? The perfect opportunity is coming up this month: our Annual Meeting at OwnerFest, September 22. Besides the usual assortment of tasty local goodies served up by our farmers and suppliers, the Annual Meeting is your opportunity to meet the Board, hear the annual report on the state of the Co-op, and bring your own questions and views. We hope to see many of you there!

Board of Directors

The Common Market invites all Owners, their families and guests, and the public to **OwnerFest 2012 for a Taste of Local**

When: Saturday, September 22, noon to 3 pm

Where: The Common Market's side parking area

What it's all About: OwnerFest is the time when we gather our Owners together to discuss the current state and future of the Co-op, announce Board elections results and to socialize with fellow Co-op Owners.

At this year's OwnerFest, we are celebrating the **International Year of Co-ops and a Taste of Local. We will be serving tacos with ingredients from local and cooperatively run businesses, and our local and co-op vendors will be sampling their goods for you to try!**

OwnerFest Highlights

- Kids' activities including a local produce derby and onion piñata
- Owners receive a 10% discount on goods featured at OwnerFest
- Live music
- Meet your newly elected Board members
- Fiscal year end results including Patronage Rebate update

Join us for food, music and fun for everyone and meet some of the folks behind your food!



Owner Appreciation Day 2012

October 25, 26, 27

Look for 2013 OAD dates in upcoming newsletters



From the **WELLNESS** Department

Back to School

Encouraging Optimal Brain Function in Kids and Adults

As the lazy days of summer wind down, it is time to get young schooling brains back in focus and ready for the rigorous school days ahead. Free flowing, unstructured creativity is important, but there comes a time when structure and support should take over in preparing for a busy brain season ahead. There are many nutrients and certain good habits that are needed by growing bodies for optimal brain function. Whether you are an eager child, a studious adult, or you just want to keep your brain healthy, these are the fundamental needs for a healthy brain.

Get the Right Sleep Adequate sleep is as crucial to a human body as air, water and food. It helps young brains consolidate learning into memory. Sleep needs vary from person to person but, because their brains are so rapidly developing, children generally need more than the average adult- about 10 hours of sleep per night. The best results are achieved when there is an established bedtime and waking time. Healthy deep sleep increases the amount of nerve connections in the brain after an experience more than if the time of the experience is doubled. In short, our brains perform better with studying followed by sufficient sleep than when pulling an "all-nighter" studying.

Eat Your Breakfast The brain uses glucose from the bloodstream as fuel. Just like a car engine needs a steady stream of gasoline to run properly, it is extremely important for a growing brain to have a sustained release of glucose, rather than peaks and valleys. Since our bodies have fasted for several hours before and need to refuel, breakfast really is the most important meal of the day. Kids who eat breakfast always perform better on short term memory and verbal fluency scores.

The type of breakfast eaten is also important. Ideally, a breakfast should contain a balance of protein, carbohydrates, fat, and fiber. Whole cooked grains and legumes like oatmeal (not instant), rice, beans, and whole grain pasta are excellent sources of complex carbs. The sugary cereals that kids love are an example of high glycemic carbs that enter and exit the bloodstream quickly, causing hyperactivity and inability to focus initially, and then impacting mood and energy levels throughout the day. Scrambled eggs with cheese and toast, steel-cut oatmeal with milk and walnuts, yogurt with berries and nuts, and smoothies with fruit and protein powder are much better alternatives. In a pinch, try eating leftovers from dinner for breakfast.

Give Your Brain a Boost In addition to the need for balancing blood sugar levels, there are certain foods which help supply necessary nutrients for brain

health. One of the most important nutrients is Omega-3 fatty acids, notably DHA and EPA. These fats make up the cell membrane of every cell, and are responsible for ensuring proper communication between cells. Omega-3s are extremely important for brain health; without them the brain could not function optimally. If the body is deficient in Omega-3s, then other types of inflammation-causing fats (trans fats from processed foods) from the diet will fill the gaps in the cell membrane.

Omega-3 fatty acids are found in fatty, cold water fish such as salmon, tuna, mackerel, sardines, trout, and in small amounts in flax seed, chia seeds,

walnuts, and avocado. The average American child and many adults do not eat much of these foods, so supplementation with fish oil is critical for a healthy brain. Other foods that are beneficial for brain function are green vegetables for magnesium, eggs for lecithin and choline, and berries for antioxidants and increasing circulation to the brain.

