

MNFC COOP CONNECTION

Present your MNFC membership card to receive discounts on products and services at the following Middlebury area businesses:

RETAIL

Middlebury Mountaineer

Stop in and see our entire line of *Dansko* footwear, clothing from *Patagonia*, *Horny Toad*, *Ibex*, and *Cloudveil*. Providing high quality gear and apparel and commitment to customer service.

Locally owned and operated since 1998.

Open 7 days a week

5 Park Street, Middlebury, 388-7245

10% off all purchases.

The Rainbow Room

A fun-filled store with treasures for all ages!

Fabulous jewelry, Vera Bradley, unusual gifts, toys, and so much more!

72 Main Street, Middlebury, 388-6831

15% off all jewelry.

Wild Mountain Thyme

Specializing in unique clothing, jewelry, and bags from around the world; natural fibers, and friendly service.

48 Main Street, Middlebury, 388-2580

10% off purchases.

Blue Moon Clothing & Gifts

Colorful, fun, beautiful clothes for children and women. Jewelry, gifts, decorative house wares.

46 Main Street, Middlebury, 388-2433

10% off all purchases.

Yak Adventure

Handcrafted treasures from Tibet and India.
Beautiful home accessories, furnishings, gifts,
jewelry, silver, ethnic art, journals, and carpets.
Just next door to the Co-op!
13 Washington Street, Middlebury, 388-0610
10% off retail merchandise.

Alpine Shop

Specializing in casual clothing for the
entire family, from underwear to outerwear.
Patagonia, North Face, Levis, Royal Robbins,
Woolrich, Columbia, Jockey underwear, and more!
We are also a full service Bike and Ski shop.
Open 7 days a week.
6 Merchants Row, Middlebury, 388-7547
10% off all non-sale clothing.

The Blossom Basket Flowers & Gifts

Located in the charming yellow Victorian Cottage, just down the hill from the
College. Fresh cut flowers and plants for parties, weddings, sympathy, proms,
and holidays. Express your feeling in living color.
56 College Street, Middlebury 388-3900
www.blossombasket.biz
10% off on fresh cut flowers.

Danforth Pewter Workshop & Store

Handcrafted pewter plus other fine gifts for
any occasion: weddings, anniversaries, holidays,
baby showers. Featuring one of a kind
oil lamps, vases, frames, and jewelry.
52 Seymour Street, Middlebury, 388-0098
10% off any purchase in our retail store.

Main Street Stationery & Electronics

A complete line of office supplies, greeting cards, gifts, electronic equipment, full
color copies, and
fax services. We are an authorized *Unicell* agent.
Come see us for all your cellular needs.
56 Main Street, Middlebury, 388-6787
10% off all purchases.

In The Alley Book Shop

An eclectic selection of used and some new books. Wonderful selection of *current* magazines. New

and used CD's, cassettes, and vintage vinyl records.

Syracuse Cultural Workers cards, bumper stickers, buttons, and posters.

3 Frog Hollow Alley, Middlebury, 388-2743

10% off any book over \$5.00

Marbleworks Pharmacy

Outstanding Service, Free Delivery, Professional Counseling, Competitive Pricing, Convenient Parking at the Front Door. Addison County's Only Pharmacy Not Selling Tobacco.

99 Maple Street, Middlebury, 388-3784

10% off on non-prescription items.

25% off greeting cards.

Ben Franklin

Variety, general merchandise store.

63 Main Street, Middlebury, 388-2101

10% discount on any merchandise, excluding sale items and custom framing.

Vermont Beads and Fibers

Come to bead, knit, crochet and create! We have 250,000 beads, hundreds of yarns, with books, tools, wire, needles, patterns, a variety of ongoing classes for kids and adults and a weekly "Stitch, Bitch & Bead" evening. We do birthday parties too!

34 Main Street, Middlebury, 388-6661

www.beadsandfibers.com

10% off purchases.

Maple Landmark

Makers of educational wooden toys, games, and gifts. We are proud to purchase the majority of our materials locally. The wood is sustainably harvested, products are made right here in Middlebury and all of our finishes are non-toxic. Visit the showroom; shop the complete selection of first quality products, seconds and discontinued items. See it being made and play on our 60-foot child-size train.

Member of Co-op America and listed in *Green Pages*.

1297 Exchange Street, Middlebury

Call to schedule a factory tour: 388-0627

10% off all retail purchases.

Honey Gardens Apiaries

2777 Rt. 7, Ferrisburgh, 877-6766

25% off beeswax candles.

Buy 2 get 2 free on Elderberry cuttings in season

Green Mountain Shoe and Apparel

From newborn shoes by *Robeez* to men's *Red Wing* work boots, we carry a variety of dress and casual shoes for the entire family. Sneakers by *New Balance*, *Asics*, *Saucony*, and *Stride Rite*. Casual shoes by *Merrell*, *Hush Puppy*, *Naturalizer*, *Haflinger* and *Anna Clogs*. We also carry casual clothing from *Hanes* underwear and *Wigwam* socks to jeans and sweatshirts.

20 Main Street, Middlebury , 388-4399

and 1 Main Street, Bristol, 453-6337

10% off all clothing and footwear.

