san diego pets
A Lifestyle Magazine for Pet Lovers
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FREE

PET BUSINESSES
PAY OFF BIG IN SAN DIEGO

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April marks national pet first aid month

Are You Prepared for a Pet Emergency?

All good parents know the importance of having a first-aid kit ready for their children in case of accidents or emergencies. With nearly 85 percent of pet owners considering themselves their pet’s mom or dad, it’s just as important for pet parents to take precautions to keep their pets safe and healthy.

April’s National Pet First-Aid Awareness Month serves as a reminder to always have a pet first-aid kit prepared and handy.

Though a first-aid kit should never replace proper veterinary care, some simple remedies and devices can prevent a situation from going from bad to worse until professional help can be obtained. A basic kit should include:

1. Waterproof container that opens and closes easily but securely to hold first-aid items.
2. Pet bandages, such as Nurtured Pets’ Anti-Lick Strip Prevent, gauze pads and cotton gauze in case of cuts, scrapes or bites.
3. Hydrogen peroxide and anti-bacterial ointment to clean wounds.
4. Scissors and tweezers for cutting adhesive tape, removing splinters, etc.
5. Eyedropper for dispensing liquid medication or for cleaning wounds.
6. Phone numbers for your pet’s regular veterinarian and any nearby emergency animal hospitals. (When traveling, include numbers for animal hospitals in destination area.)

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Local businesswomen Lucy Postins of The Honest Kitchen (THK) and Debbie Wakabayashi of Salmon Paws share a passion for their pets’ health and well-being, a practical turn of mind and entrepreneurial instincts.

These shared traits have enabled them to develop their ideas for healthful, holistic pet foods and treats into successful businesses which have thrived in the aftermath of the 2007 pet food recall, despite the recession, as consumers seek higher quality, additive- and chemical-free foods for their dogs and cats.

Both Postins and Wakabayashi were inspired by their own dogs to find healthful alternatives to commercial dog food and treats.

Postins, CEO and chief nutritionist for THK, which produces dehydrated human-grade raw food for both dogs and cats, started her company in 2002 after she began developing raw diet alternatives for her Rhodesian ridgeback, Mosi. The Bird Rock resident had trained in England at the Moreton Morrell College of Agriculture in equine and business studies, and had previously worked with a Southern California pet food manufacturer as an equine and canine nutritionist.

“When I got Mosi I was interested in (making) a raw food diet for him. I wound up with a messy kitchen and looked for an easier way to feed him,” she said.

She explored the concept of a dehydrated raw diet, which she feels is safer than raw food because meats and eggs are heated to about 120 degrees and the fruits and vegetables to under 104 degrees, yet are still considered raw. Postins tested different combinations of ingredients and formulations for Mosi and commissioned a human food commercial kitchen in Los Angeles to make several dehydrated test blends. These original blends, all made from meats, vegetables and fruits graded for human consumption, remain among THK’s core products.

THK uses organic produce when possible and has just switched to using 100 percent sustainably-farmed, free-range poultry from Petaluma Poultry. Postins is proud that they do all their own selection and purchase of fresh ingredients for their pet foods, using no by-products, genetically-modified crops, hormone or antibiotic-fed meats, and no corn, wheat or soy products, often the source of pets’ allergies.

“There’s no excuse that we didn’t know what’s going into (our products),” she said.

What started as a small, home-based business in 2002 with an initial run of 2,000 pounds of one dehydrated raw diet — Verve, sold only on the Internet — grew in 2009 to 1.2 million pounds of six different dehydrated formulas for dogs and one for cats, plus an array of all-natural, human-grade supplements and treats for pets, sold in more than 1,700 resellers in the U.S. and Canada. All products are taste-tested and consumed by THK’s lively canine office staff, plus “retired” feline Harry who works from home.

