Local equine trainer brings hope to people facing hardships through Horses Heal Hearts of Michigan

By Sally Rummel
news@cttimes.com; 810-629-8282

“There’s something about the outside of a horse that’s good for the inside of a man.”

Those words, believed to be spoken by former British Prime Minister Sir Winston Churchill, might just have well been spoken by local horse owner/trainer Tim Scarberry of WindWalker Farms in Tyrone Township.

Scarberry, an avid horseman known as the “horse whisperer” in equine training circles, also uses horses for another purpose beyond riding. In 2012, he founded “Horses Heal Hearts of Michigan” to bring together horses and people who are facing their own personal hardships.

Today, the organization is run by its president, David Zarek. “He’s really connected and is excited for new opportunities to use the horses for healing,” Scarberry said. Last year, they helped about 40 kids who came out to WindWalker Farms, hoping to find healing and comfort after the loss of a parent.

Most recently, two of Scarberry’s horses, Top Secret, and his younger brother, Scappy, were on hand for two veterans’ events — one on Tuesday, April 17 for veterans living in a homeless shelter in Detroit and another on April 19, visiting the University of Michigan-Dearborn campus.

It was the first time in campus history that horses had ever been allowed on any U of M campus. The veterans, part of the Love a Michigan Vet Project, the Student Veteran Association and the Association of Women Veterans, mostly visited and petted the horses. “They were a big hit,” said Nadine Jones, organizer of the campus event.

Horses from WindWalker Farms in Tyrone Township are a big hit at separate veterans’ events in Detroit and Dearborn on April 17 and 19, respectively.

See HEALING on 2B

Tim Scarberry
Horses Heal Hearts of Michigan founder
NOTICE

ROSE TOWNSHIP
2018 ANNUAL SPRING ROADSIDE CLEAN-UP DAY

Rose Township will hold its annual Roadside Clean-Up for residents and property owners on the following date:

Saturday May 19, 2018
8:00 AM to 4:00 PM

Residents and township organizations are encouraged to participate in the clean-up of the roadsides.

Dumpsters will be located in the Rose Township Civic Park located on the northwest corner of Milford Road and West Rose Center Road. Refuse to be disposed of must be transported to the dumpsters. THERE IS NO ROADSIDE PICK-UP.

No commercial dumping will be allowed.

Township staff will be on duty to verify residence and/or property ownership. Fire department personnel will be there to assist with loading materials into the dumpsters. Propane tanks will not be accepted. No barrels, gas or fuel oil tanks, stumps, brush or concrete will be accepted. Shingles must be bagged, loose shingles will not be accepted. Paint cans must be empty or filled with sand or cat litter. Each household will be permitted four (4) car tires; additional tires will be accepted at a price of $4.00 per tire and $25.00 per tire for tractor or large truck tires.

Burning permits to allow the burning of leaves and brush are available by obtaining a burning permit through www.nocfa.org.

Bags for cleaning roadsides will be available at the Rose Township Offices, 9080 Mason Street, Holly, Michigan beginning April 23, 2018 until May 17, 2018 and also at the clean-up day location on clean-up day.

Rose Township’s regular daily recycling is located in the rear of the Township Office’s parking lot at 9080 Mason Street, Holly, MI.

Residents may call 248-634-8701 with any questions.

Debbie Miller, MMC, CMMC
Rose Township Clerk

Younger folks are making new rules

A few days ago, I watched Good Morning America as I do every morning and was flabbergasted by a segment they titled “What are the new rules in a post #MeToo workplace?”

Two generations of men and women, one in their 20s and another in their 50s, were interviewed on what they believe is and is not appropriate in the workplace.

One of the men, a teacher in his 50s, said he sometimes worries about how compliments he gives at work can be misconstrued. He said he recently saw a fellow teacher coming.

“I just passed by and said, ‘Oh, you look beautiful,’ because she looked beautiful, and then I said, ‘Oh, what did I say?’” He said he never know anymore whether compliments can be misconstrued as offensive.

The younger people in the group were for the most part adamant that comments on one’s appearance should not be a part of workplace banter. One young lady in her 20s said, “Really any comment you want to give me, I want to be related to my work. We don’t have to, like, talk about our physical appearances or how we think someone looks.”

It was a pretty long segment, but you get the picture. The 20-somethings and 50-somethings stuck to their opposite opinions.

