

EVENTS

For some pet owners, there is no quibble raw beats kibble

BY JULIA BAYLY
BDN STAFF

It's not quite the paleo diet, but "raw feeding" is gaining in popularity among pet owners looking for what they believe are healthier and more natural options.

"There are a lot of reasons I choose to feed a raw diet to my dogs," Christine Dupuis of Standish said. "There are a lot of great commercial products out there, but it's hard to select one when you are unsure of where the ingredients come from, and that concerns me. You don't know what you are getting."

The raw-based diet that Dupuis, who has a background in animal nutrition, feeds her 6-year-old boxer mix, Sophie, and 5-year-old American bulldog, Maizy, contains ingredients such as ground meat, bone, organs and vegetables she feels she can trust.

"We believe raw food is the best way to feed [because] it is the way dogs and cats were intended to eat," Megan Davis, man-

ager at Paws Applause in Scarborough, said. "Dogs, for example, are no longer socially like wolves living in packs, but their guts and intestines are still the same and their digestive system hasn't changed the way they digest food."

Davis said pets do not need the fillers — such as corn, wheat and soybeans — often found in commercial foods, which she said can be difficult for dogs or cats to digest. That, however, is not always the case, according to Dr. Christiana Yule of Fort Kent Animal Hospital.

"It's important to remember dogs and cats need carbohydrates like those from grains just like anyone else," Yule said. "Most of my prescription diet foods have grain as the first ingredient, and it's how the food is cooked and processed so it is digestible that is important."

Natural does not always mean better or safer.

"One of the key things to remember is, if the food product is a commercially manufactured product, there are guidelines in place," Dr. Michele Walsh,

state veterinarian with the Maine Department of Agriculture, Conservation and Forestry, said. "These are the same standards that are used in human [commercial food] production."

The safest way to feed pets, Walsh said, is to make sure the food comes from a manufacturer subject to U.S. Food and Drug Administration guidelines. Those same guidelines, she said, trigger recalls when a pet food is found to be out of compliance of the health and safety regulations.

It is understandable, Walsh said, that ongoing pet food recalls — there have been 85 in the past year — can shake consumer confidence.

"Nothing is perfect," she said. "Keep in mind a lot of them are voluntary recalls by the manufacturers who have detected a problem. The checks and balances of the company's quality control procedures triggers the recalls."

She declined to speak on the merits specific brands of pet food.

"I really can't comment on the quality of individual brands," she said. "But there is a 'buyer beware' principal. If a product is [federally] regulated and safeguards are in place, then on a common-sense level those regulated products are likely more safe."

Food coming from a smaller, even home-based business is not subject to those FDA regulations. Reputable raw dog food is certified by the Association of American Feed Officials, which assures the raw ingredients have gone through stringent processes to eliminate any unsafe bacteria, Davis said.

"If you are going to go raw for your pets, you don't want to just walk into a grocery store and pick up a whole chicken off the shelf and start feeding it to your dog," she said. "Any horror story you hear from a veterinarian is because they have encountered someone who fed an animal a raw diet that was not put through a certified sanitary process."

"Feeding raw does worry me a bit," Yule

said. "When people do it right, it's OK. But you really need to be conscious of sanitary procedures. Raw meats and poultry are big conduits for salmonella and E. coli for pets and for people."

At times Dupuis gives Sophie and Maizy raw chicken necks, hearts, livers or kidneys she gets through Pet Applause, which obtains them from a supplier who processes the organs in a sanitary facility.

"They just look better and are healthier on a raw diet," Dupuis said. "There are a lot fewer trips to the vets when they eat raw."

In Maine, all pet food must be registered with the state, according to Steve Giguere, Program Manager Maine DACF Division Quality Assurance and Regulations. However, manufacturers of pet food based in the state are not required to be licensed, he said.

"The department does not have an ongoing routine sampling program or a laboratory that could test such samples," Giguere said.

The bottom line, Davis said, is to be aware of what is in a pet's food, something she said more and more consumers are doing. Davis tells her customers to check out the website DogFoodAdvisor, which lists and rates hundreds of brands and their ingredients, based on input from veterinarians.