Despite the recession, the company’s 2009...
(cont’d from page 4) sales grew 29 percent over the previous year. THK continues to bring out new products. Recent additions to the line include Keen, a back-to-basics, more economical dehydrated raw food for “hounds on a budget,” that uses the same high quality, but simpler, less expensive ingredients: Lithe, a therapeutic anti-inflammatory herbal tea for dogs; and Wishes, a dehydrated Icelandic haddock fish treat. An as yet-unnamed haddock-based diet will launch over the summer.

For Postins, ethics, sustainability and environmental responsibility are as important as high quality nutrition. THK does not offer its products in any store selling puppies and kittens from puppy mills or mass breeders.

She stresses that the company began not as a way to make money, but “as a solution to the problem of how to feed good raw food and a healthy diet and get back to basics. It’s really slow food for pets.”

Adding products, she now offers salmon jerky mixed with organic broccoli, which most dogs love, plus salmon Omega Stix, both plain and with organic wheatgrass, and two-ounce bags of chopped “Kitty Bitts” treats for cats and dogs.

Like Postins, Wakabayashi emphasizes both the high quality and nutritional value of ingredients used to produce their lines. Although her growing business is only two years old, it, too, is benefiting from consumers’ quest to provide improved, known-quality nutrition for their pets.

Her passion for her product, she explained, is reinforced daily by calls and e-mails relating customers’ success stories. She reports that the no-kill Paws of Chicago shelter, an Oprah Winfrey favorite, uses her treats to rescue stray dogs off the streets.

Mary Jansky, co-owner of Noah’s Natural Pet Market in Pacific Beach, is enthusiastic about both The Honest Kitchen and Salmon Paws. Noah’s was THK’s first retailer and continues to sell a high volume of their products. Jansky, a trained nutritionist, feeds her own dogs THK’s grain-free formulas. Her dogs also enjoy Salmon Paws and especially like the salmon-broccoli version. Both lines, she said, “are made with care.”

For more information and product availability, visit www.thehonestkitchen.com and www.salmonpaws.com.

Encinitas resident Debbie Wakabayashi founded Salmon Paws in 2008 after she discovered that her dogs, Zoey and Hudson, went crazy over the wild Alaskan salmon that her brother-in-law, Kai, sent from his Washington state processing plant.

Attempting to find a replacement for Zoey’s favorite Chinese-made chicken jerky treats after their recall, she searched for a salmon jerky treat, but discovered none available. With her brother-in-law, she created a form of oven-baked salmon jerky, using only the center cut of meat from human-grade wild Alaskan sockeye salmon, with no additives or chemical preservatives.

The treats proved so popular with her dogs that she decided to package and sell them in four-ounce bags.

“I was so proud and passionate about my dog treats that I asked my vet, Cardiff Animal Hospital, and pet boutiques in Cardiff, Solana Beach and Encinitas, if they would try the pet treats. Everyone loved them,” she said.

Because of their enthusiasm, she decided to expand and began selling her pet treats online. Her business took off and has continued to expand nationally, through both Internet and pet-store sales.
With kitten season now in full swing, San Diego County’s rescue organizations and animal shelters are experiencing their annual flood of kittens. Many are actively recruiting additional foster parents to help care for fragile newborns.

Perhaps as a result of shorter winters and warmer temperatures, kitten season currently begins around March and runs through October, fully three months longer than earlier years. The results include growing bumper crops of kittens born to unspayed females, said Dawn Danielson, director of the County of San Diego’s Department of Animal Services (DAS).

Many kittens arriving in shelters are newborns or “neonates” separated from their mothers and only a few hours or days old, too young to survive on their own. These must be bottle-fed every two hours to survive, as well as kept warm and manually stimulated to eliminate, just as their mothers would do for their kittens. Neonates are transferred to rescue organizations’ volunteer foster parents, if available, for round-the-clock care and feeding.

No shelter or rescue has the staff or resources to care for the thousands of kittens dropped off each year. Danielson estimated that at the height of the season, DAS’ three shelters daily receive about 13 to 15 neonates in need of bottle-feeding. If foster parents are not available or the kittens are too frail or ill to survive, they are euthanized, Danielson said.

