Bob the Cat & other San Diego working animals
Keep Your (New) Pets Safe, Happy, and Healthy this New Year

As we usher in the new year, and new pets into our households, here are a few simple precautions that can help remind us of ways to keep our lovable pets safe. Fires, burns and poisoning are just a few of the emergencies that tend to occur. Consider following these pet safety tips to help ensure your pet’s safety during all situations.

1. Affix a pet alert window cling. Help keep your pets safe by attaching a static window cling to a front window and keep it updated with information about the animals in your home. This can save rescuers time locating your pets in an emergency. You can easily request a free pet alert window cling from ADT online. www.adt.com/resi/programs/pets/

2. Provide monitored fire and carbon monoxide alarms. Just as humans, pets are susceptible to carbon monoxide poisoning from improperly ventilated heating sources, yet they cannot escape by themselves if no one is home. Fire and carbon monoxide monitoring from a reputable security company means that trained operators are always available to alert first responders to help keep pets safe, especially when many families are traveling, at parties or otherwise occupied. Extinguish open flames, secure fireplaces. Always supervise pets near lit candles and make sure to thoroughly extinguish any open flames before leaving the room. Make sure you have a sturdy screen in front of your fireplace to keep curious pets away from fires and hot ashes.

3. Secure young pets. Curiosity really can kill the cat. Young pets can be particularly curious about new sights, sounds and smells. Keep young pets away from areas of your home that contain pet safety hazards—this includes the kitchen, where pets can easily get into potentially toxic foods such as bread, raisins and baking chocolate.

4. Reduce stress on your pet. If you are hosting a party or gathering, provide your pet with a quiet place or crate, as many pets can get overwhelmed by large amounts of noise, people and food. If you are traveling with your pet by car or by plane, make sure you provide fresh water and try your best to keep them on their regular schedule.

5. Become aware of all household plants which can be toxic to your pets. Make sure you obtain a list of the types of plants or household items that could potentially cause harm to your pet if ingested. Books can be purchased at your local pet store for the specific care needed for all types of animals.

6. All prescription and non-prescription drugs should be safely stored. Human medications can be potentially lethal to pets.

7. Maintain a healthy diet—In addition to a low-fat daily food, provide your pets with healthy, vitamin-enhanced meat treats to promote joint health and a healthy digestive system.

Top 20 San Diego area dog parks

Enjoy these leash-free dog parks. For more details, dog park rules and regulations, visit www.sandiego.gov/park-and-recreation/

1. **DEL MAR DOG BEACH**
   3200 Camino del Mar. For hours call City of Del Mar at 858-755-9313 or go to www.delmare.ca.us.

2. **DEL MAR TORREY HIGHLANDS PARK**
   Landsdale Drive just off Del Mar Heights Road. Open sunrise to sunset. 619-236-5555.

3. **POWAY DOG PARK**
   13094 Civic Center Dr. Open sunrise to 9:30 p.m. www.ci.powa.ca.us for info.

4. **KEARNY MESA COMMUNITY PARK**
   3170 Armstrong St. Open 6:30-10 p.m. daily.

5. **MIRA MESA MADDOX NEIGHBORHOOD PARK**
   7815 Flanders Dr. Open sunrise to sunset. www.sandiego.gov/park-and-recreation.

6. **UTC DOYLE COMMUNITY PARK**
   8175 Regents Road, behind Doyle Rec. Center. Closed noon-2 p.m. Tues. & Thurs.

7. **CLAIREMONT MESA CAEMAN COMMUNITY PARK**
   4280 Avati Drive (near Moraga Ct.)
   Daily 7:30 - 10:30 a.m. & 4:30 - 7 p.m.
   Summer daily 7 a.m.- 9:30 a.m. & 5-7:30 p.m.

8. **EL CAJON WELLS PARK**
   1153 E. Madison Ave. Open 7 a.m.-9 p.m. daily.

9. **PACIFIC BEACH CAPEHART PARK**
   Near the foot of Soledad Mountain Rd., south of Beryl St. Open 24 hours 7 days.

10. **MISSION BAY FIESTA ISLAND**
    Fiesta Island Road, off E. Mission Bay Drive. Open 4 a.m.- 10 p.m. www.fiestaislandgdp.com and www.fidosd.com

11. **DUSTY RHODES NEIGHBORHOOD PARK**
    Between Sunset Cliffs Blvd. and Nimitz Blvd.
    Closed Tuesday 7-10 a.m.

12. **OCEAN BEACH DOG BEACH**
    W. Point Loma Blvd and Voltaire St. Leash-free 24 hours a day, 365 days a year.

13. **BALBOA PARK NATE’S POINT**
    Near Balboa Dr. at El Prado (6th Ave. and Laurel St.) Gate on Balboa Dr. closed 8 p.m.
    to 7 a.m.

14. **BALBOA PARK MORLEY FIELD**
    Enter from Alabama St. or Morley Field Dr.
    Gate closed 10 p.m.- 7 a.m.

15. **BALBOA PARK GRAPE STREET PARK**
    End of Grape Street at 28th Street Mon-Fri-
    day 7:30 a.m.- 9 p.m. Sat., Sun. and holidays 9 a.m.- 9 p.m.

16. **LA MESA HARRY GRIFFEN PARK**
    950 Milden St. 7 a.m. to one hour after sunset

17. **CORONADO DOG BEACH**
    100 Ocean Blvd. at the north end of Coronado beach next to the Naval Air Station North Island. Open 24 hours. 619-522-7380

18. **CHULA VISTA VETERANS PARK**
    785 E. Palomar St. Open 6 a.m. to 10 p.m.

19. **OTAY RANCH TOWN CENTER PARK**
    2015 Birch Rd., in the southwestern area of the mall. Hours:10 a.m.- 11 p.m.

20. **CHULA VISTA MONTEVALLE PARK**
    840 Duncan Ranch Rd. Open 7 a.m.- 10 p.m.
    Park hours vary, call 619-5269
Creature comforts at the workplace

By NICOLE SOURS LARSON | SAN DIEGO PETS

Pets brighten our lives, soothe our souls, calm us when we’re frazzled, bring us down to earth and remind us of our basic needs of food, water, shelter and love.

Since they contribute so much to our well-being at home, more and more residents of this pet-friendly city of San Diego take their pets to work with them. Others work at home with their cats on their laps, dogs by their desks or birds on their shoulders.

These pets are part of the changing workplace.

Chester: Chester is a mellow, sometimes goofy guy who loves playing fetch with his chewed up tennis ball, swimming in Mission Bay and chasing seagulls and blue herons (he never catches them, according to his dad).

As assistant dockmaster at Mission Bay’s Dana Landing Marina, where dad Chris Jones is dockmaster, Chester’s primary job is supervising everything that happens around the marina and waterways and making sure everyone stays happy.

About two years old now, this handsome black Labrador, probably a purebred, was pulled from the Lake Elsinore animal shelter by Labrador Rescuers, who posted his mug on Petfinders.com. Jones and his wife spotted Chester online last summer, filled out the rescue organization’s application and fell in love at first sight.

Now Chester enjoys the good life, spending his mornings with his mom, who drops him off at the marina on her way to work, and sailing with his humans in their free time.

Jones reports that Chester scares himself when he barks, thrives on playing with the kids around the marina and is good around other dogs. He suspects Chester was a victim of the foreclosure crisis, since he clearly had good training in his previous home.

“He’s one lucky doggie – and so am I,” Jones says. He’s proud that Chester is “Mr. September” on Labrador Rescuers’ 2010 calendar. To view his pin-up and other Labs available for adoption, visit their website at www.labrescuers.org.

Dave: Dave, an umbrella cockatoo with handsome pale saffron feathers in his tail and crest and a pale blue ring around his eyes, is also a rescue. He now lives and “works” as chief assistant to C.J. Wilson at AA Smog Shop, located at 3546 Barnett Ave. in the Midway District of Point Loma.

Dave, about 21, spends his days sitting atop his large open cage in the smog shop, supervising his dad as he inspects vehicles at his smog-check-only facility.

This smart bird always knows what’s going on. One customer who brings in his cars for testing insists that Dave always knows when cars are going to fail the smog inspection. He squawks loudly before the machine registers the final failing results.

Wilson acquired Dave from his sister’s neighbor 11 years ago. At some point Dave was abused and showed his distress by plucking most of his chest feathers.

The lack of feathers is the main sign of his prior stress. Dave is a very affectionate bird who enjoys “stepping up” on visitors’ hands and loves to cuddle against a warm shoulder while his back is stroked.

“He’s very sensitive and doesn’t like to be yelled at,” Wilson explains. Dave is not much of a talker, he reports, but will occasionally say hello.