"Of course, the higher the rating, the pricier that food will be," she said. "So people really need to figure out their budget and then determine which food is most affordable and meets their pets' needs."

Davis and Walsh recommend having a talk with a local veterinarian well-versed in animal nutrition to guide in pet food choices.

"Generally speaking, I don't care if a client buys the food from me or from somewhere else — as long as their animal is doing well on it," Yule said.

A complete list of recalled pet foods is available on the American Veterinary Medical Foundation's website at avma.org.

Things to Do

BANGOR — River City Cinema presents "Summer of Love" in its outdoor summer movie series, sundown, Pickering Square: "Breakfast at Tiffany's," July 1; "Harold and Maude," July 8; "The Princess Bride," July 15; "Say Anything," July 22; "You've Got Mail," July 29. Rain date, Aug. 5. Free.

BANGOR — Downtown Bangor Partnership's 11th annual Cool Sounds Summer Concert Series and Fresh Air Market presented by Emera Maine and Beal College, 5-8 p.m. Thursdays, July and August, West Market Square and along Merchants Plaza. Free. Juke Rockets Blues Band, July 7; Trendy Robots, July 14; to be announced, July 21; William Joseph Jordan, July 28; Broadway Rocks Bangor, Aug. 4; The Rotating Taps, Aug. 11; RetroRockerz, Aug. 18; Jon King, Aug. 25.

BLUE HILL — Flash in the Pans street dance, 7:30-9 p.m. Monday, July 4, Blue Hill Town Park. Benefits Blue Hill Historical Society and Peace Ridge Sanctuary. Flashinthepans.org.

BREWER — Bangor Singles Club dances, 8 p.m.-midnight Fridays, Brewer Eagles Club, 22 Atlantic Ave.: Mainely Country, July 1; Honky Tonk, July 8; Allison Ames, July 15; Bushwhack, July 22; New Society, July 29. Marilyn, 827-5751.

BUCKSPORT — Penobscot Film Society sponsoring "The Lobster," 6 and 8:20 p.m. Friday and Saturday, July 1-2; and 2 p.m. and 6 p.m. Sunday, July 3, The Alamo theater.

EASTPORT — The Eastport Moonlight Movies, 8 p.m. Fridays, Sutherland Amphitheater, 80 Water St.: "Jaws," July 1; "The King and I," July 8; "Edward Scissorhands," July 15; "The Second Best Exotic Marigold Hotel," July 22; "Frozen," July 30. 214-0040 or lolly@sweetiesdowneast.com.

ELLSWORTH — Baked bean and casseroles supper, 4:30-6 p.m. Saturday, July 2, Union Congregational Church, North Street, Ellsworth Falls. Baked beans, salads, casseroles, hot dogs, rolls, pies and beverages. \$8, \$4 children, free to under 5. 667-8425.

ELLSWORTH — Christian rock band Unspoken, 7 p.m. Saturday, July 2, The Grand. Reserved seating only, \$20; \$25 VIP seating in the first five rows, includes a pre-show question-and-answer ses-

sion with band. 667-9500 or grandonline.org.

ELLSWORTH — "Hail Caesar!" 7:30 p.m. Tuesday, July 5, The Grand. \$7, \$6 for seniors and students, \$5 Grand members. 667-9500 or grandonline.org.

ELLSWORTH — Tea Time Tours, 3 p.m. Wednesdays, July 6, 13, 20 and 27, Woodlawn Museum. Staff-led tour followed by tea and cookies. \$12 Woodlawn members, \$15 others. Space limited. Reservations, woodlawn-museum.org.

ELLSWORTH — Summer Select movie series: "Donnie Darko," 7:30 p.m. Thursday, July 7, The Grand. \$7, \$6 seniors and students, \$5 for Grand members. 667-9500 or grandonline.org.

ELLSWORTH — Summer Waterfront Concert series, 6 p.m. Fridays, Union River Harbor Park. Em and Company, July 1; violinist Gus LaCasse, July 8; Ellacapella, July 15. Free.

