

The



Umbrella

October 2017

www.igoono.com

Igo, Ono, Trinity Alps Preserve

Mark Your Calendar

The 11th Annual **Ono-Igo Community Church Fall Festival** will be held on Tuesday Oct. 31st beginning at 6 pm. Chili Dog Dinner, Candy, Games, Candy, Cake Walk, Candy, and Candy will be available. Come and enjoy some Good Ol' Community Fun. Candy Donations are always appreciated. Call 396-2277 for more info.

It's almost time for the annual **Igo Store Chili Cook Off**. This is our biggest event for raising money for the Igo Christmas parade. This year the cook-off will be on November 11 2017. Call Tom at the Igo Store for details and rules. It's always a lot of fun, good times, and good friends. Bring the kids and have some fun.. 396-2292

The **Ono Grange Craft Show** is on November 18 from 10am to 3pm. Lunch will be available. Booth space is \$20 and includes one 6ft table and 2 chairs. Call 378-4476 for more information.

"Raney-Katie Spay and Neuter meeting time:
4th Saturday of each month at the Igo Store.
Next Meeting-- October 28th. All are welcome.

Ono Grange

396-2322

Grange Meetings are held on the second Wednesday of each month. The next meeting is **October 11**.
General Grange Meeting starts at 7 p.m.

Neighborhood Watch

Neighborhood Watch meets **Saturday, October 14** at the Ono-Igo Community Church. **Meetings start at 10am**. Agenda: Flag Salute, Jan. minutes, Committee Reports, Old Business, New Business, Adjourn.

Ono-Igo Community Church

396-2277

Sunday Service Times.--- **9:30 a.m. Conversation Service**
11 a.m. Traditional Service

Igo Store

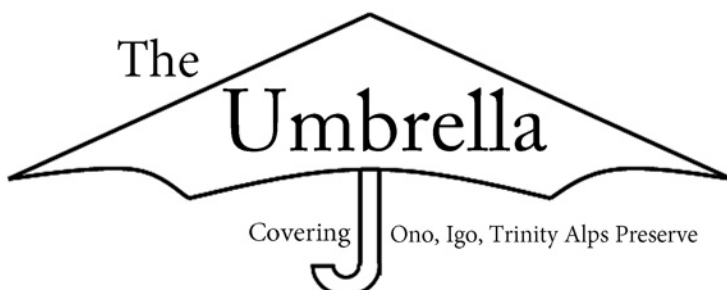
396-2292

Open Everyday. French Fry Friday starts at 5 p.m. Breakfast every Sunday at 8 a.m.
Call the store for more info

Ono Store

396-2300

Ono Store is open **WEEKENDS ONLY**
Saturday/Sunday 11am - 8pm



The Umbrella is a community-run newsletter published with the intention of highlighting local events, local businesses, local groups, and local people. If you would like to contribute a story please contact Ed at 396-2277.

COCONUT OIL: THE SUPERFOOD FOR PETS

October 2017

By Chic Miller

One of the most nourishing foods for pets is an oil that comes from the meat of coconuts. This oil has a light, creamy taste and is an excellent source of nutrition. The vast benefits are shared by pets and humans alike. This is not just a fad or overnight craze. Coconut oil is extremely safe and can be used both orally and topically. It contains 120 calories per teaspoon, no carbohydrates, sodium or cholesterol. It has a very long shelf life and requires no refrigeration. It truly is a superfood!

Coconut oil can be solid or liquid, depending on the room temperature. Below 75°, the oil is solid and pure white, called coco butter. Above 76° it will be a transparent liquid. Good quality oil should be colorless, never yellow or pink. Your choice should always be cold-pressed, unrefined, organic virgin oil. Most dogs love the taste and will readily lick it off the spoon, or you can just add it to his food. Begin slowly as to not cause diarrhea (1/4 teaspoon to start). Work up to your goal of one teaspoon per 10 pounds daily. The overall health benefits seem to be endless. Coconut oil has been used with good results for the following animal related problems. Let's check out a few of its many uses:

Used topically - It deodorizes whatever it touches

Treats:

- | | |
|-----------------------------|--|
| -psoriasis and eczema | -flea allergies |
| -dandruff | -hot spots |
| -cracked paw pads | -bacterial infections |
| -ear infections | -promotes healing |
| -ear mites | -insect bites, stings |
| - cuts, burns | -stops itching |
| -fungal infections/ringworm | -rashes |
| -doggie odors | -improves general condition of skin and hair |

Used Orally:

- | | |
|---------------------------------|----------------------------------|
| -soothes cough | -increases energy |
| -tames bad breath | -aids in weight loss |
| -increases metabolism | -rids body of internal parasites |
| -calms irritable bowel syndrome | - decreases arthritis pain |
| -improves digestion | - eliminates hairballs in cats |
| -relieves constipation | |

***Never give coconut oil to a dog with pancreatitis due to its high fat content.**

Oil is not the only coconut product that is great for your best pal. Fresh and dried it is also an excellent source of fiber. A "chunk" will keep your dog busy for hours and will clean his teeth as he chews. What a super treat!

Coconut oil is inexpensive, easy to use and smells great. Give it a try and it might become your new superfood for your super best friend! Questions? Comments? Call Chic!

Chic Miller 530-347-0544
Bella Vista Farms Animal Sanctuary
4301 Lower Gas Point Road Cottonwood, CA 96022

Igo-Ono School News

Family Night Out!

Come join our Igo-Ono School Family
and the

Shasta Astronomy Club

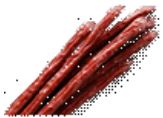
Friday, October 20, 2017

6:30 pm - 9:00 pm

Igo-Ono Elementary School Playground

- ❖ Bring a Chair or Blanket
- ❖ Outdoor Movie-Apollo 13

Beef Jerky Sales



Our 8th graders are selling beef jerky sticks at \$1.50 each. Money made will be going towards their 8th grade trip. Stop by the office or find an 8th grader if you would like some jerky!!

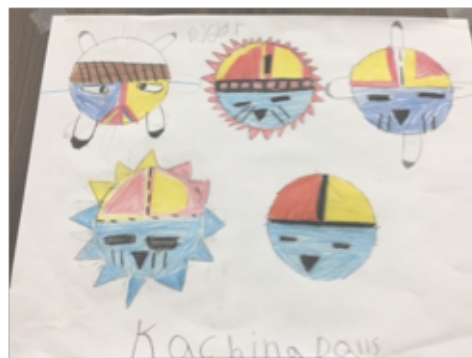
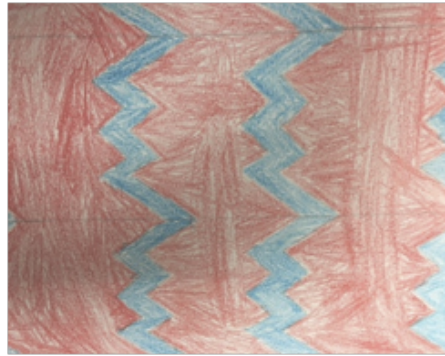
Campus Use

This is a reminder that the school campus is closed to the public between the hours of 7am-7pm. Also, being a school we have a no dog policy. Please refrain from bringing your dogs on campus. Thank you!





Student Art



Grey Book