Clyde: Clyde the camel has a major sweet tooth. During most of December, Clyde and his sheep and donkey companions, accompanied by Gil and Nancy Riegler, owners of Oasis Camel Dairy in Ramona, spend their weekends appearing in the region’s holiday parades and living Christmas nativity scenes, with the Rieglers attired in biblical garb.

This handsome camel was spotted basking in children’s attention by a “manger” set up in the courtyard of the La Jolla Presbyterian Church following the Christmas parade. He relished the children’s petting, but kept an eagle eye on the plate holding Gil’s iced Christmas cookie, ready to pounce. Nancy confirmed
Clyde’s fondness for sweets.

He spends his days hanging out at the camel dairy, the only one in the country. Although not yet licensed to sell camel milk for human consumption, they turn the milk into luxurious camel’s milk soap, which they sell online and at their ranch.

Oasis Camel Dairy, which opens for monthly public tours where the public can meet Clyde and the other camels, is home to a range of other camel-oriented activities. The Rieglers also rent camels for special events, film and photography, camel races and camel rides.

Domesticated for thousands of years, camels are exotic-looking, but gentle, sensible animals that like people and children.

For more information about Oasis Camel Dairy, Clyde and their other camels, visit www.cameldairy.com.

Bob, Zeke and Stu: Bob, Zeke and Stu all work as “distractions” at the Oceanside campus of Canine Companions for Independence (CCI), which trains dogs, mostly golden retrievers and Labradors and golden/Lab mixes, as assistance dogs for the disabled. Bob is a cat with “cattitude,” while Zeke and Stu are bunnies.

Their job is to make sure the dogs stay focused on their commands and the task at hand, even if a totally alpha cat like Bob, a 15-year-old Maine coon mix who’s the campus character, decides to drink out of the dogs’ water bowls, prance in front of them or share their beds.

“Bob has a lot of attitude perfect for his job here. He struts his stuff around campus, exactly what we want him to do. He tries to distract the dogs and is just a great companion,” says Katie Malatino, CCI’s PR coordinator, southwest, whose lap and keyboard are two of Bob’s favorite destinations. He is, she reports, the campus pet, and has many fans among their staff of dog lovers.

“We want our dogs to get used to their environment and many of our clients have cats or bunnies as pets,” she added.

Bunnies Zeke, a white and brown mini-dwarf rabbit, and Stu, a brown dwarf, provide distractions to the dogs as they walk around the bunnies’ play area. The bunnies live in a little hutch outside on the campus. Malatino describes the bunnies as “very sociable, pretty, approachable and friendly.”

For more information about CCI, visit their website at www.cci.org/southwest.

Hank: Hank sits quietly on the 26-foot workboat, tied up to the stern of a pleasure boat, watching his dad ready the hoses to perform an oil change. Hank’s dad, John Fisher, the British-born owner of Sea Lube, offers boat-owners “full service oil change at your slip” and operates the only on-the-water mobile oil change service in San Diego.

Fisher enjoys taking Hank with him on his daily rounds, going from boat to boat, changing oil and oil filters and anti-freeze. Hank remains on the boat or rests on the dock, supervising the work. When the boat is underway, he stands next to Fisher watching him maneuver the boat, also called Sea Lube, around San Diego Bay.

Hank, a laid-back golden retriever who loves people and boats, came to live with the animal-loving Fisher and his wife Laurie about a year ago on their East County ranch. There he can cavort with Higgins, a rescue Berger Picard French sheepdog who loves to herd but doesn’t like boats, a calico cat named Maude and three horses, including two rescued Premarin horses.

Hank, although a pure-bred, was a neglected giveaway from a woman in Descanso who had too many dogs. Now he revels in serving as first-mate on the Sea Lube and enjoys all the love and attention he receives along the docks.

These are just a few of the many “working” San Diego pets who follow unusual “professions.” If you have stories of pets making a contribution to the workplace, please let us know! E-mail the author atrsours.larson@gmail.com.

Note: This article was written with the assistance of two working cats.
Totally oblivious to their pending change of scene, Austin and Bret playfully toss their heads at each other, baring their teeth as if chatting while their hooves stomp the mud in their corrals. Nearby the talkative Junior pokes his head over the rails, curious about his visitors, while Trigger, ever the crowd favorite with his pale mane and furry white sock, browses on his alfalfa hay.

The victims of the City of San Diego’s recent $179 million budget deficit, the seven horses remaining in the San Diego Police Departments (SDPD) mounted enforcement unit will soon go to public auction, along with their saddles, tack, horse trailers, corrals and other specialized equipment and supplies. The modern equestrian unit, until recently 10 horses strong, has been part of the SDPD since 1983.

Three horses have already left the stables. One was returned to the seller, its purchase not completed, and one to its prior owner who donated the horse to the city for police use. The third, Clark, who suffers from a neurological disorder and can no longer be ridden, retired to an East County nonprofit sanctuary, Horses of Tir Na Og, where he now enjoys the good life on a Guatay ranch with 27 other horses.

The horses have noticed a distinct change in their routine. Since the decision in December to disband the unit, they are no longer ridden. Previously they were ridden almost daily for up to 10 hours at a time, used for regular patrols and crowd control at Balboa Park, the beaches, downtown and football games. But six of the seven mounted unit officers have already been reassigned, leaving only Sgt. Bret Righthouse, who commanded the unit and served 14 years as a mounted officer, to oversee dispersal of the horses and their equipment.

Assistant Chief Robert Kanaski, who oversees the mounted unit, said that he and Righthouse are working with city officials to draw up rules and specifications for the sale of the horses.

“We want to ensure they’re going to good homes, reputable stables. They need to be ridden. We owe it to the horses that they’re going to good places where they’ll get the right care. They’ve meant a lot to us, done a good job. They deserve to go
to a good home,” Kanaski said.

Although two police departments, from Los Angeles and Edmonton, Alberta in Canada, expressed interest in the horses, Kanaski expects the horses will probably be sold to riding stables or individuals looking for a reliable horse for riding.

Most horses, Righthouse explained, serve as police horses about six to eight years, although some have served as long as 15. After that, their feet tend to founder from the long days spent walking on hard road surfaces. After their retirement, most police horses were sold to individuals who ride them only a few hours a week.

“People like them because of their training and demeanor—they’re nice and docile,” Righthouse said. “They don’t kick and they don’t bite—except each other. They’re used to being handled.

These horses are like brothers—you put them together, they fight, you separate them, they cry,” he added, his voice full of affection.

The horses were all purchased from private owners, based on their size, temperament and reliability. All are large draft or workhorse crosses, mostly Percheron and Belgian mixes. To find the right horse police would usually need to look at 30 or 40 horses to find one suitable for police work, Right-house explained.

The horses had to look intimidating through their size yet be comfortable around people and crowds, allowing children and strangers to pet them, and not be spooked by loud noises, sudden movements or other environmental factors.

Once the horses joined the SDPD’s mounted unit, they, like the officers, would go through special training at their own academy. The officers, Right-house said, had their favorites, but all were trained to ride every horse. Several officers may bid on their favorite mounts.

“When we work as a team (the officers) need to know the behavior of every horse and how they’ll react,” he said.

It’s clearly tough on the officers to see their beloved horses go after so many years of loyal service keeping the peace.

“It comes down to what we’re hired to do, what the city wants us to do and what the citizens want us to do,” Kanaski explained.

The horses, he said, will be replaced by officers schooled in crowd control tactics.

“People like them because of their training and demeanor—they’re nice and docile”

For more information about Horses of Tir Na Og and to contribute to Clark’s medical care and support, visit their website at www.horsesoftirnanog.org.

For information about the auction of the seven horses and 20-25 saddles, which will be sold individually, and supplies and equipment, sold in lots, visit www.publicsurplus.come, and click on City of San Diego. For specific enquiries, contact Jeff Jungers at jjungers@sandiego.gov.
SDPD Honors Officer Clark

Officer Clark has faithfully served the San Diego Police Department (SDPD) for almost five years. He has been an exemplary officer, keeping visitors to our beloved Balboa Park safe. During this time, Clark has been a member of the SDPD’s Mounted Enforcement Unit.

Prior to that, Clark, a draft-Standardbred cross, was an Amish cart horse. At some point it is believed he sustained a neck injury. Now, that neck injury is causing this 14-year-old gelding a neurological problem called Wobblor Syndrome. Clark stumbles without warning. As sweet a horse as Clark is, this condition makes him unsafe as a police horse and unsafe for placement in a home where he would be ridden.