Wow! If the millennial ladies feel this way, the current $621 billion women’s fashion industry and $445 billion beauty (cosmetics and other beauty supplies), could be in serious jeopardy. Their futures are surely doomed!

What’s the point of buying beautiful clothes and making yourself look and feel as attractive as possible if no one notices or says anything?

Everyone likes to be noticed and complimented. If that became a negative thing because of the MeToo movement, count me out.

So what happens outside the workplace? If commenting on someone’s appearance is wrong in the workplace, according to millennials, how can it be right anywhere else?

If you’re a single guy looking for a love thing and you meet someone at a party, or a friend’s house, at school, at a restaurant, or even church, don’t you approach a gal because you like the way she looks? I’m pretty sure she’s approaching you because she likes the way you look. You don’t go up to her and say, “Hi there, do you know how to cook? Do you keep a tidy house? How about your financial skills, do you think you can manage a household budget? If the answer to all of those is yes you would mind removing that makeup and wearing something a little frumpier?”

No, you would remark on how nice she looks, or comment on her beautiful hair or smile, a pretty blouse or something. Or does that make him sexist? What is going to happen to the art of flirting?

With all of this going on, where those of us in the older generations are afraid to speak, I am very happy about three things — I’m older, I’m happily married, and I am not a boy!

Opinions offered in Just Sayin’ are the author’s alone and do not necessarily reflect the opinion of the Tri-County Times or its staff. Email Vera at vhogan@tctimes.com.

Surprise your Graduate

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The Tri-County Times “Keepsake” newspaper is dedicated to the class of 2018!

LAKES FENTON & POWERS CATHOLIC
Phish 19 Date: Sunday, June 3rd
Reserve by Wednesday, May 3rd

LINDEN
Phish 19 Date: Sunday, June 10th
Reserve by Wednesday, May 16th

FENTON
Phish 19 Date: Sunday, June 17th
Reserve by Wednesday, May 17th

HOLLY
Phish 19 Date: Sunday, June 24th
Reserve by Wednesday, May 24th

Submit your graduate message online at: www.tctimes.com/graduates

KATHLEEN 810-433-6767

HEALING

Continued from Page 1B

Scarbrey said he tries to hold a task involving the horses, whether it’s training, trailering, or anything else that is required of the horses.

“I faced a whole lot of anxiety and depression. Sometimes, a little bit of hope and love are all a person needs to give them the strength to go on. That’s what Horses Heal Hearts of Michigan offers.”

Scarbrey said he needs to hold a monthly event, either onsite at Wind Walker Farms or trailer the horses to an off-site event. Volunteers help out, but there’s always a Wind Walker Farms person to handle the horses.

“I really strongly believe about helping veterans,” Scarbrey said. “We need to give back. We’ve done this before for police officers and children. Veterans area a new focus. It’s an incredible blessing to be able to do this job.”

What makes horses good therapy animals?

Horses seem to have an affinity for healing effects on people of all ages. Pain and enjoyment can come from working with horses. Because of their size, participants gain trust with the animals. The horse provides immediate feedback about your own actions and body language through mirroring. You learn to act and react appropriately.

Accomplishing a task involving a horse creates confidence and provides experience for dealing with other situations.

SOURCE: Equine-psychotherapy.com

Just sayin’...

VERA HOGAN
vhogan@tctimes.com

HEALING

Horses Heal Hearts of Michigan

“Healing Hearts One Giddyup at a Time”

Here’s how you can help:

• Volunteer
• Make a donation — go to horseshealheartsmi.org
• Support the Denim & Diamonds Gala & Auction, Friday, Oct. 12 from 7 to 11 p.m. at Club Venetian, Madison Heights. For tickets: call 248-252-8463.

What’s going to happen to the art of flirting?

With all of this going on, where those of us in the older generations are afraid to speak, I am very happy about three things — I’m older, I’m happily married, and I am not a boy!
The fastest Derby winner of all time is Secretariat, the 1973 winner who crossed the finish line with a time of 1:59.40. The second fastest time was Monarchos in 2001, who finished first with a time of 1:59.97.

Northern Dancer won the 1964 Kentucky Derby finishing with a time of 2:00 flat.

More than 100,000 mint juleps are served every year over the weekend of the Kentucky Derby & Oaks. To prepare, they keep 1,000 pounds of fresh mint, 60,000 pounds of ice, and 10,000 bottles of Old Forester Mint Julep cocktail.

The red rose is the race’s official flower. They first appeared at the Derby in 1896, which winner Ben Brush was given a garland made of white and pink roses. The famous rose garland is made up of more than 400 roses sewn on green satin.

