

## Creature Comforts: Caring for Your Best Friends

By Michal Smith

With summer reaching its end, many pet owners find themselves relieved. The challenge of summer for some includes the quandary of parasites effecting their beloved pets. The most prolific and successful in the summer months can be the dreaded flea. It is not uncommon though to notice some pets laze in the sun occasionally flicking away a passing fly not bothered by fleas in the least. While others are driven to the brink of insanity miserably striving to conquer the little beasts that seem to blossom like dandelions within the boundaries of the little animal's body.

Pet owners shake their heads, trying every avenue to bring relief. Some may find relief, and others may continue frustrated with the cost of products that don't seem to bring the desired results. True some flea products may seem to work right away, while others may take months before seeing the desired results.

Then comes the subject of creating a flea free home and neighborhood which can prove to be a huge undertaking as well.

So the big question remains. What is the difference? Why do some pets appear to attract every parasite around, and others do not? Of course pet owners should always consult with their Veterinarian if they feel their pet is not well, and routine parasite prevention is a must for a healthy pet. That being said, it would be well to take a closer look at the link between parasites, immunity, and proper nutrition. There is no clinical study to prove this theory, simply because the American Holistic Veterinary Medical Association doesn't have the proper funding to support such studies. However, observation is that parasites (internal and external) are more likely to be an issue in weaker, less vital animals than in healthy, vibrant animals. Correct nutrition is one of the key factors in providing energy and vitality. Aside from genetic flaws, and neglected

routine parasite control, adjusting nutrition & proper exercise will improve health and ability to ward off not only parasite overload, but disease.

When looking for a nutritious pet food, what should be considered? There are two aspects of food that are very important. First the ingredients themselves, second is how well the ingredients are sustained during the manufacture process of the food. Many pet foods contain foods that are not found in the natural diet of dogs and cats. One ingredient being gluten, and gluten contained grains are found in many pet foods today. Dogs and cats cannot successfully digest gluten. This ingredient, along with chemicals, preservatives, over cooked meats and vegetables cause a strain on the digestive system, which, in turn can weaken the immune system. Simply put, the less the ingredients are processed, the easier they will be on the intestinal system. Finding a good pet food these days is

not at all hard, many companies provide brochures on how the kibble is made, explaining exactly what the ingredients are, therefore honoring the pet owner's concern.

Pet owners do well to do their homework when researching pet foods, and find the best quality grain free pet food they can afford. Supplementing with fresh veggies, and fruits can be a fun way to bring better nutrition into a pet's life as well. Creatures has a variety of nutritious choices including treats and foods. An appointment with our Animal Nutrition Consultant would be a great place to start sifting through your animal's symptoms and your efforts in order to assist in finding a diet that just might help your pet find the relief you're both looking for. Call 503-429-PETS or come in and check out what's available in person!

## Town Halls Gather Feedback on Nehalem Conservation Plan

Come join your neighbors to provide your input on a draft Conservation Action Plan for the Nehalem watershed. This effort is being hosted by The Nature Conservancy, the Lower Nehalem Community Trust, the Upper Nehalem Watershed Council, Tillamook Estuaries Partnership, and North Coast Land Conservancy.

We would like to invite the public to two open "town hall" meetings in late September. We will be describing the project, sharing some information about


the watershed, answering questions, and gathering input on what conservation actions should be a priority. The first meeting will be on Monday, September 26<sup>th</sup> at the Vernonia Community Learning Center in Vernonia. The second meeting will be held at the White Clover Grange Hall in Mohler on Tuesday, Sept. 27<sup>th</sup>. Both meetings will run from 6:30-8:00 pm and we will be serving refreshments from local bakeries. A map of the town hall meeting locations can be found on the internet at <http://g.co/maps/ch3k> (Vernonia) <http://gl/64hn> (Mohler). Please come join us on either of these nights or contact Debbie Pickering at [dpickering@tnc.org](mailto:dpickering@tnc.org) or (541)994-5564 if you would like more information or would like to be kept informed of the project.

The purpose of this plan is to develop volunteer conservation strategies and actions that can be supported by landowners, conservation groups and state agencies to help protect and enhance local ecosystems. The

planning process brought together a diversity of local citizens and experts to create an effective watershed-based conservation plan. Through this process we hope to identify the highest priority conservation strategies, develop partnerships to implement these actions, and create a broader awareness of the conservation needs and opportunities for the Nehalem Watershed.

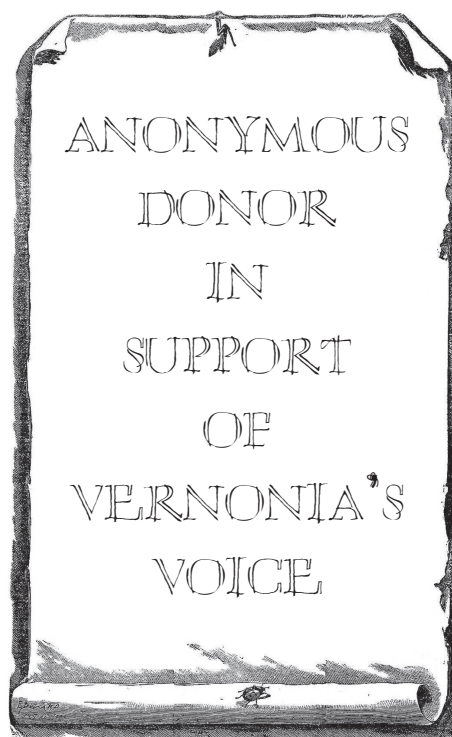
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## Senior Center Activities

**5-Area Luncheon:** Monday, September 26<sup>th</sup> at the Clatskanie Senior Center

**Connie's Fabulous Breakfasts:** Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Senior Center (446 Bridge Street) from 7:30 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

**Week Day Lunches:** The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$4. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

**Maple Bars available locally!** Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The

Center's front door opens at 9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

**Thrift Store:** Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours, and donated clothes need to be clean and in good condition so they are "sales ready". We are offering half off during the first week of each month. Buy locally and support your local Senior Center. *For after hours drop-offs please contact Pauline 503-429-5810.*

**Special Days:** On the last Wednesday of the month Wauna Credit Union will be serving ice cream. On the last Friday of the month we will serve birthday cake and ice cream to celebrate that month's birthdays.

**Membership Dues:** Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

**Questions? Call: (503) 429-3912**