Read labels - Avoid brain toxins! Kids have very sensitive, vulnerable nervous systems which can be easily overstimulated by strong chemicals. If your child has trouble focusing or being calm, it might be time to start reading labels and policing the pantry. Things to avoid: artificial flavors (like MSG), colors (especially red and yellow dyes), preservatives (BHT, BHA, nitrates, sulfites, phosphates, sodium benzoate), artificial and unnecessary sugars (aspartame, high fructose corn

syrup), and caffeine. These chemicals can be too stimulating to a young child's brain, resulting in behavioral and attention problems.

Food allergies can also trigger excitability and other distracting symptoms, so be aware of the common offenders: gluten, dairy, peanuts, and soy. If observing isn't enough to find the culprit, it is often helpful to do an elimination diet where the child does not consume the food for 3 weeks before it is reintroduced.

Sugar is a common aggravator of many issues and we simply have too much available in our diet. Sugar acts like a drug in the body of children and some adults, causing strong reactions, distractions and addiction. Sugar hides in various forms in many different foods, including fruit juice, honey, refined flours and refined cereals. To avoid the roller coaster, balance all sugar sources with protein, fiber, fat and nutrient dense vegetables. Do not use sugar as a reward, especially not for doing homework. You are inadvertently sabotaging brain function!

Herbs for Mental Function Herbalists love to give herbs, but only when the essential needs for sleep, nutrition, and avoidance of toxins are met. Herbs can



continued

assist mental function by strengthening the nervous system, smoothing out nerve impulses to improve focus, increasing circulation to the brain, neutralizing toxicity in the body and brain, and balancing hormone function to allow normal brain processing to take place.

Herbs that seem to be most effective in supporting optimal brain function are antioxidants, nutritives, and a balance between sedatives and mild stimulants. Ginkgo biloba is probably the most well-researched herb in regards to mental function. It is an antioxidant that helps bring blood flow and oxygen to the brain. Adaptogens such as bacopa, gotu kola, ashwagandha, eleuthero (Siberian ginseng), and rhodiola are useful to neutralize the effects of stress. Nutritive or nourishing herbs such as green oats, lemon balm, catnip, chamomile, skullcap and hawthorn supply important minerals and nutrients that support the nervous system.

Some of these herbs also calm the “second brain” in your gut by enhancing digestion and soothing the nerves in the digestive tract. Gut irritation,

inflammation, or compromised intestinal integrity has an impact on mental function, so any digestive problems should be treated with utmost importance. This points to the benefit of consulting an experienced herbalist. We treat the whole body so that any imbalances in other systems are addressed along with the primary complaint. The whole body is interconnected, and the brain tends to reflect whatever imbalances are present. Optimal learning capability reflects optimal health.

*- Susan Hirsch is a clinical herbalist with a Masters in Herbal Medicine from Tai Sophia Institute. Her website is growingwisdomherbals.com
Read the full version of this article online at commonmarket.coop*

Your Voice! Your Vote! Your Co-op!



By now, OwnerFest invitations and Board of Directors ballots have found their way to Owners’ mailboxes.

Casting your vote enables you to participate in your Co-op and make your voice heard. There are three

open seats and seven candidates. Information about each candidate can be found in your ballot packet and on The Common Market website. **Your ballots are due back to the Co-op by Monday, September 17 at 9:00 pm.** You may return your ballot either through the mail (must be postmarked by Sept. 13) or by dropping it off at the Co-op Service Desk. The results of the election will be announced at OwnerFest on September 22 and the new Board members will be introduced.

Owner Drive Redux

October is Co-op Month and a great time to consider joining the Co-op! Each year, hundreds of people buy equity shares and become Owners of the Co-op. As an Owner, you own a piece of The Common Market Co-op. The Common Market is organized, owned and controlled by the people who use its products and services. This October we are having another Owner Drive, this time bigger, better and more ambitious.

Bigger - more giveaways, **Better** - all participants are guaranteed to get something free, **More Ambitious** - 75 new Owners in 31 days! Since the overwhelming success of our Owner Drive this past May, our Owner numbers have continued to grow. We are thrilled to see the excitement on people’s faces when they become Owners and hope to keep that enthusiasm going. For the month of October only, for every new Owner you (current Owner) refer to sign up; you will receive a \$5 Common Market Gift Card! All New Owners will receive an Ecosac as well as other fun goodies. Help us celebrate Co-op month in the International Year of Cooperatives - join your community and be Grown to Own.