The trophy is made of 14-karat gold on a jade base. It is 22 inches tall and weighs 3.5 pounds.

In 1872, Meriwether Lewis Clark, grandson of the famous Clark of explorers Lewis and Clark, built a permanent racetrack in Louisville, which he called the Louisville Jockey Club. This partially gave rise to the horse races.

In 2017, wagers set a record with bets totaling approximately $209.2 million on the entire 14-race card.

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More than 100,000 mint juleps are served every year over the weekend of the Kentucky Derby & Oaks. To prepare, they keep 1,000 pounds of fresh mint, 60,000 pounds of ice, and 10,000 bottles of Old Forester Mint Julep cocktail.
NOTICE OF HYDRANT_FLUSHING
CITY OF LINDEN

City of Linden residents are advised to check their water before using for laundry, etc. on Monday, May 7, 2018 through Saturday, May 12, 2018.

THE LINDEN DPW WILL BE FLUSHING HYDRANTS ON THESE DAYS.
Scott Fairbanks,
Public Works Department

NOTICE - ROAD CLOSURE
CITY OF LINDEN

C & N Railroad will be closing N. Bridge Street to all traffic just north of Rolston Road at the railroad crossing to make repairs. The closure will be in effect from Monday, May 7th through Friday, May 11th. Traffic in both directions will be rerouted, and detour routes will be posted.

NOTICE TO ELECTORS OF TYRONE TOWNSHIP LIVINGSTON COUNTY, MICHIGAN
NOTICE OF SPECIAL HARTLAND SCHOOL ELECTION TO BE HELD MAY 8, 2018

ALL ELECTORS ARE HEREBY GIVEN NOTICE that a Special Election for Hartland Consolidated Schools will be held in Precinct 4 in Tyrone Township, Livingston County, Michigan, on Tuesday, May 8, 2018 from 7:00 a.m. to 8:00 p.m. The following ballot proposal will be presented at the Special School Election:

HARTLAND CONSOLIDATED SCHOOLS OPERATING MILLAGE RENEWAL PROPOSAL

Shall the currently authorized millage rate limitation on the amount of taxes which may be assessed against all property, except principal residence and other property exempted by law, in Hartland Consolidated Schools, Livingston County, Michigan, be renewed by 17.9784 mills ($17.9784 on each $1,000 of taxable valuation) for a period of 5 years, 2019 to 2023, inclusive, and also be increased by .0216 mill ($0.0216 on each $1,000 of taxable valuation) for a period of 5 years, 2019 to 2023, inclusive, to provide funds for operating purposes; the estimate of the revenue the school district will collect if the millage is approved and 18 mills are levied in 2019 is approximately $4,726,496 (this is a renewal of millage that will expire with the 2018 levy and a restoration of millage lost as a result of the revenue the school district will collect if the millage is approved and 18 mills are levied in 2019 is approximately $4,726,496)?

Polling Location: Precinct 4: Tyrone Township Hall, 10408 Center Road, Fenton, MI 48430

The above polling location provides voting access for individuals with disabilities and contains voting instructions in alternative formats, including audio and Braille.

Voters are reminded of the identification requirement. You will be asked to present photo ID at the polls, such as a Michigan driver’s license or identification card. Voters may also show the following forms of photo ID: driver’s license or identification card issued by another state; federal or state government issued photo identification; U.S. passport; military identification card with photo; student identification card with photo from a high school or an accredited institution of higher education, such as a college or university; or a tribal identification card with photo.

Anyone who does not have an acceptable form of photo ID or who is not carrying one can still vote. They will sign a brief form indicating that they are not in possession of a photo ID. Their ballots will be included with all others and will be counted on Election Day.

Applications for absent voter ballots are available for the Special Election and may be obtained by contacting the Tyrone Township Clerk’s Office Monday through Thursday from 9:00 a.m. to 5:00 p.m. Requests for absent voter ballots must be in writing.