In the past, horses like Clark, who could not be sold as riding horses, were humanely euthanized. Thanks to the extraordinary efforts of the San Diego Police Department, Clark has found a forever home at Horses of Tir Na Nog, a non-profit equine sanctuary in San Diego’s East County, where he can live out his days with 27 other rescued equines. Horses of Tir Na Nog is dedicated to creating a safe haven for horses that have few options remaining, thereby ensuring them a better quality of life. Part of the organization’s mission is to build connections between people and horses in the San Diego community, increasing awareness about responsible horse ownership and care through education.
What’s more typically American than a kid romping with a dog? Or, especially in San Diego, seeing a kid pal around with a rescue dog? Or a free festival celebrating dogs where friendly leashed dogs are actually encouraged to attend?

This year on Sunday, Feb. 28, from 9 a.m. to 4 p.m., the second Annual Doggie Street Festival returns to Liberty Station with a fun-filled, entertaining event designed to promote and celebrate adoption of shelter and rescue dogs and teach children about the importance of appropriate pet care and responsible pet parenting.

At least 35 breed-specific rescue groups and animal shelters will bring adoptable dogs to this year’s festival at this year’s site at the new Liberty Station park at Preble Field, located at 2600 Cushing Road, between Dewey and Roosevelt roads. Here families and individuals can interact with volunteers from rescue organizations, learn about the various breeds and meet dogs auditioning for the role of lifelong best furry friend.

Nearby will be booths filled with dog-friendly merchandise and services, while other vendors will offer tempting edibles for both humans and canines.

In addition, there will be an “Ask a Pet Professional” booth staffed by vets and other pet pros with perspectives varying from traditional veterinary approaches to the holistic. They will be able to answer questions about health and behavioral issues, training, nutrition, spaying and neutering and environmental concerns.

Entertainment will include the Paul Green School of Rock House Band, featuring talented young rock musicians from 7 to 17, as well as a return engagement by the Koalas, a local rock cover band. San Diego Gymnastics will present a choreographed performance. The Monarch School’s steel band is also expected to perform, while face-painters will adorn all comers.

In addition to silent auction items of pet-related products and services, museum and vineyard passes, restaurant meals, overnight stays and sports and theater experiences, there will be an auction of original canine art donated by six area artists.

A newly developed sister-city relationship with Loreto in Baja California will benefit Loreto’s rescue community with a “care package” to assist local volunteers with pet medical care and spaying and neutering services.

Festival organizer Jude Artenstein, a San Diego-based filmmaker, documentarian and screenwriter, was inspired by the faithful companionship of her golden retriever Scout, who stayed by her side, nurtured her and helped her heal after a devastating accident.

While recovering from her injuries, she began researching a documentary now in production titled “Rescue Me,” which chronicles the stories of a group of dogs, some lost or abandoned, some at risk of euthanasia in shelters and others rescued and adopted, through five American cities, including San Diego.

While working on her film she delved into the daily tragedies experienced by people and pets resulting from the economic meltdown, foreclosures and hurricanes.

“While our nation is trying to pull itself out of the doghouse, millions of dogs are just trying to find one,” Artenstein explains.

Determined to raise awareness of the huge influx of homeless animals abandoned or relinquished to San Diego-area shelters and rescue groups, she started the festival last year to connect potential adopters with their forever canine friend and to celebrate the heroism of the volunteers who donate their time to rescue and foster homeless dogs.

About 100 dogs found homes through the first Doggie Street Festival, while the 37 participating rescues and shelters also connected with and recruited new volunteers and foster families in addition to placing dogs in great homes.

This year Artenstein decided to shift the focus to education along with adoption, with the goal of “influencing people to get involved to help change the situation of dogs and animal welfare in general,” she explains. “Change almost always has to become institutionalized within the community.”

The best way to do that, she said, is to reach and educate kids about valuing the lives of their pets along with teaching the importance of pet adoption, care and humane treatment.

“How we save things in this world is to create empathy. When you respect life, you tend to want to take care of it,” she adds.

Ann Pollock, a volunteer and director of Chihuahua Rescue of San Diego, participated in last year’s event and is looking forward to this year’s Doggie Street Festival.

“This is a great chance for people to learn about the different characteristics of particular breeds from the rescue groups,” and to avoid making a mistake in adopting the wrong type of dog for specific living conditions or family situations. “If you have a 1-year-old it doesn’t mean you should have a small dog,” she says.

Candy Schuman, volunteer executive director of the Spay and Neuter Action Project, praised the festival because it celebrates the unsung work of rescue organizations.

“The festival raises awareness of how many animals are in shelters. It’s because of the rescue organizations that are taking out so many of the animals and finding them homes that the euthanasia rate is down in San Diego, but there were still over 50,000 in shelters last year. That’s too many,” she says.

For more information and an up-to-date list of rescue organization participants, food and pet-product vendors and silent auction donors, please visit the website, www.doggiestreetfestival.org, or call (619) 276-4142.
February 2010

FEBRUARY IS CAT SPAY MONTH

In order to reduce the alarming large number of unwanted kittens, County Animal Services is asking the community for help. The County and six participating cities are offering residents $7 coupons to spay cats during the month of February.

“We can’t adopt ourselves out of this huge problem,” said Dawn Danielson, director of the County Department of Animal Services. “There simply are not enough families looking to adopt a new cat or kitten. In February and March, cats as young as four to five months old go into heat, and when spring arrives so do the kittens.

“The County will offer $75 spay coupons to help pay for the cost of spaying a female cat during the entire month of February, after that the coupon is reduced to $50. Not only should residents take advantage of this offer by getting their kitty spayed, but they must spread the word to friends, relatives and neighbors."

Coupons are accepted by many veterinarians throughout the county or the department will reimburse the cat’s owner $75 if they mail in the coupon with proof of spaying. Coupons are available to residents of the unincorporated areas of the county and cities of Carlsbad, Del Mar, Encinitas, Solana Beach, San Diego and Santee.

In addition to the coupon, if residents visit County Animal Services at www.sddac.com, there is a list of veterinarians who will perform the surgery at a reduced cost to the client. If you combine the coupon with one of the listed veterinarians, the entire cost of the surgery may be met.

Coupons are available, while supplies last, at the three County Animal Shelters, located in Mission Valley, Bonita or Carlsbad. Eligible residents may also obtain a coupon by calling Pet Assistance at (619) 544-1222 or the Spay-Neuter Action Project (SNAP) at (619) 525-3047.

SDAS’S 4TH ANNUAL CUPIDS & CANINES VALENTINE’S DAY DOG ADOPTION EVENT!

Sunday, February 14, 11 a.m. to 3 p.m. Dunk N Dogs, Self-Serve Dog Wash located at 3056 Clairemont Drive. If you’re dreading yet another loveless Valentine’s Day... don’t dismay! Love is just a leash away. Find your PAWfect match this Valentine’s day during this huge adoption event, featuring nearly 100 dogs of all breeds and sizes from local shelters and rescues.

Recycle for Pets: Please bring your old cell phones, PDAs, laptops and ink printer cartridge.

BARK IN BALBOA PARK 4

Sunday, February 21, concert starts at 2 p.m. Spreckels Organ Pavilion in Balboa Park

Bring your friendly, on-leash dog to enjoy animal-themed music by San Diego Civic Organist Dr. Carol Williams. During this fun event at the Spreckels Organ Pavilion in Balboa Park, all donations made will benefit the San Diego Humane Society and SPCA. You can learn more about our programs and meet adoptable animals as well.

MARCH 2010

DEL MAR KIWANIS PRESENT THE 15TH ANNUAL UGLY DOG CONTEST

Sunday, March 7, 11 a.m.-3 p.m. Del Mar Fair Grounds, Paddock Area

Registration/Check-In at the door between 10 & 11 a.m. Show starts at 11:15 a.m. Register online: www.uglydogcontest.com. Admission $8 Adults / $2 Child 12 under. $6 per entry per category or $20 for four categories.

Categories Include:
• Ugliest Dog
• Dog Who Looks Most Like Owner
• Best St. Patty’s Day Costume
• Cutest Dog, Cutest Puppy
• Most Unusual Markings
• Best Trick & More!

Proceeds benefit: Helen Woodward Animal Center’s Therapeutic Riding Program; Rancho Coastal Humane Society’s Animal Safe House Program and Friends of Del Mar Parks. FOR MORE INFO: (858) 755-5913

ESCONDIDO’S ANNUAL PAWS IN THE PARK!