Sweet Potato Harvest Crop Mob!

We are thrilled to announce that we will be having another Crop Mob at House in the Woods Farm on Saturday, September 8th from 10 am-1 pm. Join the mob in the fields, get your hands in the dirt, and help out a local farm and your community! Jobs may include participating in the sweet potato harvest or making fall garden preparations. Families are welcome, but please plan to provide supervision for your children. There will be an area for young kids to play in the dirt, so bring spare clothes for your kids. The Common Market will provide snacks and drinks for Mob participants. Join in and have an awesome day on a wonderful family farm!

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Sweet Potato

Harvest Crop Mob

Day & Time: Saturday, September 8th
10 am-1 pm

Location: House in the Woods
Organic Farm in Adamstown, MD

Want to Sign Up? Sign up to be part of the Crop Mob at the Co-op Services Desk

Fee: The fee is a small donation
(between \$3-\$5 or more,
whatever you would like to give).

The donations will go toward providing shares of fresh vegetables to the Frederick County Food Bank.



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 and community room bulletin board for other classes and events.

The World's Most Important Body of Water with Elliot Haines III

Thursday, Sept. 13 6:00-7:30 PM

The attendees of this talk will gain profound fundamental information for better health/wellness, stewardship of resources, and practical money saving ideas. Gain an understanding of the importance of the water of life and the use as well as conservation thereof. Expand your awareness of the most important fluid on earth.

\$8, \$5 for Owners

The Four Energy Gates - Opening the Way for Total Health with Jeffrey Worth

Saturday, Sept. 15 10-11:30 AM

The ancient Chinese understood that we are all part of universal energy. Modern science also says everything is energy. How can we use this energy for good health and a balanced life? Thousands of years ago Chinese masters discovered that in the human body is an energy network called Meridians. Along these meridians are hundreds of acupoints, which are energy gates. These gates form the connections of the human body with Nature. By allowing the energy to flow freely through the meridians we can achieve good health. The Four Energy Gates is a healing program passed down by Chinese masters. These simple, easy Energy Gates can be used by anyone and can be done anywhere. They can help you balance your body, balance your mind, and use your spirit freely. You are a microcosm of the Universal energy and you can use this energy to heal yourself.
~ Master Nan Lu

Jeffrey Worth is owner of the Boonsboro Wellness Center, a massage therapist, registered nurse and a licensed acupuncturist. He studied with Nan Lu, OMD and Qigong Master, and is a certified Dragon's Way® instructor.

\$12, \$8 for Owners

Edible Landscaping Tour & Garden Design Workshop with Michael Judd

Saturday, Sept. 15 1-4 PM

Come see how mushrooms, gardens, food forests and much more blend together. We will walk through an evolving edible landscape that harvests water in the soil, grows mushrooms, sprouts food forests and creates carefree and abundant gardens. Workshop and tour will emphasize garden layout, design to passively harvest rain water and mulch methods that will make your gardens unique and productive.

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

\$50 \$45 for Owners

Make Your Own Herbal Medicines for Fall and Winter with Susan Hirsch

Wednesday, Sept. 26 6:30-8 PM

Herbalist and licensed nutritionist Susan Hirsch will lead you in learning how to make tonics and teas to keep your body well during the cold months and align yourself with the changing seasons. Basic principles of herbal medicine and herbal actions will be discussed, as well as simple lifestyle techniques for optimizing wellness during seasonal temperature and immune challenges.

Learn to make:

- Elderberry immune tonic
- Sinus steams
- Warming fire cider
- Energy balls
- Immune boosting teas

\$20, \$15 for Owners

Powerware Party: Save Energy and Money at Home Saturday, Sept. 29 10:30 AM-12 PM

The average family spends \$2,200 per year on energy bills. Engage with Frederick County's Green Homes Challenge and learn ways your household can save money, stop wasting electricity, and reduce your environmental impact. Get the latest on rebate programs that offer \$2,500-\$4,250 in savings on energy efficiency retrofits. Take part in fun activities to become more "power-aware" and receive an energy-saving gift.

Free, registration is required

Breast Thermography 101 with Tammy Leiner, Clinical Thermographer

Tuesday, Oct. 2 6:30-7:30 PM

This informational class is designed to get an educational aspect of this diagnostic tool used in the detection of specific abnormalities. This class is designed to help you make the best possible choice for your breast health. This lecture will cover the differences between all breast diagnostics, breast fibroids, cysts & cancers, the different kinds of breast cancers and risk factors. Make conscious decisions about your body and learn the differences about prevention vs diagnosis.