Marcella Husted, Tyrone Township Clerk

TYRONE TOWNSHIP PLANNING COMMISSION
NOTICE OF PUBLIC HEARING

Notice is hereby given the Tyrone Township Planning Commission will hold a Public Hearing on Tuesday, May 15, 2018, beginning at 7:30 at the Tyrone Township Hall, 10408 Center Road, Fenton, Michigan 48430. The purpose for the Public Hearing is:

1. To receive public comments regarding the following proposed Zoning Ordinance amendments:
   b. Provisions for the Rebuilding of Nonconforming Structures after a Disaster.
   c. Regulations for Solar Farms.
   d. Provisions to allow Detached Accessory Structures on Adjacent Lots in certain districts.
2. To receive public comments regarding a request by Dennis Lockwood, recorded by Breanne R. Lockwood, hangs a parcel of real estate located in the Public Works Department, from FR (Farming Residential) to PCI (Planned Commercial Industrial) at the southwest corner of Old US-23 and Faussett Roads, regulated by Zoning Ordinance #36 Article 23 Site Plan Review and Impact Assessment, and Article 29 Zoning Amendment, located at 9388 Faussett Road, Fenton, Michigan 48430, Tax ID 4704-32-200-010. The property is zoned R-1, Single Family Residential.
3. To receive public comments regarding a request by Dennis Lockwood, recorded by Breanne R. Lockwood, hangs a parcel of real estate located in the Public Works Department, from FR (Farming Residential) to PCI (Planned Commercial Industrial) at the southwest corner of Old US-23 and Faussett Roads, regulated by Zoning Ordinance #36 Article 23 Site Plan Review and Impact Assessment, and Article 29 Zoning Amendment, located at 9388 Faussett Road, Fenton, Michigan 48430, Tax ID 4704-32-200-010. The property is zoned R-1, Single Family Residential.

Additional information is available at the Tyrone Township Clerk’s Office, 10408 Center Road, Monday through Thursday, 9 a.m. to 5 p.m. Individuals with disabilities requiring auxiliary aids or services should contact the Tyrone Township Clerk, at (810) 629-8631, at least seven days prior to the meeting.

Mark Meisel, Chairman
Tyrone Township Planning Commission

SHORT FORECLOSURE NOTICE - GENESSEE COUNTY

Schneiderman & Sherman, P.C., is attempting to collect a debt, any information obtained will be used for that purpose.

MORTGAGE SALE –Albert Jackson, a single man, granted a mortgage to Mortgage Electronic Registration Systems, Inc. ("MERS"), solely as nominee for lender and lender’s successors and assigns, Mortgagee, dated November 17, 2010, and recorded on December 17, 2010, in Document No. 201012170003492, and assigned by said mortgagee to Lakeview Loan Servicing, LLC, as assigned, Genesee County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Twenty-Seven Thousand Six Hundred Eighty-Two Dollars and Forty-Seven Cents ($27,682.47).

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, Main Lobby of the Courthouse in Flint in Genesee County, Michigan at 11:00 AM o’clock, on May 30, 2018.

Said premises are located in Genesee County, Michigan and are described as:

Lot 13, Supervisor’s Plat of Plainview Acres, according to the Plat thereof as recorded in Liber 21 of Plats, Page 16, Genesee County Records.

The redemption period shall be 6 months from the date of such sale, unless abandoned under MCL 600.3241, in which case the redemption period shall be 1 month, or under MCL 600.3241a 30 days from the date of such sale, or 15 days from the MCL 600.3241a(b) notice, whichever is later, or extinguished pursuant to MCL 600.3238.

If the above referenced property is sold at a foreclosure sale under Chapter 32 of Act 236 of 1961, under MCL 600.3278, the borrower will be held responsible to the person who buys the property at the mortgage foreclosure sale or to the mortgage holder for damaging the property during the redemption period.

Lakeview Loan Servicing, LLC
Mortgagee/Assignee
Schneiderman & Sherman, P.C., 23938 Research Drive, Suite 300 Farmington Hills, MI 48335

Please Post: 3113 Oleary Road
Flint MI 48504

Scheduled to start Publication on: April 29, 2018

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  - 4454 Pebble Creek Blvd, Burton
    - 4 bedrooms, 2 1/2 baths, 2,393 sq ft
    - Grand Blanc Schools
    - Hill Rd east to Belsay, North to E Maple St,
      go over Maple road onto Pebble Creek Blvd
    - Linda Williams
      248-735-3519
    - $269,900

- **OPEN HOUSE Sunday 2-4pm**
  - 4261 Pebble Creek Blvd, Burton
    - 4 bedrooms, 2 1/2 baths, 2,593 sq ft
    - Grand Blanc Schools
    - Hill Rd east to Belsay, North to E Maple St,
      go over Maple road onto Pebble Creek Blvd
    - Linda Williams
      248-795-3519
    - $264,900

