



Paw Prints

Jodi Schneider McNamee
Columnist

Treating your dog's arthritis

Dogs are living longer thanks to advances in veterinary medicine.

But longevity also increases the odds that Rover will suffer from some sort of degenerative joint disease (DJD), or osteoarthritis. As your dog ages, things that were once second nature become an effort.

Arthritis can make your dog miss out on the fun things he used to enjoy. Running becomes a stiff walk, a jump to his favorite chair is no longer possible, and lying down is accompanied by a deep groan.

Osteoarthritis is a painful joint disease that can cause your furry friend to appear stiff and sore. He may also stop playing and may have a reduced appetite or depressed attitude.

The good news is, there are safe and effective ways to ease the pain without resorting to surgery. There are a variety of non-surgical options available to dogs

who suffer from arthritis – from treatment such as acupuncture that originated thousands of years ago, to cutting-edge laser therapies.

Glucosamine and chondroitin sulphate supplements and omega fatty acids supplements can support joint health and can also help repair damaged joint tissues. It can take several weeks for the results of these supplements to be seen. Speak with your veterinarian about using these supplements for your furry friend.

Weight management is also an important part of non-surgical treatment for arthritis. Overweight dogs suffer more consequences of arthritis than fit dogs. Maintaining a dog at his ideal weight will help reduce the severity of the signs of the disease, and can actually slow the progression of it.

Acupuncture is an ancient form of traditional Chinese medicine, or TCM, that involves using tiny needles to stimulate various points on the body. Although acupuncture has been used for many years to relieve the symptoms of arthritis in dogs, it has only recently become accessible in the United States. Some veterinarians now offer, or can recommend, acupuncture therapies. Like chiropractic, acupuncture can increase joint mobility.

The insertion of needles improves blood flow to tight muscles. And more blood flow relieves muscle tension, permitting joints to move better. Acupuncture also works as a pain-control method, allowing reduced doses of other drugs or supplements. The number of treatments needed depends on the severity of the underlying disease.

Lasers serve important functions in modern medicine, including correcting vision problems. Often called low-level laser or cold-laser therapy, this is light at specific frequencies absorbed by the cells. Laser therapy is a noninvasive procedure that uses light to stimulate cell regeneration and increase blood circulation. Cold-laser therapy treats the surface of the dog's skin, while hot-laser treatments affect deeper tissues. The therapy can reduce pain, relieve muscle spasm, and improve joint motion.

Hydrotherapy refers to exercises that are performed in water, most commonly swimming and walking on an underwater treadmill. Hydrotherapy benefits arthritis patients because the buoyancy of the water takes the stress off the joints, while the water's resistance helps build limb strength. In other words, getting your

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Sisters salutes...

Sisters Habitat for Humanity would like to thank all the 21 business that participated in the 2016 Sisters Habitat Gingerbread Trail.

During this fun event, close to \$1,000 was raised from customers dropping change into the donation boxes at each business. Cascade Street Distillery

received the People's Choice award with more than \$500 donated. The judges' choice Best In Show award goes to the Bank of the Cascades with its gingerbread Christmas tree holiday trailer.

Sisters Habitat appreciates the community support in helping us build homes for families in Sisters.

SISTERS ENTERTAINMENT • EVENTS

Wed.~Feb. 1

Sisters High School 20th Annual Coffee House Benefit 7 to 9 p.m. Art demos, silent auction, hands-on stations, entertainment & more from SHS students! \$5 entry goes to SHS arts programs & scholarship. Refreshments available. Info: 541-549-4045.

Sisters Saloon Texas Hold 'Em Tournament 7 p.m. Every Wednesday! For more info call 541-549-7427 or go online to sistersaloon.net.

Saturday~Feb. 4

Latigo Live Music with Acousticadia - Mark Barringer & Jo Booser 6 to 8 p.m. No cover! For additional information call 732-998-1253.

Cork Cellars Live Music with Mike Biggers 7 to 9 p.m. No cover! For additional information call 541-549-2675 or go to corkcellars.com.

Sisters Saloon Live Music with Mark Conklin 8 to 11 p.m. Country and rock, no cover! For additional information call 541-549-7427 or go to sistersaloon.net.

Sunday~Feb. 5

Rancho Viejo Big Game Special! Kick-off for the big game on MULTIPLE screens is at 3:30 p.m. Come watch and enjoy some great specials! For information call 541-549-3594.

Sisters Saloon Big Game Party! 2:30 p.m. And watch the game on the BIG 80" screen while winning prizes playing Big Game trivia! For more information call 541-549-7427 or go to sistersaloon.net.

Cascade Trailstop Market The Big Game at the Market 3:30 p.m. Sit back, watch the game, and enjoy brats & beverage specials; snacks for purchase are just an arm's reach away! For more information call 541-719-1246.

Takoda's Restaurant Big Game Specials! Watch the big game on MULTIPLE screens! Kick-off is at 3:30 p.m. And take advantage of some great specials, too! For more information call 541-549-8620.

Lake Creek Lodge Restaurant Big Game Party! 3 to 6 p.m. Enjoy Sunday's big event in Camp Sherman with a special party menu available. For additional information call 800-797-6331.

Events listings are subject to change. Submit items by 5 p.m. Fridays to teresa@nuggetnews.com

Gallery Restaurant Big Game Sunday! 3:30 p.m.