Sunday, March 28, 8 a.m. to noon

Kit Carson Park, 3333 Bear Valley Parkway, Escondido

Join us as we celebrate the bond between people and their pets and raise funding and awareness for animals in need. Registration for Paws in the Park begins TODAY. Registration is free, and walk registrants will receive incentive prizes such as T-shirts, doggie bandanas and gift cards based on the amount of pledges raised. Every penny raised at Paws in the Park will go directly toward animals awaiting a
home at the Escondido Humane Society, and your participation in the event will make life better for animals in need. To register, go to www.firstgiving.com/ehs or call (760) 888-2235.

April 2010

CALLING ALL CAT LOVERS!
TAKE A TOUR OF THE WORLD FAMOUS CATS’ HOUSE
Sunday, April 18 • 1 - 4 p.m. Admission is $5. Children 5 and under are admitted free. Bob Walker will be signing his book “The Cats’ House” on both days. You will have the rare opportunity to meet the creative minds behind “The Cats’ House,” and tour their world famous wild and whimsical cat cottage. The Foundation for Animal Care and Education (FACE) is happy to present “A Cats’ House Benefit.” This event will be at the Cats’ House, located at 5010 Northaven Ave., San Diego. Check out the feline fantasyland at www.catshouse.com. “A Cats’ House Benefit” is open to the public. FOR MORE INFO: www.face4pets.org or call the FACE Foundation at (858) 450-3223. Tickets are available for purchase at www.face4pets.org.

You’ll be missed kitty.

Kurt Dean 2007–2009

Natural Light Pet Photography
by Ashley DuChene

619-246-4212
naturallightpetphotography.com
Surf Dog Helps Raise Funds for 6 Year Old Surfer

Ricochet (“Rip Curl Ricki”), the Surfin’ for Paws-abilities SURFice dog, who raised more than $10,000 for quadriplegic surfer Patrick Ivison, and most recently raised more than $3,500 in a toy drive, is catching a new wave with Ian McFarland. Ricochet’s current project presents a unique and exciting triple challenge: help get Ian back on a surfboard/surfing, help motivate him through his rehabilitation and raise funds to offset the expense of his costly medical bills.

In July 2008, Ian and his family set out for a road trip to Colorado, but never made it. A devastating car accident claimed the lives of his parents, and Ian suffered a severe traumatic brain injury that left him in a coma. Ian spent almost four months in the hospital, and although discharged, still had a feeding tube, could barely speak and was in a wheelchair. Over the course of 18 months, Ian has made remarkable progress in his recovery, but still has a long way to go.

Unfortunately, his rehabilitation therapies are very costly, and that’s where Ricochet’s fundraising comes in. In the last three weeks, she has raised more than $3,080 for Ian through her inspirational YouTube video “From Service Dog to SURFice Dog” (http://www.youtube.com/watch?v=BGODurRtVv4). The video went viral and has more than 1.2 million views, which continue to increase on a daily basis with donations coming in from all over the world.

Ian used to surf with his daddy, and it’s his hope to surf again. “The ocean is very therapeutic for Ian”, says his Aunt Melissa, “It was in the water where Ian took his first steps after the accident, and it would be wonderful if Ricochet could help motivate him to do even more, and get back on a board... Ian loves dogs.”

Ricochet recently met Ian, and although it was too cold for the beach, the pair didn’t let that stop them from hanging out on a surfboard! Sessions with Ian will continue through the winter, and since Ricochet is a certified goal-directed therapy dog through Pawsitive Teams, she will use her skills to help motivate Ian in his rehabilitation. As the weather gets warmer, therapy will continue on the beach... in the ocean... on a surfboard!

Ricochet was slated to be a service dog for a person with a disability through the Puppy Prodigies program, but had to be released from the role due to her drive to chase birds, which could be risky for a person with a disability. Rather than focus on what she couldn’t do, the emphasis was placed on what she COULD do, and the Surfin’ for Paws-abilities initiative was carved out for her.

Note: For more information or to make a donation go to www.ripcurlricki.com or contact Judy Fridono, (707) 228-0679, or pawinspired@aol.com.
The natural pet guide
to nutrition and care

By NICOLE SOURS LARSON | SAN DIEGO PETS

Are you confused as to what to feed your pet, whether to buy nutritional supplements or how to assemble a pet first aid kit? Have you worried whether a food or plant is poisonous to your cat or dog? And have you started to re-search these subjects, but were over-whelmed by the number of books you need to absorb to find the right answers?

If the answer to any of these is “yes,” then you need to pick up or order a copy of Mary Jansky’s new booklet “The Natural Pet: Holistic Guide to Your Pet’s Health,” which is illustrated by Mission Beach dog trainer and whimsical artist Marcia Wigdahl.

The co-owner of Noah’s Natural Pet Market, 4431 Cass St. in Pacific Beach, and a nutritionist by training, Jansky developed the booklet as an easy reference for customers to find quick answers to common questions.

After the 2007 pet food recall, she and Noah’s Natural pet market partner Liz Oshant found themselves answering frequent questions about the safety and nutritional value of pet food and explaining how to read a label and what to look for and avoid. That was the genesis of this “beginners’ guide” to nutrition and health for pets.

“It compiles years of information and sums up my studies with vets, herbalists, trainers and nutritionists,” Jansky explained.

The booklet is available at the store or online for $8.99. For more information www.noahsnaturalpetmarket.com or call (858) 270-8161.

The Natural Pet: Holistic Guide to Your Pet’s Health by Mary Jansky

FEBRUARY - MARCH 2010 | sandiegopetsmagazine.com

Cats’ House to host fundraiser, open house benefiting FACE Foundation

By NICOLE SOURS LARSON

The creators of the internationally renowned Cats’ House, Bob Walker and Frances Mooney, will be hosting their first public open house and fundraiser in seven years on Apr. 17-18. The two events will benefit the San Diego-based FACE Foundation, which provides financial help for families facing crisis over their pets’ critical or emergency veterinary care costs, helping to save the lives of pets with treatable injuries and illnesses.

About 1986, Walker and Mooney began transforming their home into a whimsical playhouse for their cats, filled with 140 feet of elevated catwalks connected by tunnels through walls, a cat-sized spiral staircase all painted in a vivid, often neon color palette. Their first book, The Cats’ House, just reissued in soft cover, documents their cats’ pleasure in their feline fantasyland.

On Sat., Apr. 17, from 6:30 to 8:30 p.m., they will host a special preview reception at the Cats’ House, including a Bob Walker print, behind-the-scenes tour and book sales and signing, with tickets at $35 per couple. The next day, Sun., Apr. 18, the Cats’ House open house will run from 1 to 4 p.m. with $5 admission. “In these tough times we like what FACE does to keep families together and keep animals alive,” Walker said.

For more information and tickets, visit www.face4pets.org or call the Face Foundation at (858) 450-3223.

Cheshire Cat Feline Health Center

We cater to individual needs
Preventive ★ Surgical ★ Dental
Nutrition Counseling ★ Medical ★ Senior Care

Come and see us at our new location! 4680 Clairemont Mesa Blvd
San Diego, CA 92117
(858) 483-1573

VISIT US ONLINE www.CheshireCatClinic.com

Open
Mon-Fri
7a.m.–6p.m.
Saturday
8a.m.–2p.m.
‘Nubs’ and Marine Major Brian Dennis at Warwicks

A fascinated crowd of both adults and children were on hand for the recount of the amazing tale of a wild dog’s attachment to the U.S. soldier and how it followed him across 70 miles of dangerous desert land. The book is called “Nubs — The True Story of a Mutt, a Marine & a Miracle.” They now both live in the San Diego area but Dennis will be deploying to Afghanistan soon. Friends take care of Nubs and his other dog while Dennis is gone.

Assistance Dog Gives New Lease on Life to Local Man

Frank Palmer is a quiet, unassuming man. He says he moves “slowly” and that he’s just a “laid-back” guy. What he may not explain is that he has a spinal cord injury, and that a faster pace is impossible. Frank’s cane is the only hint that he suffered two devastating accidents, which forced him to endure multiple surgeries to reconstruct his lower back. As a result, Frank has severely limited mobility.

Though his recovery has been long and difficult, Frank recently received a gift that has made his everyday life a little easier. His name is Zale, and he is a yellow Labrador Retriever from Canine Companions for Independence. Canine Companions is a national nonprofit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.

A few months ago, Frank joined a class of 10 other students at the Oceanside campus of Canine Companions. During a two-week residential Team Training program, the students were strategically matched with assistance dogs and learned how to work with them effectively. The experience far exceeded Frank’s expectations.

“I’m just so proud of what Zale can do,” Frank said. “He will retrieve objects that are on the floor, from car keys to a letter… he can do it all!”

In addition to retrieving things, Zale helps Frank by opening doors, activating light switches, pulling laundry baskets and more.

