

## NEWPORT BAYFRONT

# D&R Smoked Meat opens

BY STEVE CARD  
Of the News-Times

People who enjoy smoked meat have a wide variety to choose from at a new store that opened in mid June on the Newport Bayfront.

Damon Renfrow is the owner of D&R Smoked Meat, which is located at 460 SW Bay Blvd. He and his father, Robin Renfrow, started D&R Quality Meats in Toledo (1005 NW A St.) about seven years ago, and they decided to open the Bayfront location to capture some of the tourist traffic in that area.

"At the Newport store we do pretty much all smoked meats ready to go, like to grab and go, eat right out of the package," Damon Renfrow said. "We do pepperoni, jerky, summer sausage, beer dogs, smoked salmon, frog legs, smoked ribs ready to eat, sirloins, pork chops, chicken breasts, we have a few different hot dogs."

Their snack packs have proven to be a big hit. These contain pieces of smoked meat with different cheeses, ready to eat while strolling along the Bayfront.

The list of smoked meats includes pork chops, ribs, chicken legs and breasts, frog legs and locally caught salmon. There are also a variety of pepperoni flavors like elk, buffalo, rabbit, pork and beef. And there is pork and beef jerky. "We're really working on a salmon jerky," said Renfrow. "That's what everybody wants down there."

D&R Smoked Meat also carries a large variety of barbecue sauces and seasonings. Some of the sauces have quite interesting names, like "Pain is Good" cayenne and jalapeño sauce, "Wimp Retardant" hot sauce, "Slap Your Mama" and "Colon Cleaner." In fact, people often pause by that section of the store just to



Devyn Wagner holds frog legs, just one of the many varieties of smoked meats available at D&R Smoked Meat, located at 460 SW Bay Blvd. on the Newport Bayfront. The shop is open seven days a week, from noon to 6 p.m. Anyone wanting to learn more about what is available can stop by the store or call 541-272-5071. (Photo by Steve Card)

read the labels. "We carry a good variety of funny names that are really good barbecue sauces," Renfrow said. "The Spade L Ranch, I use that a lot. I really like that one. There is sauce for beef, fish, pork and chicken."

D&R Smoked Meat is open seven days a week, from noon to 6 p.m. Anyone wanting to learn more about what is available can stop by the store or call 541-272-5071.

And people who want a full meat market experience are invited to stop by the original location in Toledo — D&R Quality Meats. "We have a lot more to offer at the Toledo shop," said Renfrow.

"We have a whole fresh meat counter, we have frozen, we can special cut to your need, like a 2-inch steak or a cowboy steak or a special cut. We'll try to help you out."

In Toledo, they also do game processing for hunters. "You can bring your meat to us all boned out, and we'll make pepperoni, we'll process it for you, smoke meats,"

he said. "Or you can bring the whole elk or deer to us and we'll cut it up."

The phone number for the Toledo store is 541-635-0164.



Damon Renfrow



A wide variety of barbecue sauces and rubs can be found at D&R Smoked Meat on the Newport Bayfront. Most have unique names, like "Pain is Good" cayenne and jalapeño sauce, "Wimp Retardant" hot sauce, "Slap Your Mama" and "Colon Cleaner." (Photo by Steve Card)

## FINANCIAL FREEDOM

### What is Financial Freedom?

Financial Freedom can mean different things for each of us. It's important to identify what it means to you personally because that will help set your financial goals and motivate you to pursue them.

To me, financial freedom is the ability to make choices

and decisions for myself and my loved ones based on what is best for us, not based

on what we can afford. It's being able to manage the worry and stress about money. It's a sense of confidence that we are being proactive regarding our financial future and living the lifestyle we desire, which includes having the ability to take time to enjoy life today. Financial freedom is much more than freedom with money, it's freedom with your time.

Understanding what financial freedom means to you and your family can give you a feeling of empowerment. It can lead to action on your financial status instead of ignoring or worrying about it. Believing in the importance of financial freedom has created so many positive changes in my life. My physical, mental and emotional wellbeing have all improved.

It gives me the mindset to live life with more purpose, to appreciate the little things and to live with gratitude. I've realized over time it's not really about money and striving for things, it's about confidence in your everyday life. This is my hope for you.

