



COURTESY PHOTO

American folk-rock band Heavy Diamond Ring will perform at the Axe and Fiddle Oct. 28

Colorado band 'Heavy Diamond Ring' rolls into The Grove

Heavy Diamond Ring, an all-American folk rock band from Denver, Colo., will be performing a free show at the Axe and Fiddle on Oct. 26 at 8 p.m.

Thirteen years after founding indie-folk giants Paper Bird, Sarah Anderson (vocals, trumpet) and Paul DeHaven (guitar) embark on their latest collaboration, Heavy Diamond Ring (HDR).

HDR harnesses its proven partnership and trademark open-hearted all-American folk-rock, and sends it to refreshing new heights.

Led by Anderson's smooth-as-honey vocals and DeHaven's rugged guitar chops, the band is rounded out by veteran knockouts Blake Stepan (bass), Mike Lang (keys) and Orion Tate Ignelzi (drums).

Heavy Diamond Ring creates a sound that feels as classic as rolling down the windows in the summer, and as fresh as an autumn morning.

Heavy Diamond Ring is touring in support of the release of its debut full-length record, which is out now and available wherever music is sold.



Pet Tips 'n' Tales

By Mary Ellen
"Angel Scribe"

Ho-Raw for Rowan



Sarah Griffiths, DCH, CPN and Rowan, are teachers of pet nutrition.

"A TV comedian joked, 'Who would want a cat? They eat breakfast and spend the rest of the day throwing up,'" said Julia. "But it is no joke! As a classical homeopath and clinical pet nutritionist, I know that an animal or human who eats then feels ill is eating unfit food. I have witnessed the benefits of 'real food' for my pets. After I adopted a three-month-old puppy, Kody, he was a lethargic, furry lump with a green-snot nose."

As Julia explained, one day she walked past a homeopathic veterinary clinic with the sign, "Feed Your Dogs Raw Food." She intuitively knew that she had stumbled onto the answer to her puppy's health and a new career.

"As soon as I switched Kody from bagged/canned puppy food to raw, he transformed from a little blah-blob to an energetic healthy puppy," Julia said. "It was unbelievable how fast it happened. My cat was having urinary tract crystals until I switched him to a raw diet. Since the switch, none of my pets have suffered from alopecia (fur loss), arthritis, digestive problems or diabetes. I was hooked and studied everything I could to help animals live longer and healthier lives."

Julia said she has seen pets switched to raw foods, and the blood work and health progression documented by their veterinarians reflect dramatic improvement. Cats chronically vomiting is stopped once the feline is put on a raw diet. "All my diabetic cat patients reversed their illness and most of the dogs have gone off or reduced their insulin," said Julia.

Just like human food, manufactured pet food has hidden sugar. The definition of animal byproducts seen on pet food labels is: euthanized animals, fur, animals who died from unnatural causes/diseased. When you see "chicken byproducts," it means a combination of mystery ingredients. These disguised ingredients, along with low-quality processed grains, preservatives, coloring or taste-enhancing chemicals are why so many animals have allergies, said Julia.

"When you have no control of what comes out of the bag, no matter how much you paid for it, you continue paying at a vet's clinic to 'fix' the problem," she said. "Feeding your pets a chicken breast from your kitchen is different than feeding them a combination of chicken feet, feathers and toxic chemicals used to euthanize animals."

Once her clients realize that there is something they can do to help the animals they love, Julia said they think twice about putting 'mystery food' into their dish.

Raw food is not considered a fad anymore. Pet stores are offering frozen raw foods because customers are demanding it. Those who don't have access to raw food can purrr-chase the meat at a butcher shop and vegetables at the grocery store. Make a batch and freeze it for convenience. To avoid nutritional deficiencies, consult with a professional about balancing it correctly.

"My dog, Rowan, is a harlequin-colored Beauceron. This breed needs a job to do and their high energy requires a lot of exercise," Julia said. "I work from home, so Rowan accompanies me when I teach pet health through their food. She is a living example of the food's success and our blog's Raw-k Star!"

Rowan hails from one of the smartest breeds, said Julia, adding that her dog is quick to learn. Since the age of four months, she's been training him to scent track for professional competitions. Once a dog learns to use its nose, that ability can be modified to be used for anything, including finding missing persons, drugs, bed bugs, mold, etc.

Rowan watches Julia practice yoga and copies her by purr-forming her own style of dog-ma. "When we have visitors, or not, she insists on grabbing your attention by walking up behind you, then threading her head between your legs — and then looks up at you with her big smiling eyes," said Julia. "It is joyful having a healthy loving pet."

TIPS:

- Raw fed dogs have many benefits; better digestion, less arthritis and they don't smell doggy! <https://www.reddogbluekat.com>

- Disclaimer: This article, based on personal experience, is for informational purposes only and is not intended to prescribe, treat, diagnose or cure. Always consult your veterinarian.

Share your fur-avorite pet memory or adventure at angelscribe@msn.com. Visit Pet Tips 'n' Tales on Facebook at www.facebook.com/PetTipsandTales Humane Society for Neuter/Spay Assistance Program. 541-942-2789

Veteran housing project to host open house

On Thursday, Oct. 10, from 5:30 to 7 p.m. at the American Legion, 826 W Main Street, Homes for Good Housing Agency will be hosting an open house to share information on the four homes

for veterans that will be constructed next year at the corner of Ash and I streets.

Homes for Good purchased the property from the American Legion and secured a grant from

Lane County to help with construction of the new homes.

Homes for Good has partnered with the University of Oregon's OregonBILDS program where students design and as-

sist in constructing the homes.

The community is invited to the open house to learn about the project and share comments on the proposed homes.

LORANE NEWS

CONTRIBUTED BY
LIL THOMPSON
FOR THE SENTINEL

- Tomorrow, Oct. 11, is the Thursday Uke class for beginners to more advanced players. It started last Thursday but, if interested, call the Crow High School office or go to Pat Dixon's room in the high school for more information. Uke classes are 3:30 to 5 p.m.

- No school this Friday due to statewide In-Service Day.

- Rural Art Movie nights return this Saturday, Oct. 12, with a delightful family film. Soup dinner begins at 6 p.m. with the Lorane Commu-

nity Association hosting. The movie starts at 7:30 p.m. Come for a wonderful evening with friends, family and neighbors. To kick off the season, the evening is free to attend.

- The next CAL School Board meeting is next Thursday, Oct. 17, at Aplegate Elementary.

- The Lorane Grange spaghetti dinner and bingo evening is set for next Friday, Oct. 18, with dinner beginning at 5:30 p.m., followed by bingo at 6:30 p.m. Hope to see everyone there!

- Please continue to drive carefully and slow down through Lorane.

THINK FIRST

KNOW YOUR 5 FREEDOMS

National Newspaper Week
October 6 - 12

6-day weather forecast

THURSDAY 64° 37° Sunny	FRIDAY 70° 46° Partly Cloudy
SATURDAY 62° 47° Partly Cloudy	SUNDAY 62° 45° Partly Cloudy
MONDAY 63° 46° Partly Cloudy	TUESDAY 62° 49° Showers

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