GREAT CRANBERRY ISLAND — Meet the Artists, 4:30-6 p.m. Saturday, July 2, and Tuesday, July 12, Cranberry House, 251 Great Cranberry Road. Painters Susanah Howland of Lincoln, Massachusetts, and Tom Fitzharris of New York, printmaker Gene Shaw of Lancaster, Pennsylvania, and sculpture/ceramic artist Linda Casbon of Brooklyn, New York, are fellows-in-residence June 30-July 24 at The Heliker-LaHotan Foundation. Free.

MACHIAS — Machias Bay Chamber of Commerce offers free outdoor movies, sunset every other Saturday, box car next to Station 1898, across from Helen's Restaurant. "The Good Dinosaur," July 2; "HOME," July 16; "Mr. Peabody and Sherman," July 30; "Pan," Aug. 13; "Zootopia," Aug. 27. 255-4402.

MONMOUTH — "Puss in Boots," 1 p.m. Saturday, July 2, 9, 16 and 23, Theater at Monmouth. Ticket information, 933-9999, boxoffice@theateratmonmouth.org or theateratmonmouth.org.

ORONO — Church of Universal Fellowship Music with a Mission Series: An Evening of Classical Music, 7 p.m. Friday, July 1, at the church. \$10. Benefits Alzheimer's Association.

ORONO — University of Maine hosting 25 emerging African leader fellows from 17 countries in Africa, 7-9:30 p.m. Tuesday, July 5, 5727 Estabrooke Hall, UMaine. Public cultural exchange for local educators and community members to interact in a

casual setting. Families and children welcome. https://umaine.edu/mwvf/.

PORTLAND — An exhibit in memory of Victor Romynshyn, featuring his work, 5-9 p.m. through Aug. 2, Bakery Building, 61 Pleasant St.

PORTLAND — Children's Hour, 10-11 a.m. Wednesday, July 6, Longfellow Garden, Maine Historical Society, 485 Congress St. Topic: Fun and wonder of the outdoors. Light refreshments provided. Free and open to all; registration recommended. Appropriate for ages 4 to 9, must be accompanied by caregiver. To register, Kathleen Neumann, 774-1822, ext. 214, or kneumann@mainehistory.org.

PORTLAND — "Branching Out" photography exhibit, opening reception, 5-8 p.m. Thursday, July 7, UMVA Gallery at CTN5, 516 Congress St. Through Saturday, Aug. 27. Gallery hours are noon-5 p.m. Mondays, 10 a.m.-5 p.m. Tuesdays through Thursdays, and 2-5 p.m. Fridays, or by appointment.

SEARSMONT — Animal portraits in oil with elements of collage by Maine artist Sara Gagan, through July 6, Searsmont Public Library, Main Street North.

SOMESVILLE — A Walk Through Old Somesville tour, 10-11:30 a.m. Thursday, July 7, July 21, Aug. 4 and Aug. 18. Starts at Somesville Museum. Tour Somesville National Historic District guided by C.H. Breedlove. \$10, limited to 10 participants for each tour. RSVP to erin.earlyward@mdihistory.org or 276-9323.

SOUTHWEST HARBOR — Caroline Homer, accompanied by Ben Haney, singing German Arts songs by Brahms, Schubert, Schumann and Wolf, 6:30-8 p.m. Tuesday, July 5, St John's Church, 315 Main St. Ben Haney's solo performance will include works by Chopin, Copland and others. \$10. Benefits the food pantry. 244-8061 or scovi-no@prexar.com.

SOUTHWEST HARBOR — Laurie Schreiber talking about her book "Boat Building on Mount Desert Island," 5-7 p.m. Tuesday, July 5, Southwest Harbor Public Library. Light refreshments served. Library, 244-7065, or Mount Desert Island Historical Society, 276-9323.

STOCKTON SPRINGS — Family Game Night, 6:30 p.m. Wednesday, July 6, Sandy Point Community Club, 684 Route 1. Play board and card games. Games provided or bring your own. Fun for all ages. Refreshments. 323-7900.