Beyond physical tasks, Frank was also somewhat surprised by the immediate emotional bond he felt with Zale.

“I’ve never been real close to animals, but Zale is a godsend,” Frank explained. “He’s given me a new lease on life!”

Frank’s experience at Canine Companions was enhanced by sharing it with a great group of classmates. Young and old, with various disabilities, the students grew close through their shared challenges. Among his classmates were three young veterans who served in Iraq. Their stories especially touched Frank, who served in the Air Force during the Vietnam War.

“They gave it their all, and I’m so happy that they have these canines to help them through life… You can’t give them too much for what they gave,” Frank said.

All clients of Canine Companions receive their assistance dogs, training and ongoing follow-up services completely free of charge from the organization.

Pit Bull Calendar Makes Perfect Gift for Dog Lovers

Featuring stunning photography from award-winning San Diego photographer Jen Petit, Pit Bull Rescue San Diego’s (PBRSD) 2010 calendar highlights 12 special dogs and puppies saved from local animal shelters. Photo shoot locations were carefully selected to highlight San Diego landmarks, including Fiesta Island Dog Park, Mission Trails, Lake Miramar,
Coronado Dog Beach and Redwood Circle in Balboa Park. This celebration of our canine friends raises funds to help PBRSD continue its life-saving work in the upcoming year.

Pit bulls and pit bull mixes make up roughly 50 percent of the dogs in San Diego-area animal shelters. Since its inception in 2004, PBRSD has given more than 300 of these dogs and puppies a new leash on life. As a volunteer-run nonprofit organization, all donations go directly to the care of dogs in need. A portion of the proceeds from the sale of each 2010 calendar helps PBRSD continue its life-saving work. To purchase your calendar, visit www.pbrsd.com.

**Sheriff’s K-9 Volunteer Receives ACE Award**

William D. Gore, Sheriff, San Diego County, announced one of the department’s K-9 Search and Rescue volunteers has received an American Kennel Club ACE Award ~ Honorable Mention. Only five dogs are selected for the ACE Award (Award for Canine Excellence) ~ Honorable Mention.

Snickers is an eight-year-old beagle from a local breeder here in San Diego. He began his training when he was only 11 weeks and passed his certification test at one year; thereby working for San Diego Sheriff’s Department his entire life.

His first search was for Jahi Turner, where Snickers met a Riverside bloodhound handler who was so impressed with his work, he invited Snickers and his owner, Pam, to training exercises outside the county. In fact, Snickers has been to several seminars in Colorado where he has run very advanced trails. Snickers received his nickname “Sergeant,” when a Search and Rescue coordinator, so impressed with the work, jokingly said he was giving Snickers a field promotion. The name stuck and now he is commonly referred to as Sergeant Snickers. As for his favorite food—well he is a beagle, so all food is great.

To qualify, the dog is required to be AKC registered or an AKC recognized breed, and have performed some exemplary act, whether large or seemingly small, that has significantly benefited a community or individual. One award is given every year in each of the following five categories: Law Enforcement, Search and Rescue, Therapy, Service, and Exemplary Companion Dog. When appropriate, dogs earning honorable mention will be selected. Each of the five honorees received a cash award of $1,000 and an engraved sterling-silver collar medallion to be presented at the AKC/Eukanuba National Championship. Their names will be engraved on a plaque that hangs permanently in The American Kennel Club Library in New York City. Dogs receiving honorable mention will be awarded an engraved bronze medallion.

Sheriff Gore commented, “We are extremely fortunate to have Snickers and his owner, Pam, on our Search and Rescue Team. Snickers and Pam are critical to the mission of finding the lost and missing in San Diego County. We couldn’t do the job without them.

**Starting the Day, the Year, Their Lives in New Homes!**

1,363,638 orphaned pets are starting 2010 with a new “leash on life” after being adopted during the 11th annual Iams Home 4 the Holidays (IH4TH) pet adoption drive. IH4TH ambassador and two-time Academy Award-winning actress Hilary Swank joined IH4TH creator Mike Arms, president of Helen Woodward Animal Center, in making the announcement.

Between Oct. 1, 2009 and Jan. 4, 2010 more than 3,900 animal shelters and rescue groups in 17 countries worked together to find families for orphaned pets.

“I’m proud to be part of such an amazing cause and I hope the families who adopted through the IH4TH program will experience the same unconditional love and fulfillment that my dogs, Karoo and...
Rumi, give me every day,” said Swank. “I hope our success inspires everyone to get involved and continue to help eradicate pet homelessness because there are millions of animals who still need our help and we all have the ability to help make a difference.”

Since 1999, with the support of participating animal organizations from 17 countries, IH4TH has become the world’s largest and most successful pet adoption campaign. Adoptions during this 11th annual drive include:

729,357 dogs (53.5%)
588,265 cats (43.2%)
46,016 other pets (3.3%)

While the 11th annual IH4TH campaign has concluded, animal shelters and pet rescue groups throughout San Diego County still have orphaned pets in need of loving families. To find your new pet today, visit the shelter or rescue nearest you or go to www.iamshome4theholidays.com

Lucy Postins’ Cooks up Some Love with Cookbook

Lucy Postins, pet nutritionist and founder of The Honest Kitchen, an all-natural, human-grade pet products company, today announced the release of her first cookbook, “Made out of Love: Recipes to prepare for (and sometimes share with) your animal companion.”

“Made out of Love” includes nourishing recipes for toppings, treats, main dishes, raw and functional cuisines that pet owners can make for their four-legged friends at home.

To celebrate the launch of “Made out of Love,” 10 percent of book sale profits will be donated to the Morris Animal Foundation www.morrisanimalfoundation.org. The Denver-based nonprofit helps animals worldwide enjoy longer, healthier lives by advancing health and welfare studies that protect, treat and cure companion animals, horses and wildlife.

With extensive experience as a companion animal nutritionist, Postins is passionate about advanced nutrition and holistic health including complementary care such as herbalism and traditional Chinese medicine, both of which are reflected in recipes throughout the book.

“Preparing homemade meals for pets is a radically new concept for many people, but a simple and easy way to enhance the health of our four-legged friends,” said Postins. “At The Honest Kitchen, we’re committed to helping pet guardians become truly involved in their pets’ lives, and I hope these recipes will help empower owners to positively affect the health and well-being of their animal companions.”

In addition to nutritionally-balanced recipes for cats and dogs, and those that parents can share with their pets, “Made out of Love” also contains recipes for using food as medicine, targeting conditions such as itchy skin, stress, diabetes, fleas and more. Some recipes contain The Honest Kitchen products. If you would like to try a sample, please e-mail questions@thehonestkitchen.com.

The cookbook retails for $14 and is available online at www.TheHonestKitchen.com and through authorized The Honest Kitchen retailers.

Resident Competes In AKC Eukanuba Championship

On Dec. 12-13, the best in the sport of purebred dogs flocked to Long Beach, Calif. to strut their stuff at the prestigious AKC/Eukanuba National Championship. Local resident Tristan Davis and Heather (Kay) Davis and Tavis (Kiarry’s Take On Me) and Milla (Tateland Sandlapper’s Good Fortune) was among the contenders.

Tristan Davis and Heather (Kay) Davis competed against not only the top show dogs in the country, but also a slate of the finest specimens from around the world.

The show will air on Animal Planet and the Discovery Channel on Feb 6, at 8 p.m. EST.

The AKC/Eukanuba National Championship is the largest prize money dog show in the world, with cash and prizes awarded totaling more than $225,000.

For information on the AKC/Eukanuba National Championship, visit www.akc.org/aenc.

PETCO ‘Tree of Hope’ Raises Record $4 Million

PETCO customers from around the country are making a difference in the lives of homeless animals this new year by virtue of their donations to the PETCO Foundation’s annual Tree of Hope fundraiser.

This year’s Tree of Hope, conducted through the holidays at more than 1,000 PETCO stores across the nation, raised a record $4 million – up nearly 30 percent from last year.

“Donations from thousands of PETCO customers will enable the PETCO Foundation to help animal shelters and rescue groups nationwide in caring for thousands of homeless pets,” said Paul Jolly, the foundation’s executive director. “Despite the tough economy, our customers continue to give hope and help us address the growing needs of our animal-welfare partners.”

Half of the funds raised during Tree of Hope will be put to work in the local communities where the dollars were donated, while the foundation will use the other half for regional programs and relief efforts.
The foundation also partnered with IAMS in its annual Home 4 the Holidays adoption drive, which aimed to find homes for 1.5 million animals by the end of the holiday season. IAMS donated $1 to the PETCO Foundation for every bag of IAMS cat or dog food sold at PETCO stores from Nov. 7 to Dec. 24, 2009.