- **OPEN HOUSE Sunday 2-4pm**
  - 4355 Timberline Lane, Burton
    - New Construction
    - 4 bedrooms, 3 baths, 2,593 sq ft
    - Home Warranty
    - North off E Maple, west of Belsay
    - Karen Nouhan
      248-807-1804
    - $254,900

- **OPEN HOUSE Sunday 2-4pm**
  - 7051 Wildflower Court, Fenton
    - 4 bedrooms, 2 baths, 2,273 sq ft
    - Grand Blanc Schools
    - Old US-23 to Faussett west to Silver Lake Rd., west of Linden Rd.
    - Sara Sheffer
      810.845.7861
    - $269,900

- **OPEN HOUSE Sunday 2-4pm**
  - 7021 Marigold Cr, Grand Blanc
    - 4 bedrooms, 2 1/2 baths, 2,075 sq ft
    - Grand Blanc Schools
    - S off Perry Rd, east of Betsy Rd
    - Linda Williams
      248-795-3519
    - $269,900

- **OPEN HOUSE Sunday 2-4pm**
  - 2039 Stillwater, Davison
    - 4 bedrooms, 2 1/2 baths, 1,870 sq ft
    - Davison Schools
    - I-75 to Davison, south 2 mi onto Stillwater Rd
    - Karen Nouhan
      248-807-1804
    - $215,900

**LINDEN**

- **OPEN HOUSE Sunday 2-4pm**
  - 4355 Timber Line Lane, Grand Blanc
    - New Construction
    - 4 bedrooms, 3 baths, 2,593 sq ft
    - Home Warranty
    - North off E Maple, west of Belsay
    - Karen Nouhan
      248-807-1804
    - $254,900

**FENTON**

- **OPEN HOUSE Sunday 2-4pm**
  - 7310 Parkwood Dr., Fenton
    - Old US-23 to Faussett west to Silver Lake Rd., west of Linden Rd.
    - Custom Build Contemporary
    - Home features 2400 sq ft. of living space, 3 bedrooms, 2.5 baths, custom kitchen, fireplace, and more.
    - $294,900

- **OPEN HOUSE Sunday 2-4pm**
  - 4355 Timber Line Lane, Grand Blanc
    - New Construction
    - 4 bedrooms, 3 baths, 2,593 sq ft
    - Home Warranty
    - North off E Maple, west of Belsay
    - Karen Nouhan
      248-807-1804
    - $254,900

- **OPEN HOUSE Sunday 2-4pm**
  - 3 Bed, 2 Bath Ranch with close access to US 23.
  - Walking distance to shops, dining and entertainment.
  - Good curb appeal.
  - Gourmet kitchen with Corian countertops and snack bar.
  - Very cozy.
  - Huge deck.
  - Nice master suite.
  - Formal dining room.
  - $224,000

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**7310 Parkwood Dr., Fenton**

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- Custom Build Contemporary
- Home features 2400 sq ft. of living space, 3 bedrooms, 2.5 baths, custom kitchen.
- $294,900

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TYRONE TOWNSHIP ZONING BOARD OF APPEALS NOTICE OF PUBLIC HEARING

Notice is hereby given of a public hearing to be held on Monday, May 14, 2018 by the Tyrone Township Zoning Board of Appeals at the Tyrone Township Hall, 10408 Center Road, Fenton, Michigan, at 7:00 p.m., to consider the following variance applications:

APPEAL NO. 1: Ref. Tyrone Township Zoning Ordinance No. 36 - Section 20.01 (Schedule of Regulations)

A request by Raymond Lademan for a 10-foot east side yard setback variance in order to build a proposed accessory structure, located at 13255 Old Oaks Drive, Fenton, Michigan 48430, Parcel ID: 4704-36-100-043. The property is zoned FR, Farming Residential. Reference requirements set forth in Article 20, Schedule of Regulations, inclusive of accessory building structures, height, and sight lines, and Section 21.02, Accessory Buildings and Structures Provisions.

Additional information, legal descriptions, and location maps are available at the Tyrone Township Clerk’s Office, 10408 Center Road, Monday through Thursday, 9 a.m. to 5 p.m. Individuals with disabilities requiring auxiliary aids or services should contact the Tyrone Township Clerk, at (810) 629-8631, at least seven days prior to the meeting.