“We are not going to let them go hungry or suffer. There’s no other choice,” she said.

To feed and care for the kittens, rescues rely on trained kitten foster parents such as Lakeside resident Karen Williams, who has fostered kittens for about eight years through several rescue organizations, currently through San Diego Humane Society. Many animal rescue foster programs provide all or most supplies needed to care for newborns.

Williams, office manager for Dona Jenkins Maritime Document Service in Point Loma, brings the kittens to work with her daily to bottle-feed them and “help them potty” every two to four hours until they’re about two weeks old, when their feeding schedule stretches to four to six hours. When the kittens (cont’d on page 7)
reach six weeks and can eat on their own, Williams leaves them home, where her husband, Steve, a retired San Diego State University police captain, gives them lunch.

“Everyone in the office helps feed and potty them,” Williams said, including Dona Jenkins’ owner Bernadine Trusso. The office kittens, who usually arrive in individual litters or groups of five or six at one to three days old, are such an institution in the tight-knit boating community around Shelter Island that many locals come to visit, play with and socialize the kittens, leading to many adoptions. Williams and Trusso laugh that everyone who works there has to like cats and can’t be allergic to them.

Neonate kittens are extremely fragile and vulnerable to infection and must initially be isolated from other pets to avoid spreading any disease, Williams said. As the kittens mature, her eight adult cats, including three disabled former fosters and two dogs, help bathe, clean, cuddle and socialize the kittens.

“The first kittens of the season tend to be healthier because their mothers are stronger,” and not worn out from multiple pregnancies, she said. Unspayed cats can have four litters of kittens a year, resulting in one unaltered pair of cats producing potential offspring of 420,000 kittens over a seven-year period.

Having cared for so many unintended and unwanted kitten litters, Williams urges people to have their own cats spayed and neutered and not contribute to pet overpopulation.

“People need to be aware (of the consequences). Whether your cats are boys or girls, just fix them. Be kind,” she said.

Christine Manahan, founder of the Rosebud Society, a La Jolla-based cat and kitten rescue organization, explained that kittens do not thrive caged in shelters but fare better in a home environment where they receive individualized attention and adjust to normal family conditions and the likely presence of other pets in their future homes.

Like other rescues, the Rosebud Society always needs additional cat and kitten foster parents. Manahan, who carried kittens to work in a file box as an office manager for a downtown law firm, stresses the commitment involved in fostering kittens.

“(Foster parents) need to be mature, willing to commit the amount of time on a daily basis for the kittens to be old enough to be fixed and robust. People need to be patient and see it through to the end,” she said, while also stressing how much fun it is to raise a litter of playful kittens.

Kittens generally stay with foster parents until they are eight weeks and weigh two pounds, when they can be altered before adoption. Some rescue organizations ask foster parents to screen potential adopters and arrange adoptions, whereas others transfer kittens to adoption centers.

For Williams, parting with her “graduates” is always emotional.

“When I hand them off, I bawl my eyes out,” she said.

Yet she parts from them knowing she’s made a real difference by providing the kittens a healthy, happy start to their lives.

### HOW YOU CAN HELP

Several rescue organizations specialize in fostering cats and kittens and urgently need kitten foster parents who are willing to complete training classes and commit to caring for newborn kittens until they are old enough to be “fixed” and offered for adoption. The Department of Animal Services needs “Tweenie Fosters” to care for four- to eight-week-old kittens, with all supplies provided and adoptions arranged. The following organizations actively seek dependable kitten foster parents and provide volunteer and foster information on their websites.