Tammy Leiner became interested in the technology as a non-invasive approach to earlier detection and prevention of disease - which provides a window of opportunity for early intervention. She owns thermography centers in WI, IL and AZ and is currently employed at the thermography center.

\$8, \$5 for Owners

Raising Healthy Children in an Unhealthy World with Donna Acree, N.D.

Saturday, October 6 9:30-11 AM

For the first time in American history, the current generation of children may have a shorter life expectancy than their parents. The food children eat predicts their risks for diseases as they age. Young people are now developing diseases that were traditionally thought to be diseases of old age. If food is medicine, why are children tinkering in the

medicine cabinet? It is time for parents to re-think health and disease and get back into the kitchen with their kids.

Dr. Donna will discuss:

- Achieving healthy eating in a busy lifestyle
- School lunches
- Why food allergies, eczema, and asthma are so common
- Sugar addiction
- Common nutrient deficiencies
- How to get kids interested in healthy foods and food preparation

What's in it for your children's health? Decreased hyperactivity, increased focus and learning, fewer cravings, reduced asthma and other inflammatory diseases, decreased risk of diabetes, obesity, and many other chronic diseases associated with unhealthy foods and lifestyle.

\$12, \$8 for Owners

Introduction to Holistic Aromatherapy with Kristine Southworth

Thursday, Oct. 11 6-8 PM

There is much more to true Aromatherapy than "stuff that smells pretty." This class will include defining true holistic aromatherapy, what essential oils are, the various ways to use them as well as safety precautions, and care. Experience aromatic samples and learn about the use of several of the most commonly used oils. Attendees will see that, when used properly, essential oils can be powerful healing tools on many levels. Kristine first began exploring using essential oils on her own when traditional medicine failed to help her recover from an injury. She was soon hooked and became a certified Aromatherapist through the IDA (Institute of Dynamic Aromatherapy) over 15 years ago.

\$15, \$12 for Owners

Gluten Free for the Whole Family with Chef Jerree Nicolee

Saturday, October 13 12-2 PM

Eating gluten free doesn't have to be boring or difficult. When you cook for the whole family, you can create dinners that you enjoy with your kids and not feel like you are missing out on anything! Enchilada casserole is an easy solution to rolling and stuffing tortillas! Get them to eat their veggies with zucchini chips dusted with gluten free bread crumbs. Discover gluten and dairy free chocolate chocolate chip cookies that you only need 4 ingredients to make! Come and find some new and exciting ways to bring a little gluten free love to your dinner table!

\$20, \$15 for Owners

Extreme Wellness! Live Better and Longer with Dr. Michael Murray

Tuesday, October 16 6:30-8 PM

Find out what really impacts your life in terms of attitude, lifestyle, nutrition and dietary supplements. In this lecture, Dr. Murray will share the key principles for living better. Learn about natural solutions for many conditions, including:

- Weight Loss
- Stress
- Sleep Disorders
- Balancing Blood Sugar Levels

Dr. Murray is one of the world's leading authorities on natural medicine. He has published over 30 books featuring natural approaches to health. His research into the health benefits of proper nutrition is the foundation for a best-selling line of dietary supplements from Natural Factors, where he is Director of Product Development. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington.

\$10, Attendees will receive a \$10 coupon at the event good on any Common Market purchase.

Edible Landscaping Tour & Fruit Trees Galore with Michael Judd

Saturday, Oct. 20 1-4 PM

Join us for a walk through a budding edible, ecological landscape and learn how to be successful in planting, caring, and being fruitful in your yard. This is the ideal time of year to care for your trees and prepare for next year's plantings. Workshop and tour will cover how to winterize your trees and garden, when and how to prune, rainwater harvest, incorporating mushrooms, design for next seasons plantings and much more.

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

\$50, \$45 for Owners

Gluten Free Basics with Becky Spyra

Saturday, Oct. 20 10 AM-12 PM

Gluten free? What is that? Feeling confused? This class will cover the yummy gluten free choices available and discuss what to avoid. We will cover food label reading, kitchen essentials, eating out and travel tips. Gluten free eating can be healthy, fun, and delicious!