Enjoy Sunday's big event and root for your team with other Sisters locals! For additional information call 541-549-2631.

Monday~Feb. 6

The Open Door Live Music with Elwood 6 to 8 p.m. No cover! For more information call 541-549-6076 or go online to opendoorwinebar.com.

Wed.~Feb. 8

Sisters Saloon Texas Hold 'Em Tournament 7 p.m. Every Wednesday! For more info call 541-549-7427 or go online to sistersaloon.net.

Friday~Feb. 10

Sisters Saloon Live Music with Ledbetter & Young 8 to 11 p.m. Acoustic rock & funk, no cover! For additional information call 541-549-7427 or go to sistersaloon.net.

Saturday~Feb. 11

Cork Cellars Live Music with Bill Keale 7 to 9 p.m. No cover! For additional information call 541-549-2675 or go to corkcellars.com.

Sisters Saloon Live Music with the Bobby Lindstrom Trio 8 p.m. Blues and rock, no cover! For additional information call 541-549-7427 or go to sistersaloon.net.

The Belfry Tony-award-winning Musical, "Spring Awakenings" 2 p.m. & 7 p.m. \$20 to \$25. Presented by Topsoil Theatrics & Mejaski Choreography. Pub opens one hour before the performance. Purchase tickets and see more details on the show online at belfryevents.com or call with questions, 541-815-9122.

Aspen Lakes Clubhouse Winter Ball 6:30 to 11 p.m. A fundraiser for the SHS Senior Grad Night Party. Live music with Jim Cornelius & Mike Biggers, live auction (Auctioneer Melvin Herburger), DJ Matt Bradley, heavy hors d'oeuvres (drinks for purchase). \$25 or \$40/couple. Call 541-588-6281 or 541-678-1914.

Sunday~Feb. 12

The Belfry Tony-award-winning Musical, "Spring Awakenings" 4 p.m. \$20. Presented by Topsoil Theatrics & Mejaski Choreography. Pub opens one hour before the performance. Purchase tickets and see more details on the show at belfryevents.com.

Touch of Class Tours

www.touchofclasstours.com
connie@touchofclasstours.com

WINNEMUCCA/LAUGHLIN/DEATH VALLEY

MARCH 25-APRIL 1 | \$649 PPDO
\$729 SINGLE OCCUPANCY
8 days/7 nights on this tour to a very requested destination!

OREGON CASINOS (VISIT 5 CASINOS)

APRIL 12-14 | \$279 PPDO
Spirit Mtn., Chinook Winds, Three Rivers, The Mill and Seven Feathers. One night Ashley Inn in Lincoln City, one night The Mill Casino in Coos Bay. Receive one breakfast, food coupons, more!

PENDLETON "COME TO LIFE" TOUR

MAY 19-20 | \$289 PPDO
75 actors bring the underground past back to life! Includes breakfast, 1 dinner, Pendleton Woolen Mills.

SPIRIT MTN./CHINOOK WINDS CASINO TOUR

MAY 23-24 | \$189 PPDO
One night Lincoln City at Ashley Inn, one breakfast, food credits, slot play!

COWBOY DINNER TREE SILVER LAKE

JULY 15 | \$99 PP
Enjoy the ride as we embark upon a hidden treasure! You may forget that we are in the 21st century, cooking is done with propane! Family-style dinner.

CRATER LAKE/ASHLAND CABARET THEATER/GRANTS PASS HELLGATE JETBOAT

AUG 1-4 | \$649 PPDO
3 breakfasts, 2 dinners.



Connie Boyle
541-508-1500
Box 615 Sisters,
OR 97759

Sisters MOVIE HOUSE

STARTS FRIDAY
FRI., FEB. 3 - THURS., FEB. 9

The Founder (PG-13)

Fri 4:15, 7:00
Sat-Sun 1:45, 4:15, 7:00
Mon-Thurs 4:15, 7:00

Twentieth Century Women (PG-13)

Fri 4:00, 6:45
Sat-Sun 1:30, 4:00, 6:45
Mon-Thurs 4:00, 6:45

Moonlight (R)

Fri 7:00
Sat-Sun 2:15, 7:00
Mon-Thurs 7:00

A Dog's Purpose (PG)

Fri 5:15, 7:30
Sat-Sun 3:00, 5:15, 7:30
Mon-Thurs 5:15, 7:30

Gold (R)

Fri-Thurs 4:30

Movie times and titles are subject to change. Visit website or call for latest information.

WWW.SISTERSMOVIEHOUSE.COM
541-549-8800

The Belfry

Feb 11-12 / Sat 2&7 PM, Sun 4 PM
Spring Awakening
This Broadway musical is a raw, honest portrayal of youth in revolt

Feb 17 / Fri / 8-11 PM
Sassparilla!
They are pungent, not subtle. Dirty bluegrass band from Portland.

Mar 1 / Wed / 7-10:30 PM
Tommy Castro and the Painkillers
Playing music guaranteed to fire up fans and leave critics searching for new words of praise.

PUB OPENS 1 HR PRIOR TO SHOWS
BelfryEvents.com
541-815-9122
Rent The Belfry!
Perfect venue for live music, weddings, receptions, meetings, or any event.