**Rosebud Society:** [www.therosebudsociety.com](http://www.therosebudsociety.com), e-mail adoptacat@therosebudsociety.com; (858) 459-8357

**Cat Adoption Service:** [www.catadoptionservice.org](http://www.catadoptionservice.org), e-mail help2010@catadoptionservice.org; (760) 550-CATS

**Spay and Neuter Action Project (SNAP):** [www.snap-sandiego.org](http://www.snap-sandiego.org), e-mail canspay@snap-sandiego.org; (858) 456-0452

**Rescue House:** [www.rescuehouse.org](http://www.rescuehouse.org), e-mail volunteer@rescuehouse.org; phone (760) 591-1211

**San Diego Humane Society & SPCA:** [www.sdhumane.org](http://www.sdhumane.org), e-mail foster@sdhumane.org; (619) 243-3454

**County of San Diego Department of Animal Services:** [www.sddac.com](http://www.sddac.com), Terri Green at (619) 767-2634 for “Tweenies Fosters” program.
Millions of Americans with disabilities rely on hope to get them through each day; hope for a breakthrough; hope for gaining or reclaiming independence; and hope for a friend. Each year, hundreds of them find hope at a handful of organizations across the country that train assistance dogs for people with disabilities. The new primetime PBS documentary, “Through a Dog’s Eyes”, follows the life-changing journey of recipients as they go through the heartwarming and sometimes difficult process of receiving and being matched with a service dog. Jennifer Arnold, founder of one of the nation’s largest service dog organizations, Canine Assistants, shows her unique teaching methods and lets viewers have an intimate look at the canine-recipient matching process. Based on the book of the same name by Jennifer Arnold, “Through a Dog’s Eyes” will explore the science behind Jennifer Arnold’s teaching methods and follow the stories of recipients as their lives begin to change with the help of some very special dogs.

“This film will change the way people think about their own dogs,”

Produced by TPT National Productions, in association with Partisan Pictures, “Through a Dog’s Eyes” offers inspiring, hopeful stories that show how dogs can affect everyone’s life.

“This film will change the way people think about their own dogs,” said Naomi S. Boak, executive producer, who also produced the critically acclaimed and Primetime Emmy Award-winning PBS documentary “The Forgetting: A Portrait of Alzheimer’s.” “Through a Dog’s Eyes” shows the importance of the human-canine bond and how, when fostered, that bond can grow into a beautiful, life-changing relationship.”

“Through a Dog’s Eyes” is an optimistic, buoyant documentary that follows the journey that a handful of recipients go through as they meet their new best friend—a Canine Assistants’ dog.

“Through a Dog’s Eyes” also follows the drama as recipients are matched with their canine companions and as they learn how to work with their new partners. It’s an inspiring family journey. Arnold describes her teaching methods and discusses the life-changing impact these dogs have on recipients. In addition, the world’s foremost dog expert, Dr. Ádám Miklósi, head of the Department of Ethology at the Eötvös Loránd University in Budapest, Hungary, and founder of the Family Dog Research Project, takes a role in “Through a Dog’s Eyes” by analyzing the organization’s training methods and discussing how science supports the training philosophy.

Jennifer Arnold’s teaching methods will be the subject of a memoir, slated to be released in early September. The book, also titled “Through a Dog’s Eyes,” is being published by Spiegel & Grau, a division of Random House.
Leash Your Fitness boot camp: where humans and dogs work out

Leash Your Fitness offers canines and their companions a chance to break a sweat together.

“We are the only boot camp class in the county that lets you bring your dog with you,” said president Dawn Celapino.

Dog owners of all fitness levels are encouraged to try their first class at Leash Your Fitness for free. All are welcome – there are no age or fitness level or dog breed restrictions, and even dogs that tend to misbehave become terrific students!

“We’ve designed Leash Your Fitness classes to incorporate your dog’s walk, your workout and to mentally stimulate your dog and really tire them out,” Celapino said.

Boot camps are designed to accomplish exercise goals of both humans and dogs all at one time. Each one-hour class incorporates cardio, strength, balance, core, agility and dog obedience, and certified personal trainers or group exercise professionals teach all classes. The instructors are coached by dog training experts to help pet owners better understand their dog’s behavioral obedience.