Donations to the PETCO Foundation enable the organization to fulfill its mission to:
- Provide thousands of spay/neuter surgeries;
- Distribute millions of dollars of food and supplies to animals in need;
- Find lifelong, loving homes for thousands of homeless animals; and
- Strengthen the human-animal bond through food banks, animal-assisted therapy and humane education.

Together, PETCO customers help make a difference for thousands of animals in each of these important areas. For example, this year’s Tree of Hope funds have the potential to support the cost of more than 200,000 spay and neuter procedures or to feed more than 140,000 orphaned pets for two months.

To learn more about the PETCO Foundation and about how you too can make a difference, visit www.petcofoundation.org.

**Boot Camp Classes for Humans and Dogs**

The classes, which are currently taught in Carmel Valley and Mission Bay, are being expanded after Jan. 1 to two additional Carmel Valley locations, Coronado and East County.

The boot camp-style classes will now be taught at the Carmel Valley Recreation Center and Torrey Highlands Park on Tuesday and Thursday at 7 a.m. and 9 a.m., respectively. Other classes are taught at Mission Bay near the Fiesta Island Bridge playground on Tuesdays and Thursdays at 6 p.m.; at Markim Pet Resort in Carmel Valley on Sundays at 9 a.m., which has been ongoing since January 2009; in Coronado at Tidelands Park (check Web site for dates and times); and in El Cajon (check Web site for dates, times and locations).

For a comprehensive class schedule and listing of special events, visit www.leashyourfitness.com. For more information contact Celapino at dawn@leashyourfitness.com or (619) 822-3296.

**Swine Flu hits home for Southern California**

Amidst news out of New York confirming the first case of swine flu in a dog, the outbreaks hit home recently with reports of the first case of swine flu reported in a cat in Southern California. Society for the Prevention of Cruelty to Animals Los Angeles (spcaLA) reminds people to be vigilant in observing their pets. If they show signs of illness, such as a runny nose, sneezing or wheezing, loss of appetite and lethargy, it is important to take them to a veterinarian, no matter what the species.

“The current influenza vaccines for animals don’t prevent the contraction of H1N1,” says spcaLA President Madeline Bernstein. “However if an animal becomes ill, antibiotics can be prescribed to combat secondary infections.”

Remember, if someone in your home becomes sick, practice good hygiene, keep infected humans away from pets, be vigilant and don’t hesitate to seek veterinary treatment if your pets are showing signs of illness.

For more info, contact Daniel Barrozo at dbarrozo@spcaLA.com or (323) 730-5300 ext. 253.

**Poway Area Pets Go Online**

Russell Rescue CA (San Diego), Poway, recently has joined other animal welfare organizations in the area that list their homeless pets on Petfinder.com, the oldest and largest database of adoptable animals on the Internet. The site currently has more than 317,870 homeless pets listed, and it is updated continuously.

More than 12,900 animal welfare organizations in the U.S., Canada and other countries post their pets on the site. Russell Rescue CA (San Diego) pets may be viewed at www.petfinder.com/shelters/CA1660.html. A potential adopter enters search criteria for the kind of pet he or she wants, and a list is returned that ranks the pets in proximity to the Zip code entered. Adoptions are handled by the animal placement group where the pet is housed, and each group has its own policies.

Petfinder.com was created in early 1996 as a grassroots project by Jared and Betsy Saul to end the euthanasia of adoptable pets. Since its inception, the site has facilitated approximately 20 million adoptions, making it the most life-saving initiative in animal welfare.

Sponsors include The Animal Rescue Site, BISSELL Homecare, Inc., a manufacturer of home cleaning and floor care products, PETCO, a national pet supply retailer that sponsors in-store adoptions and provides coupon books for new adopters, Merial, maker of the number one veterinary-recommended flea and tick preventative FRONTLINE(r), and heartworm preventative HEARTGARD(r) and PetFirst Healthcare, the exclusive pet insurance provider for Petfinder.com.

*It’s Valentine’s Day...*  

Adopt Somewhere to Love!  

sandiegoarabbits.org  

**San Diego House Rabbit Society**
DEAR SINDI, In your last column you said to never cook chicken necks before feeding them to pets. Why?
— Dana and her three felines, Calliope, Panoodle and Sasha of North Park

DEAR DANA & GIRLS, When you cook bones, they harden, making them more likely to splinter. Ingesting cooked bones is potentially dangerous and can seriously harm your pet. I recommend monitoring your pets any time they are chewing a bone, even if it is raw. Although your pet’s safety is the primary concern, feeding pets raw, uncooked bones and meat is extremely nutritious. More nutrients remain accessible in the food versus being cooked or processed out. Heat diminishes vitamins, minerals and the potency of other nutrients. Just as with any new food, I suggest transitioning raw meat and bone into a pet’s diet gradually.

DEAR SINDI, I have been looking for a new dry food for my dog and have found one called Kruncheros by Great Life. It’s supposed to be a freeze dried raw food in bite size pieces like kibble. Is this a food you recommend?
— Consetta and her Yorkshire terrier Daisy of Tierrasanta

DEAR CONSETTA & DAISY, Although I don’t have first hand experience with Kruncheros, I am familiar with Great Life. After reading information provided on their website, I called the company. They assured me that Kruncheros is a freeze dried raw food making it more nutritious than traditionally prepared kibble. Kruncheros looks like a promising dry food alternative. Because of my limited information about it, I can’t give a personal recommendation for Kruncheros, however I do recommend Great Life as a brand. I currently use their natural anti-flea spray, Tombstone. I am also a fan of pet food that has been freeze dried because it is higher in nutrients than more highly processed and cooked varieties. Kruncheros needs to be rehydrated before feeding. Dry foods of any kind can dehydrate an animal’s body, so it is essential to insure they are consuming sufficient amounts of water.

Since I have received multiple inquiries about what to do to help dogs and cats with arthritis, I wanted to address the issue here. Although I am definitely not a replacement for quality

24 Hour Pet Emergency
Special Care From the Heart

Veterinary Specialty and Critical Care Center
Specialty Services: Internal Medicine, Oncology, Cardiology, Ophthalmology, Dentistry, Dermatology, Surgery and Critical Care
Open 24 Hours/365 Days

Carlsbad
2310 Faraday Avenue
Carlsbad, CA 92008
Phone: (760) 431-2273
San Marcos
100 N. Rancho Santa Fe Road
Suite 133
San Marcos, CA 92069
Phone: (760) 734-4433
Murrieta
25100 Hancock Avenue
Suite 116
Murrieta, CA 92562
Phone: (951) 600-9803

www.californiaveterinaryspecialists.com

sandiegopetsmagazine.com | FEBRUARY-MARCH 2010
veterinary care, below are my suggestions. — Sindi

Glucosamine, chondroitin and MSM are beneficial for cartilage and joint health. Be patient and consistent when administering these supplements as it can take several weeks or months to see results. Sometimes ingredients are added that simply aren’t necessary, such as colored dyes and sugar derivatives, so it is important to always read the contents label.

Many have also had great success with an all natural product called Dog Gone Pain (DGP) by Harmony Co. It has a canine-friendly name, but is also appropriate for cats. I called the manufacturer to confirm this. Unlike glucosamine, results can be experienced within one week in many cases. Adding fish or emu oil to your dog or cat’s diet can further aid in relief, as these Omega rich oils have natural anti-inflammatory properties. They also benefit skin, coat and overall health.

Although movement and exercise remain important, avoid pushing your pet to do things, such as walk as far as he used to. You may need to give lifting assistance or provide a ramp or stairs if he is not able to comfortably jump up to higher levels on his own. Swimming and water therapy are low impact forms of exercise to consider also. Besides exercise, using gentle massage can help increase circulation in the affected areas and throughout the body. If your pet communicates that what you are doing hurts or is uncomfortable, stop immediately. He may vocalize, pull away or even scratch or snap at you in an attempt to get you to quit.

Skilled professional animal massage therapists are available and definitely recommended. However, I enjoy massaging my own pets. It is a way to bond and show my affection. To help gain information, I took workshops on animal massage and Ttouch, another therapeutic approach presented at the San Diego Humane Society. Some basic tips are to avoid bony areas and never massage directly on the spine. Gentle is the key word when massaging animals. Other healing modalities include acupuncture and energy healing, which can help increase the flow of energies in your pet’s system.

One last important consideration is your pet’s immune system. Eating nutritious food, staying hydrated and taking additional supplements and vitamins, including antioxidants, can give your companion animals an extra boost. This can make it easier for their body to heal itself.