I have been working with clients for 20 years and plan for this transformation for all of them. Once you get your finances in shape and on track, many other areas in life fall into place.

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Email me your questions at [financial.freedom@lpl.com](mailto:financial.freedom@lpl.com) or call 541-574-6464. You can also post your question on our Facebook page: <https://www.facebook.com/FinancialFreedomWealthManagementGroup>.



Julia Carlson

## BODY, MIND, SPIRIT

# Luminous offers holistic healing experience

BY STEVE CARD  
Of the News-Times

DEPOE BAY — A new healing center called Luminous, Body, Mind, Spirit recently opened in Depoe Bay at 48 N Highway 101.

Jaya Sarada, author and healer, has created this holistic vibrational healing spa that offers everything from reflexology to a rare crystal bed healing experience.

Sarada also operates the Anjali Healing Center in Portland, a yoga studio with several healing practitioners. "But she had been coming to the coast on a regular basis for a few years, providing her services at various locations, and I just felt I needed, for my wellbeing, to be on the coast," she said.

She opened Luminous in late May. Joining her there is Marsha Jones. "Marsha is well versed in every possible area of holistic healing, and she's a nurse," said Sarada. "We both have very similar backgrounds, so we are a perfect match to run the store together."

"I'm trained in clinical medicine but also alternative, so I've got a foot in each world," said Jones, who has been a Reiki master for 25 years. "They absolutely do work together."

Sarada said, "We specialize in helping you find what

you need. Supporting your beauty, health and your wellbeing."

Jones added, "A lot of it is holistic — body, mind and spirit as a whole — instead of just focusing on one or the other. All of those are integral parts of the whole, so you've got to have good balance in that." She said a lot of what they do at Luminous "is just open people's awareness as to the different modalities of the healing work that we offer."

Sarada said, "We do have a massage therapist, we also offer chair massage and relaxation therapies; holistic body work. It's just a combination based on the needs."

"We're all certified in many modalities," she said, "and we're both ministers." As such, they offer life-coaching and counseling services, and they are planning to begin scheduling workshops in the near future.

Luminous also carries a variety of products to support holistic healing. "We're a holistic apothecary," said Sarada. This includes things like herbs, tea blends and flower essences, "and we make our own aromatherapy oils."

Luminous also carries jewelry, books (Sarada is the author of a half dozen of them), perfumes and body care products, greeting cards, candles and more.

The store at Luminous is



Marsha Jones, left, and Jaya Sarada are ready to greet people at Luminous, Body, Mind, Spirit in Depoe Bay at 48 N Highway 101. Information about services provided at Luminous is available by stopping by the store, calling 971-313-2383 or going online at [luminousaura.com](http://luminousaura.com). (Photo by Steve Card)

open from 1 p.m. to 5 p.m., Tuesday through Sunday, or by appointment. Other hours are devoted to appointments for healing sessions. "We have private sessions available in the mornings and then after five," said Sarada. "We're available every day for that."

When Sarada decided to move to the coast, she ended up purchasing a house that

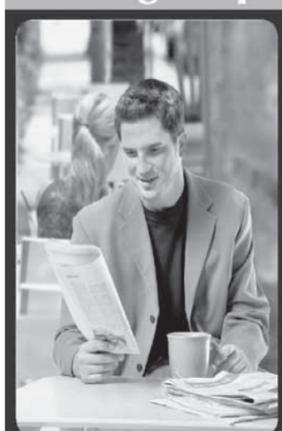
included enough space to open a retreat area. "I started a little retreat center, Divine Light Ocean Retreat, so I have a little bed and breakfast where people can stay," she said. People can learn more about that online at [divine-lightoceanretreat.com](http://divine-lightoceanretreat.com)

In recognition of the solar eclipse on Aug. 21, Luminous will offer a weekend Celebra-

tion of Light, beginning on Friday, Aug. 18, and continuing through the following Monday. All are welcome and encouraged to join like-minded community at this celebration.

Those who would like to learn more about Luminous, Body, Mind, Spirit are encouraged to stop by the store, call 971-313-2383 or go online at [luminousaura.com](http://luminousaura.com).

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