Gregory Carnes, Chairman
Tyrone Township Zoning Board of Appeals

Weekend Sudoku

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Answers in this edition of the Tri-County Times

THIS SUDOKU PUZZLE SPONSORED BY
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Weekend Scrambler

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Answers in this edition of the Tri-County Times

Puzzle Answers

Wednesday Sudoku, Crossword Puzzle and Jumbles are located in last Wednesday’s issue. All other puzzles are located throughout this edition of the Tri-County Times.

Puzzle Answers

LOCAL LIVING

LEISURE

9B

Sunday, April 29 2018

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James Ronald Brumback - 1936-2018 James Ronald Brumback - age 81, of Fenton, died Thursday, April 26, 2018. Services will be held 12:30 PM Wednesday, May 2, 2018 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd., Fenton. Interment will follow in Great Lakes National Cemetery, Holly. Visitation will be 11:30 AM until the time of service. Those desiring may make contributions to Wounded Warrior Project. James was born November 5, 1936 in Parkland Hospital, Dallas, TX, the son of Robert and Lorene (White) Brumback. He graduated from Flint Northern High School in 1955 and then graduated from Michigan State University in 1960. James was active in the Fenton Little League where he was a coach and vice president. He was employed by Delphi, retiring in 2002 as a Supervisor. After retirement, he became manager of the Fenton Walmart Sporting Goods Department. Surviving are: his beloved wife, Marilyn; children, Mark, Bradley, Janine Matheson, Amy Abbey, and Christopher George; nine grandchildren and four great-grandchildren. He was preceded in death by his parents. Tributes may be shared at www.sharpfuneralhomes.com.

Kirk William Sperry - 1952-2018 Kirk William Sperry - age 66, in honoring all that is sacred and mysterious—with humility, gratitude and grief, we share with you today the news of James’ passing. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Times
Should pets eat a grain-free diet?

When touring pet food aisles at the pet store or the supermarket, pet owners may become overwhelmed by the options at their disposal. Many pet owners choose to replicate their own diets when choosing foods for their pets, and a popular trend is to avoid grain when selecting pet foods. However, selecting the best diet for pets means weighing all the benefits against the possible negatives. Much of the time it comes down to pet owner preference.

WHY GRAIN-FREE?

Proponents of feeding dogs and cats grain-free diets involve the support of the “natural” diet of these animals, or what their wild counterparts would be eating before dogs were domesticated. According to Dr. Karen Becker, a holistic veterinarian and contributor to Healthy Pets by Mercola, the natural diets of canines contain almost no carbohydrates or grains. The primary sources of carbs would be the grasses, fruits and vegetables found in the stomachs of prey animals. Other proponents of grain-free diets say that, while dogs and cats may have evolved with carbohydrates or grains, the most common carbohydrates found as culprits, and not the grains. Corn, which is one of the most common carbs found in dog food, was rarely the allergen offender, only showing up in seven cases.

Kibble that contains grains can be less expensive than other types of pet food, making it a more affordable option for pet owners. Kibble that contains grains can be less expensive than other types of pet food, making it a more affordable option for pet owners. However, selecting the best diet for pets means weighing all the benefits against the possible negatives. Much of the time it comes down to pet owner preference.

ARE GRAINS OK?

The other side of the argument is equally compelling. Vet-supported resource PetMD says that most pets do not need grain-free diets. Dogs possess several genes that have been modified through evolution to allow them to easily digest carbohydrates, according to the research “The genomic signature of dog domestication reveals adaptation to a starch-rich diet,” by Erik Axelsson.

Another reason to avoid grain - food allergies - may not be so simple, either. When dogs and cats were assessed for allergic reactions in a review of 278 cases, beef and dairy were the most common allergens found as culprits, and not the grains. Corn, which is one of the most common carbs found in dog food, was rarely the allergen offender, only showing up in seven cases.

Grains and other carbohydrate sources may lead to excessive gas, loose stools, skin irritations, blood sugar fluctuations, insulin resistance, and other health problems.

INGREDIENTS

• 1 large frozen banana
• 1 cup frozen raspberries
• 3/4 cup unsweetened almond-coconut milk blend
• 2 (1 gram) sugar
• 1 tablespoon coconut oil
• 1 1/2 teaspoon vanilla extract

Toppings

• Fresh raspberries
• Flaked coconut
• Chia seeds

In a blender, combine banana, raspberries, almond-coconut milk; sugar, coconut oil, and vanilla. Blend until smooth, adding a little more milk if needed. Pour smoothie into a bowl and top with berries, coconut, and chia seeds.
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