Becky Spyra has been living gluten free for over three years. She teaches a wellness and weight management course in Charles Town, WV and is a certified CTLC Wellness Coach.

*There will be optional store tours after the class. Space is limited to 6 people per 15-minute tour session. Sign up for a tour when you sign up for the class.

\$12, \$8 for Owners

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

THE FINE PRINT...READ ME PLEASE!

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

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

Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called and informed of the cancellation. Students may either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows.

Please be on time! Late arrivals are disruptive to the instructor and other students. The classroom is open at least 15 minutes before each class. Anyone arriving more than 10 minutes late will, unfortunately, be counted as a no-show and that seat may be given to another student.

Register for any class at the Co-op Service Desk - 301.663.3416 or 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.

Kids Crafts

This is a Halloween triple craft bonus! With the supplies listed below, you can make not one, not two, but three creepy-cute critters.

All Supplies

Egg Cartons
Tissue box
Black pipe cleaners

Googly eyes
Paperclip
Black paint

Paint (any colors)
Paintbrush
Scissors

Elastic/string
White craft foam
Glue

Spider Supplies

1 segment of an egg carton
4 black pipe cleaners
2 googly eyes
1 paperclip
Black paint and paintbrush
Glue
Scissors



Instructions

1. Paint egg carton segment black and allow to dry.
2. Cut 4 pipe cleaners in half, creating total of 8 segments.
3. Pierce carton segment in 8 locations with a paperclip.
4. Insert "legs", twisting off inside the segment to fasten.
5. Bend pipe cleaners once in half and again 1/2 inch from bottom to create "feet".
6. Glue on googly eyes.

Bat Supplies

Egg Carton
Scissors
Black Paint
Googly eyes
Elastic or string
Glue
Paintbrush
White craft foam



Instructions

1. Cut your egg carton in sections of three.
2. Shape the wings by cutting away a scallop edge.
3. Paint egg carton segments and allow to dry.
4. Cut the white foam in the shape of fangs.
5. Glue on fangs and googly eyes.
6. Use scissors to put a small hole into the head of the spider. Thread your string through and tie a knot.

Monster Supplies

Tissue box
Paint (any colors)
Paintbrush
Scissors
Googly eyes
Glue
Egg carton
White craft foam



Instructions

1. Cut tissue box opening larger for mouth.
2. Paint tissue box and let dry.
3. Draw teeth pattern on white foam and cut out.
4. Decorate monster as desired.
5. Cut out egg carton segments for eyes.
6. Glue googly eyes to the carton segments, the carton to the monster, and the teeth to the open mouth.

"My Co-op Rocks" Contest

Last June, The Common Market entered two photos and a video in the "My Co-op Rocks" photo/video contest. We took 3rd place with the photo shown. We are tickled pink that we earned 3rd place but we think we can do better. We want to win and will be working hard on new entries for this fall's edition of the "My Co-op Rocks" contest. **The next contest starts September 1st and we need your voting help to win. Go to <http://mycooprocks.coop/> and support our entries by voting until November 30th (you can vote for The Common Market's entries once every day).** The more votes we get the better chance we have at winning! The "My Co-op Rocks" contest is open to anyone, so customers are welcome to enter their photos or videos that show how much The Common Market rocks, for a chance to win a \$1500 gift card to The Common Market or any qualifying cooperative business.



This photo earned third place in last June's contest.

October is Celiac Awareness Month

We are helping to make living **Gluten Free (GF)** easier by:

- Running **10% off** of over **500 select GF goodies** on these four **Tuesdays: October 9, 16, 23 and 30!**
- Sampling GF goodies every Wednesday and Saturday (10 am-3 pm) throughout the month!
- Holding GF classes in our Community Room
 - Oct. 13** - Personal Chef Jerree Nicolee will show you how to cook "Gluten Free for the Whole Family"
 - Oct. 20** - Learn about "Gluten Free Basics" with Becky Spyra (see page 7 for details)



Snyder's of Hanover GF Pretzels, GF Ice Cream Cones, Kinnikinnick S'moreables, Mrs Crimble's Chocolate Macaroons, Aleia's Almond Horn Cookies



Chebe Pizza Crust, Schär Tagliatelle Noodles, Annie's Mac & Cheese, Ancient Harvest Quinoa Supergrain Pasta



Kinnikinnick GF Graham Style Crumbs, Pamela's Baking & Pancake Mix and Vanilla Frosting Mix, King Arthur's GF Chocolate Cake Mix



A few of the great frozen **Gluten Free** foods you will find at the Co-op!