Vermont Yarn Company

Find a colorful selection of yarns from Vermont and around the globe! Start by choosing from many colors and textures. Our fibers include wool, mohair, llama, alpaca, cotton, rayon, and silk blends, as well as hand-spun and hand-dyed skeins. Together with books, patterns, needles, and treasures, there is everything to make your project fun and successful.

Celebrating the joys of yarn!

2571 Rt. 7 South, Middlebury, 388-9665

10% off all purchases

excluding consignment yarns and special orders.

The Vermont Book Shop

We are a fiercely independent general interest bookstore at the center of downtown Middlebury. Owned and operated by active members of your community, *The Vermont Book Shop* strives to be not just a retail store, but a community resource with a beating heart.

38 Main Street, Middlebury, 388-2061

www.VermontBookShop.com

10% off all purchases.

EATERIES

Noonies Deli

Offering the best sandwich in town on homemade bread. Delicious soups, salads, and fresh baked goodies. Muffins, bagels, breakfast sandwiches, and more. We deliver too!

Marbleworks, Middlebury, 388-0014

10% off any whole sandwich.

Green Peppers Restaurant

A Middlebury family restaurant.

Eat in or take out. Pizza, calzones, fresh salads, soups, pasta, subs, hoagies, grinders. Lots of fresh vegetables and lots of toppings to choose from.

We offer Honey Wheat Crust which features *Gleason Grains* and *Champlain Valley Honey*.

Member of Vermont Fresh Network.

Open every day at 10:30am.

10 Washington Street, Middlebury, 388-3164

10% off any pizza.

Subway of Middlebury

Specializing in low-fat and Atkins low-carb wraps and salads. We provide a healthy alternative to "fast foods." Eat in or take out.

Come enjoy a national favorite!

40 Court Street, Village Plaza, Middlebury

10% off total order.

WELLNESS

Middlebury Fitness

Where the members' needs always come first.

State-of-the-art facility. Twelve station Cybex Circuit. Over 20 pieces of cardiovascular equipment. Tons of free weights. Yoga, Pilates, and Spinning with over 55 classes per week. Saunas, child care.

Tanning, massage, physical therapy.

Certified personal trainers on duty.

175 Wilson Road, Middlebury, 388-3744

www.middleburyfitness.com

15% off any fitness merchandise.

25% off enrollment fee for Co-op members.

Mountain Massage by Catherine Cover

Mountain Massage offers relaxing and Therapeutic massage for all bodies.

Conveniently located in

Bristol, in the Old High School. Mountain Massage offers Swedish massage, and Healing Stones massage. **An introductory integrated**

one-hour massage is \$40.

Contact Catherine Cover at 453-4855, or

e-mail: ccover@gmavt.net

Vermont Sun Fitness Center

25,000 square foot facility: two complete aerobics studios, Olympic swimming pool, 96° kiddy pool,

outdoor hot-tub, racquetball, complete *Body Masters* and free weight circuits, *Life* cycles, tanning, *Life* steppers, The Rock (rock climbing wall), *Quinton* treadmills, *Precor EFX*, *Concept II* rowers, Nordic track, yoga, spinning classes, tae kwon do, kids & adult ballet, kids swim lessons, personal training, nutritional education and training, child care.

250 group fitness classes per month.

www.vermontsun.com

812 Exchange Street, Middlebury, 388-6888

50% off lifetime membership fee.

Karen Miller-Lane, N.D., L.Ac.

Dr. Miller-Lane is a Naturopathic physician and licensed acupuncturist providing individual,

complementary health care to meet your specific needs. She uses diet and nutrition, acupuncture, western and Chinese herbs, homeopathy, gentle bodywork, hydrotherapy, and counseling. Women's healthcare, immune support, chronic illness, nutritional counseling, laboratory testing, and more are offered.

Call 989-9068 for info or appointments in Middlebury.

10% off initial visit, **\$5 off** return visit.

Otter Creek Yoga

Located in Middlebury's historic Marble Works district, *Otter Creek Yoga* offers classes 7 days a week, for students of all ages and abilities. Special classes for beginners, seniors, and everyone interested in stretching and strengthening body, mind, and heart.

Call 388-1961 for a schedule of classes
or visit www.ottercreekyoga.com.

First class free for new students.

MISCELLANEOUS

Otter Creek Brewing, Inc.

We invite you to visit our brewery to see how we make our beer and *Wolaver's* certified organic beer. Samples always available.

Tours every day at 1pm, 3pm, and 5pm

793 Exchange Street, Middlebury, 388-0727

20% off non-beer merchandise in the gift shop.

County Tire Center

Complete front end work, brakes, shocks, tires and exhaust.

33 Seymour Street, Middlebury, 388-7620

www.info@countytirecenter.com

10% off parts; **5% off** tires.

Waterfront Video

We have a wide selection of foreign and off-beat titles and access to our mother store in Burlington for specific rental requests. The Burlington store is the largest video library in Vermont (over 13,000 titles).

2 Maple Street, Marbleworks, 388-2200

Every tenth rental free.

Holistic Justice Center

Bill van Zyverden, Esq.

Serving our community in Real Estate (purchases, sales, refinances, and closings), Will preparation, and non-adversarial legal services including Divorce Mediation and Holistic Legal Counseling for any situation.

Phone: 388-7478, fax: 388-4079

e-mail: wvzpc@verizon.net

Free consultation

These discounts may not be used on sale items or with other offers!