E-mail Sindi with your nutrition, behavior, health or other pet questions and energy healing, psychic reading and animal communication requests at sindi@sdnews.com.

THE NEW HOLISTIC WAY
Stress. It’s the single, universal cause of both wellness and illness. While this theory is widely supported in the human medical community, it’s still controversial among veterinarians. Dr. Paul McCutcheon examines the all-important health-stress connection while drawing upon the latest scientific thinking and combining it with a comprehensive, preventive, and holistic philosophy of pet care. ISBN-978-1-58761-343-2 Hardcover $18.99

EVERY DOG HAS A GIFT
(Available March 18, 2010)
Anyone who has ever had a relationship with a dog will tell you: They want nothing more than to give love and be loved in return. In Every Dog Has a Gift, Rachel McPherson draws on her experience as the founder and executive director of The Good Dog Foundation, the largest animal-assisted therapy organization on the East Coast, to share the amazing stories of dogs that bring hope and healing into our lives. ISBN-978-1-58542-795-6 Hardcover $23.95

THE ENCYCLOPEDIA OF DOG SPORTS AND ACTIVITIES
A detailed overview of more than 35 sports and activities that are ideal for keeping dogs physically fit and mentally stimulated. Its comprehensive scope ranges from competitive events like agility, field trials, and hunt tests to noncompetitive pursuits like search and rescue and therapy. ISBN-9780793812752 Softcover $29.95

THE HAPPY ADOPTED DOG
Discover a whole new world of dogs with this revolutionary, breed-specific guide accompanied by a free DVD. The Happy Adopted Dog provides comprehensive coverage to help prospective dog parents successfully navigate the process of adopting a family dog. ISBN-9780793836871 Hardcover $19.95

HEALTH & NUTRITION Q & A

FEBRUARY-MARCH 2010 | sandiegopetsmagazine.com 19
DOGS
GREYHOUNDS TO GO WALKING CLUB All well-behaved, leashed dogs welcome every Sat. 10 a.m. in front of the Hall of Champions in Balboa Park, 1549 El Prado, Balboa Park, San Diego.
MORE INFO: http://greyhounds2go.org/sd_events.html

COCKER SPANIEL SOCIAL 1st & 3rd Sat. of every MONTH In Oceanside & La Jolla MORE INFO: Email Peggy Mundell at SDDogRescue@cox.net or Visit http://cocker- spaniel.meetup.com/4/

FRENCH BULLDOG MEET-UP GROUP Meet 2nd & 4th Saturday each month at local parks & beaches.
MORE INFO: http://www.frenchbull-dog.meetup.com/41/ or e-mail Robert Goulet at Rgoulet69@hotmail.com

DOGGIE HAPPY HOUR W Hotel 421 West “B” Street, San Diego. 92101. Last Tuesday of the month 5-7 p.m. - Bring your dog and socialize on their outside patio. Please call first at (619) 231-8220 to confirm

EDUCATION CLASSES
PET FIRST AID American Red Cross classes held monthly - Cost: $70.00 3.5 hour class includes Pet first aid handbook. Mission Valley & Vista.
MORE INFO: www.SDARC.org or call (858) 309-1439

HAPPY HOUR LECTURE SERIES San Diego Humane Society 3rd Thursdays, Different classes and times.
MORE INFO: http://www.sdhumane.org

ADULT EDUCATION COURSES Escondido Humane Society Bi-monthly classes MORE INFO: click on “Education”, then “Upcoming Classes at http://www.escondidohumanesociety.org/

DOGGIE CAFE San Diego Humane Society Last Friday 6-8p.m - Have fun socializing with your pets and trainers will be on hand for training tips. To reserve a space call (619) 299-7012 ext. 2230 MORE INFO: http://www.sdhumane.org

KIDS
ANIMAL TALES FREE story telling program for kids 4 to 8 yrs. Stories and crafts. 3rd Sunday, 1 p.m. MORE INFO: Please call (619) 299-7012 ext. 2251 or visit http://www.sdhumane.org and navigate to “Just for Kids”.

TOTS TALES FREE story telling program for preschoolers or your playgroups. 4th Thursday, 10:30 a.m. MORE INFO: Please call (619) 243-3432 or visit http://www.sdhumane.org

PARROTS
PARROT CLASSES Monthly classes held at the Marina Village Conference Center, $10.00 non-members, $15.00 at the door. MORE INFO: To register go to http://www.peac.org/sem_by_site.shtml

RABBITS SDHRS Volunteer or find out more about San Diego House Rabbit Society. MORE INFO: 619-718-7777 or visit www.sandiegorabbits.org

TO VIEW ENTIRE CALENDARS FOR:
HELEN WOODWARD ANIMAL CENTER Please call (858) 756-4117 or www.animalcenter.org
SAN DIEGO HUMANE SOCIETY (619) 299-7012 ext. 2230 or www.sdhumane.org
NATCAT Cats and Kittens!

Need a friend? NATCAT has many cats and kittens of all ages, breeds and personalities, just waiting for warm homes - and hearts.

Adopt today and receive a free gift! Bring this ad with you for 20% off your adoption fee.

National Cat Protection Society
9031 Birch Street • Spring Valley, CA 91977
(619) 469-8771 springvalley@natcat.org
www.natcat.org

10 YEAR ANNIVERSARY

$10 OFF ANY SERVICE

$5 OFF ANY PRODUCT
$20 MIN. PURCHASE

$10 OFF ANY PRODUCT
$40 MIN. PURCHASE

• 100% owner operated
• Anesthesia Free Dental Clinic

1902 Rosecrans St. San Diego, CA 92106
619.225.2210

Pawtastic Training,
Dog Walks & Jogs,
Dog Adventure Outings, In-Home Pet Sitting

951.838.5200
DogZenergy.com
DogZenergy@gmail.com

Healthy Horse & Hound

Equine & Canine Massage Therapy
Where the Healing Begins
Call Dotty
619.564.0497 ESMT.CMT
www.healthyhorsehound.com

Pawsitively Training
Do-It-Yourself Service and Accessories

4933 Voltaire Street
San Diego, CA 92107
619-523-1700
Open 7am to 9pm, 7 days a week
www.dogwash.com
Since 1993
Animal Adoption Organizations

A Passion For Paws Akita Rescue Cheryl Weatherford (858) 551-7511 www.APassionForPaws.org
Angel Wings Cat Rescue Inc. Wilma Daubman (760) 744-0764 www.AngelWingsCatRescue.com
Bat Rescue Richard Wilkins (858) 679-0211 www.batrescue.org
German Shorthaired Pointer Rescue (760) 726-4813 www.GSP-Rescue.com
Greyhound Adoption Center Toll Free 1(877) 478-8364 www.greyhound.org
Greyhound Connection (619) 286-4739 www.GreyhoundConnection.org
Operation Greyhound Bruce or Bob (619) 588-6611 www.OperationGreyhound.com
Paws of Coronado Louise Shirey (619) 435-8247 www.PawsOfCoronado.org
Pit Bull Rescue of San Diego Kate John (858) 361-3592 www.PitBullRescueSanDiego.com
Pug Rescue of San Diego County www.pugbutts.com
S.D. Turtle & Tortoise Society (619) 593-2123 www.SDTurtle.org
Southwestern Rottweiler Club San Diego Deanna Giller (619) 645-8800 www.SWRottweiler.com
San Diego Bulldog Rescue Finding loving homes for bulldogs in need. You can help our program by visiting www.sdbbr.org. Phone: (619) 501-0219

Animal Welfare Organizations

Labrador Harbor Sue Frounfelter (619) 892-0049 www.LabradorHarbor.org
Lions, Tigers & Bears Bobbi Brink (619) 659-8078 www.LionsTigersandBears.org
ZooFari Inc. - A partner in preservation Jackie Navarro (760) 630-9230 www.ZooFari.net

Dog Clubs

DOG WALKING SOCIAL CLUBS
AGILITY/DISC/DOCK/FLYBALL/LURE COURSING/ OBEDIENCE & SPORT DOG CLUBS
All Breed Obedience Club Inc. (619) 287-2211 www.aboci.com
Ballistic Racers Flyball Team B & J Matsumoto (619) 991-5267 www.CatchersOnTheFly.org
Luratics Lure Coursing & Earth Dog Pat Bennett (619) 749-0724 www.Luratics.com
HERDING CLUBS
Action K9 Sports Terry Parrish (760) 739-8673 www.ActionK9Sports.com