Ian's

GF Fish Sticks, Chicken Tenders, Nuggets and Popcorn Turkey Corn Dogs

Applegate

GF Chicken Nuggets

Bromberg Bros Blue Ribbon Restaurants

GF Naked Grilled Chicken Nuggets

S'Better Farms

GF Chicken Fingers and Beef Corn Dogs

Coconut Bliss

GF Ginger Cookie Caramel (non-dairy ice cream)

SO Delicious

GF Cookie Dough (non-dairy ice cream)

Feel Good Foods

GF Chicken Dumplings

GF Vegetable Egg Rolls

GF Chicken & Veggie Rolls

Amy's

GF Lasagna

GF Mac & Cheese

Gillian's Foods

GF Pie Crust

Come in and taste some of the quick and easy, delicious Gluten Free foods we will be sampling throughout the month of October.

Beecher's

"World's Best" Gluten Free Mac & Cheese with Bell & Evans Chicken Nuggets

Pamela's

GF Cakes and Frostings

Chebe's

GF Bread and Pizza Crust

Saffron Road

GF Manchurian Dumplings with

Tandoori Seasoned Chicken Nuggets

Conte's Pasta

GF Potato and Onion Pierogies

GF Tastings of our favorite cookies, crackers and breads

Adapting to the gluten-free diet requires some lifestyle changes. It is essential to read labels and learn how to identify foods that are appropriate for the gluten-free diet. In creating our list, we have taken many measures to be as accurate as possible. The Common Market cannot be held responsible for individual reactions to any products. The information we provide is to be used only for educational purposes and should not be considered medical advice. Some products are naturally gluten-free, but the Celiac Society cautions that these items are sometimes "contaminated" from being processed in mills that also process wheat products. Because manufacturers can change recipes, always read the label and check for ingredients that you may be sensitive to before consuming any product. The Common Market cannot guarantee the absence of cross-contamination.

Living for the City - Urban Farm Bike Tour "Scrap Book"

Cooperative enthusiasts from all over the country, including five Common Market Board Members and two Common Market employees, converged at the 2012 Consumer Cooperative Management Conference (CCMA) in Philadelphia, PA last June. We were there to celebrate the International Year of Cooperatives, learn from each other, attend workshops, bask in the mutual love of cooperation and share camaraderie with fun and crazy "Co-op People."

The highlight of my trip to CCMA was the Urban Farm Bike Tour. Philadelphia could be known as "the city of inspiring urban farms and blossoming community gardens" instead of "the city of brotherly love." In a line of around thirty other bike riders, Kendra (our Owner Services Coordinator) and I wound through the streets of Philadelphia, stopping to learn from purveyors of urban agriculture and incredible community programs along the way. **Twenty-nine miles through the city, four urban farms, a stop at Weavers Way Co-op, and one local brewery later we were thoroughly enthused and exhausted. To see programs like these thriving and building local food systems inside of resource deprived neighborhoods and food deserts was beyond inspiring.**

True inspiration leaves you wanting more, and I left CCMA motivated to grow something here. The Common Market is in the process of developing more hands-on relationships with community groups and trying to find new ways to connect with members of the community around ideas related to creating school and community gardens and local food and nutrition programs. As we continue to find new ways to build community and share our resources I encourage you to invite us to participate in your endeavors and share your ideas with us. We, as always, strive to be the Co-op that the community built. No one person can take credit for all we have grown into and become, it has truly been a cooperative effort!

I hope you are equally inspired by the stories of the farms along the tour. I know that Frederick is a very different city from Philadelphia; we have the advantage of having that small town feel, and I look forward to seeing what local food programs are developed right here.



Stop 1. Marathon Farm

Marathon Farm at Master Street is the lead program of The New Growth Project. It started as a unique partnership with a chain of local restaurants, Marathon Restaurants, which wanted to promote growing food within the city while creating a source of truly local food for its own restaurants. The farm in the Brewerytown section of Philadelphia has evolved into a real community center. **In addition to holding three weekly markets and selling to the restaurants, it has an active community garden, a partnership with teachers and students at the local high school, and offers a daily summer lunch program.** The farm has also developed a partnership with the Mural Arts Program's Restorative Justice Initiative, which engages 18-24 year olds, who are either on parole or probation and are identified as being at high risk to kill or be killed. The program offers these men opportunities to develop skills through work experiences. They've constructed many of the outbuildings at the farm. They are currently in the process of painting a mural on the wall behind the farm which stretches half a city block.