SURRY — Caroline Cotter, Portland-based singer-songwriter, 7-10 p.m. Wednesday, July 6, Surry Arts: At the Barn, 8 Cross Road. \$15. 667-1308 or info@surryartsatthebarn.com.

THOMASTON — "The Music Man" directed by Daryl Hahn, 7 p.m. July 2, 3, 8 and 9, Watts Hall. No reserved seating. Tickets \$12 adults, \$6 children, \$35 maximum families at the door 6-7 p.m. each performance night.

BANGOR MALL CINEMA 10

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Reserve tickets at 354-0615.

UNION — Rob Sanford, author of "Reading Rural Landscapes: A Field Guide to New England's Past," talking about his

work, 7 p.m. Thursday, July 7, Vose Library. Free and open to all. 785-4733.

For a complete listing of calendar items or to submit your event, visit www.bangordailynews.com.

SHOWTIMES VALID 7/1 thru 7/7 ALL SHOWS EVERYDAY

HOLLYWOOD CINEMAS

Previously known as: Movie Magic Cinema

The BFG (PG)	12:00	2:15	4:30	6:45	9:00
The Legend of Tarzan (PG-13)	12:20	2:30	4:40	6:55	9:05
Independence Day (PG-13)	11:55	2:15	4:30	6:45	9:00
The Shallows (PG-13)	12:40	2:20	4:00	5:40	7:20 9:00
Free State Jones (R)					6:10 8:50
Finding Dory (PG)	11:40	1:30	3:20	5:10	7:00 8:50
Central Intelligence (PG-13)	12:15	2:25	4:35	6:45	8:55
Teenage Mutant Ninjas (PG-13)	11:40	1:50	4:00		

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Friday prime time

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
BROADCAST	<div>2</div> <div>NBC</div> <div>207</div> <div>Inside Ed.</div>	<div>4</div> <div>CBC</div> <div>CBC Music Festival (N)</div>	<div>5</div> <div>CBS</div> <div>Big Bang</div>	<div>6</div> <div>CBS</div> <div>Family Guy</div>	<div>7</div> <div>NBC</div> <div>207</div> <div>Inside Ed.</div>	<div>8</div> <div>ABC</div> <div>Wheel</div>	<div>9</div> <div>IND</div> <div>Blue Bloods (HD)</div>	<div>10</div> <div>CBS</div> <div>Ent. Tonight</div>	<div>11</div> <div>FOX</div> <div>Mod Fam</div>
KIDS	<div>12</div> <div>NICK</div> <div>Thunder</div>	<div>13</div> <div>DISN</div> <div>Bunk'd</div>	<div>14</div> <div>FREE</div> <div>Mrs. Dfire</div>	<div>15</div> <div>HIST</div> <div>(6:00) Ancient Aliens</div>	<div>16</div> <div>DISC</div> <div>Sharks vs. Dolphins</div>	<div>17</div> <div>TLC</div> <div>Cellblock 6: Female Lock</div>	<div>18</div> <div>A&E</div> <div>The First 48</div>	<div>19</div> <div>ANPL</div> <div>Tanked</div>	<div>20</div> <div>CSNE</div> <div>SportsNet</div>
LEARN	<div>21</div> <div>ESPN</div> <div>NBA Free Agency Special</div>	<div>22</div> <div>ESPN2</div> <div>SportsCenter (N)</div>	<div>23</div> <div>NBCSP</div> <div>Countdown</div>	<div>24</div> <div>NESN</div> <div>MLB Baseball</div>	<div>25</div> <div>CNN</div> <div>Anthony Bourdain Parts</div>	<div>26</div> <div>FNC</div> <div>On the Record Special (N)</div>	<div>27</div> <div>MSNBC</div> <div>Hardball Chris Matthews</div>	<div>28</div> <div>AMC</div> <div>Die Hard-Veng.</div>	<div>29</div> <div>BRV</div> <div>Momma 2</div>
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