Services

24/7 ON-CALL DOG WALKING SERVICE
Downtown Walk A Pooch Call or e-mail us and we will help you and your best friend. Weekly/monthly rates available. Fully bonded. sdbag@rocketmail.com, San Diego, 619-645-5232
Feral Cat Coalition (619) 768-9194 www.feralcat.com
Pet Assistance Foundation Betty Brokaw (619) 469-5008 www orgsites.com/ca/pet-assistance/

Shelters & Humane Societies

SHELTERS THAT WILL ACCEPT STRAYS & HAVE ADOPTIONS
BAY PARK/MISSION VALLEY
County Animal Services – Central 5480 Gaines St., CA 92110 (619) 236-4250 www.sddac.com Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.
BONITA
County Animal Services – South 5821 Sweetwater Road, CA 91902 (619) 685-6309 • Hours: Tues-Sat 9:30 a.m. to 5:30 p.m. www.sddac.com
CAMP PENDELTON
Camp Pendleton Animal Shelter 4th St. Area 21 Bldg. 21532 CA 92054 (760) 725-8120
CARRLSBAD
County Animal Services – North 2481 Palomar Airport Road, CA 92099 • (760) 438-2312 or (760) 746-7307 Hours: Tues-Sat 9:30 a.m. to 5:30 p.m. www.sddac.com
CHULA VISTA
City of Chula Vista Animal Shelter 130 Beyer Way, CA 91911 (619) 691-5123 • Hours: M-F 10 a.m. to 5 p.m. Sat. 10 a.m. to 4 p.m.
CORONADO
Animal Control Facility 700 Orange Ave, Coronado, CA 92118 (619) 522-7371 • Hours: 7 days 8:30 a.m. to 4:30 a.m.
EL CAJON
City of El Cajon Animal Shelter 1275 N. Marshall Ave., CA 92020 (619) 441-1580 • Hours: Tues-Sat 10 am to 5:30 pm
ESCONDIDO
Escondido Humane Society 3450 E. Valley Parkway, CA 92027 (760) 888-2275 • Hours: 7 days 9 a.m. to 5 p.m.
FELIX STATION
Friends of Cats 15587 Olde Highway 80, CA, 92021 (619) 561-0361 • Hours: Tues-Sun 10 a.m. to 4 p.m.

BELOW SHELTERS ACCEPT OWNER RELINQUISHED ANIMALS
BAY PARK/MISSION VALLEY
San Diego Humane Society & SPCA 5500 Gaines Street, CA 92110 (619) 299-7012 • Hours: Mon-Fri 11 a.m.-6 p.m. Sat-Sun 11 a.m.-5 p.m. www.SDHumane.org

Services

Downtown Walk A Pooch Call or e-mail us and we will help you and your best friend. Weekly/monthly rates available. Fully bonded. sdbag@rocketmail.com, San Diego, 619-645-5232
Feral Cat Coalition (619) 768-9194 www.feralcat.com
Pet Assistance Foundation Betty Brokaw (619) 469-5008 www.orgsites.com/ca/pet-assistance/

Shelters & Humane Societies

SHELTERS THAT WILL ACCEPT STRAYS & HAVE ADOPTIONS
BAY PARK/MISSION VALLEY
County Animal Services – Central 5480 Gaines St., CA 92110 (619) 236-4250 www.sddac.com Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.
BONITA
County Animal Services – South 5821 Sweetwater Road, CA 91902 (619) 685-6309 • Hours: Tues-Sat 9:30 a.m. to 5:30 p.m. www.sddac.com
CAMP PENDELTON
Camp Pendleton Animal Shelter 4th St. Area 21 Bldg. 21532 CA 92054 (760) 725-8120
CARRLSBAD
County Animal Services – North 2481 Palomar Airport Road, CA 92099 • (760) 438-2312 or (760) 746-7307 Hours: Tues-Sat 9:30 a.m. to 5:30 p.m. www.sddac.com
CHULA VISTA
City of Chula Vista Animal Shelter 130 Beyer Way, CA 91911 (619) 691-5123 • Hours: M-F 10 a.m. to 5 p.m. Sat. 10 a.m. to 4 p.m.
CORONADO
Animal Control Facility 700 Orange Ave, Coronado, CA 92118 (619) 522-7371 • Hours: 7 days 8:30 a.m. to 4:30 a.m.
EL CAJON
City of El Cajon Animal Shelter 1275 N. Marshall Ave., CA 92020 (619) 441-1580 • Hours: Tues-Sat 10 am to 5:30 pm

BELOW SHELTERS ACCEPT OWNER RELINQUISHED ANIMALS
BAY PARK/MISSION VALLEY
San Diego Humane Society & SPCA 5500 Gaines Street, CA 92110 (619) 299-7012 • Hours: Mon-Fri 11 a.m.-6 p.m. Sat-Sun 11 a.m.-5 p.m. www.SDHumane.org

Services

24/7 ON-CALL DOG WALKING SERVICE
Downtown Walk A Pooch Call or e-mail us and we will help you and your best friend. Weekly/monthly rates available. Fully bonded. sdbag@rocketmail.com, San Diego, 619-645-5232
Feral Cat Coalition (619) 768-9194 www.feralcat.com
Pet Assistance Foundation Betty Brokaw (619) 469-5008 www.orgsites.com/ca/pet-assistance/
Emergency Hospitals

BONITA/CHULA VISTA
South Co. Emergency Animal Clinic (619) 427-2881
3438 Bonita Road, Bonita, CA 91902 M-F 6 p.m.-8 a.m. Sat. Sun. Open 24 Hours
Pet Emergency & Specialty Center of South County (619) 591-4802
885 Canarios Court, #108, Chula Vista, CA 91910 M-F 6 p.m.-8 a.m. Sat. Sun.
3:30pm-8am www.PESCSanDiego.com

CARLSBAD
California Veterinary Specialists (760) 431-2272
2310 Faraday Ave. Carlsbad, CA 92008 7 days 24 hrs.
www.CaliforniaVeterinarySpecialists.com

ENCINITAS
VCA North Coast Veterinary & Emergency (760) 632-1072
414 Encinitas Blvd. Encinitas, CA 92024 7 Days 24 hrs.
www.VCANorthCoast.com

ESCONDIDO
Animal Urgent Care of Escondido (760) 738-9600
2430-A S. Escondido Blvd. Escondido, CA 92025 7 Days 24 hrs.
www.AUC.US.com

KEARNY MESA/CLAIREMONT
Animal ER of San Diego (858) 569-0600
5610 Kearny Mesa Road San Diego, CA 92111 M-F 6 p.m.-8 a.m. Sat. Sun. 24 hrs.

LA MESA
Pet Emergency & Specialty Center (619) 462-4800
5232 Jackson Drive #105 La Mesa, CA 91942 7 Days 24 hrs.
www.PESCSanDiego.com

MISSION VALLEY
VCA Emergency Animal Hospital & Referral Center
(619) 229-2400 2317 Hotel Circle South San Diego, CA 92108 7 Days 24 hrs.
www.VCAEmergency.com

MURRIETA
California Veterinary Specialists (951) 600-9803
25100 Hancock Ave. #116, Murrieta, CA 92562 7 days 24 hrs.
www.CaliforniaVeterinarySpecialists.com

POWAY
Animal Emergency Clinic (858) 748-7387
12775 Poway Road Poway, CA 92064 M-F 6 p.m.-8 a.m. Sat. Sun. 24 hrs.
www.AnimalEmergencySD.com

SAN MARCOS
California Veterinary Specialists (760) 734-4433
100 N. Rancho Santa Fe Road #133 San Marcos, CA 92069 7 Days 24 hrs.
www.CaliforniaVeterinarySpecialists.com

Veterinary Specialty Hospital (760) 466-0600
2055 Montiel Road, Suite 104, San Marcos, CA 92069
www.vshsd.com

SORRENTO VALLEY
Veterinary Specialty Hospital (858) 875-7500
10435 Sorrento Valley Rd. San Diego, CA 92121 7 Days 24 hrs.
www.VSHSD.com
Stays **green** no matter how hard I try!

Save up to 70% on your water bill... the savings pays for your new lawn!

$0 DOWN
As low as
$99 per month
with EasyPay O.A.C.

**Having a dog AND a beautiful lawn IS possible!**
As cute as Rufus is, he used to be a terror on his old lawn - until EasyTurf! Chosen for its durability and realism, EasyTurf has been installed at animal shelters across Southern California, major dog care facilities and thousands of homes just like yours!

- Most realistic look and feel
- Maximum drainage for pets
- Pays for itself in savings
- Unmatched 15 year warranty

Experience EasyTurf for Yourself...
Request a FREE Design Consultation Today!

1-866-307-3218  |  www.easyturf.com

MADE IN THE USA