Stop 2. Mort Brooks Memorial Farm, run by Weavers Way Co-op

Weavers Way Co-op operates a pesticide-free farm on the grounds of the Awbury Arboretum. They hired a full-time farmer in 2007 and have since grown to a two-acre profitable urban farm that provides educational opportunities like a Children's Garden and garden tours for community groups. **They have expanded their programs, partnering with W.B. Saul High School to offer a CSA, building school gardens, and putting in a garden at Stenton Family Manor, a homeless shelter.** The third of an acre plot at the shelter feeds families using the shelter and provides vegetables that are sold at local farm stands.



Stop 3. SHARE

SHARE, in North Philadelphia, is another unique partnership. SHARE is a program where people get a break on their grocery bills by exchanging volunteer time for the opportunity to buy affordable food. For each package of food purchased, members commit to two hours of "good deed time," whether at SHARE or other institutions in the community. The farm contributes food to the SHARE program, and also sells to local residents directly. It has partnered with Penn State University's Cooperative Extension to build two large hoop houses; it keeps bees on the roof of the SHARE warehouse and is home to a small orchard. **The garden shares a site with the actual food bank which provides many opportunities for patrons to have a hand in growing the food they eat, even in the middle of a large city.** This was a brilliantly designed program.



Stop 4. Greensgrow

Greensgrow Farm was co-founded by Mary Seton Corboy in 1997 with the idea of selling right-off-the-farm produce to Philadelphia chefs from an abandoned property in Kensington, within sight of Philadelphia's downtown. **Today, Greensgrow is a nationally recognized leader in urban farming. It's a profitable enterprise on a half-acre brownfield that grows everything in raised beds or hydroponically because the soil isn't viable.** It runs a nursery and farmers market, as well as a remarkable "aggregating" CSA that includes vegetables and fruits from around the region as well as local breads, cheeses and beer. Greensgrow is constantly innovating and reinventing itself. It keeps bees, has a cooking oil-to-diesel program, and has constructed a walk-in cooler using an old room air conditioner. The moment I entered the gates of Greensgrow I was awed by the versatility and diversity of the operation.



-Alexis Self is the Education and Demo Coordinator and roving bike reporter.

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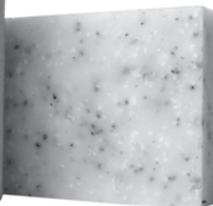
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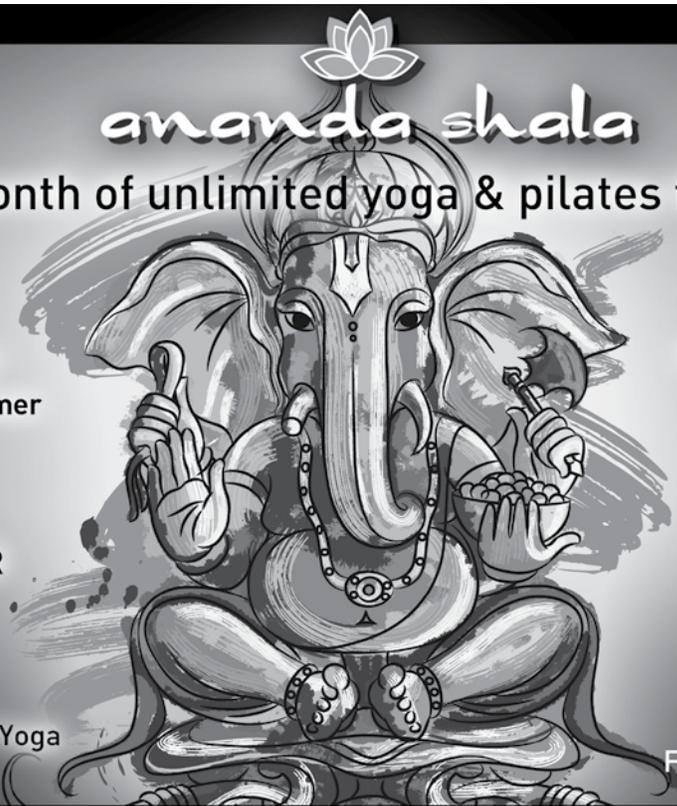
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