The Mission Bay boot camp style classes are held just north of the Mission Bay Hilton hotel on Tuesdays at 6 p.m. have been so well received that a Thursday 6 p.m. class has been added to meet demand. To register for classes, visit www.leashyourfitness.com or call (619) 822-3296.

Celapino and her team have a successful track record of training people and their “best friends” since January 2009, are also. Classes available in Carmel Valley, El Cajon, Coronado and East County.

The Biggest Loser - Canine Edition

Lillian Cox created thebiggestlosercanine.blogspot.com to chronicle the weight loss of a morbidly-obese shelter dog Lara, who had a miserable life as a backyard breeder prior to being picked up as a stray last June. Dr. Carmine Bausone, director of integrative medicine at Acacia Animal Health Center, donated his time to develop and supervise a custom weight loss program. His efforts paid off. Just before Christmas, Lara exceeded her goal, dropping from 102 to 72 lbs. Mike Dougherty, an AKC-licensed judge and owner of Windsong Pet Resort in Escondido, gave Lara a celebratory beauty makeover last week. He said by losing that much weight, she extended her life by four to five years.
There are some things people call a “gift from God,” a catch-all phrase often spoken with little thought.

My wife, Jane, and I were given just that, a true blessing from heaven.

He’s now 9 years old with a loving heart and the ability to make those around him happy.

His name is Musket, a yellow Labrador guide dog. Being legally blind, I needed a dog for my mobility and independence. But little did we realize how Musket would change and enrich our lives.

On graduation day at Guide Dogs for the Blind in 2002, Musket met his new family. It was love at first sight.

“Honey, he’s beautiful!” Jane exclaimed as “her” new dog greeted her with kisses and joyful panting.

Musket is not a typical guide dog. Well-trained and quiet, he does an excellent job of guiding me.

Jane’s elderly parents also fell completely under Musket’s loving spell.

Dad was on his knees with his camera saying, “Look at Pop-pop, Musket, come on, look at me.”

Mom, a fine, well-mannered lady cooed over him: “Are you Nanny’s good boy?”

Guide Dogs are devoted to their owners and the bond is supposed to be between them alone.

Note I said supposed to be. I very quickly learned Musket melted the hearts of everybody he met and belonged to all of them. Something set Musket apart from the rest of the pack.

Mom and Dad loved that dog. When we went to visit, Jane and I waited outside while Musket ran in. We wondered how long it would take for them to realize we hadn’t come in. The record is six minutes. Meanwhile, Musket was lavishing them both with kisses and making them laugh with his vigorously-wagging tail.

“Is Musket a good boy?” Dad said as he gave him a treat. “Yeah, Musket’s a good boy.”

Mom and Dad soon needed constant home care and for over two years Jane was often the sole caregiver from 7 a.m. to 7 p.m. every single day.

Dad suffered from Alzheimer’s and needed constant attention.

Mom’s hip problems kept her in a wheelchair often left her unable to care for herself.

As the months wore on, Jane became increasingly weary and despondent.

But Musket became a gift to relieve the pain and stress of caring for both her parents.

When we took them out on drives, Musket rode in the back seat with Dad and me. Dad’s dementia tended to express itself in frequent (cont’d on page 11)
(cont’d from page 10) tirades and nonsensical observations. Musket knew what to do. Lying by his Pop-pop’s lap, he kept Dad calm and happy. Even as Dad’s memory deteriorated and he failed to recognize friends, Musket was never forgotten. When we had either of them on the phone, they always asked. “How’s my Musket?”

“He’s fine and he sends his love,” Jane replied.

Dad often fell and needed to be taken to the emergency room. He quickly grew agitated, not understanding why he was there. Jane called me at work so we could bring Musket to see Dad. All it took was a wagging tail and a lick to make Dad calm down. Musket was allowed to lie on the bed, which elicited smiles and “Oh, he’s so cute,” from the nursing staff.

No one tried to take Musket from his Pop-pop. When Mom was hospitalized for hip surgery, he again came to the rescue, keeping her happy.

Last year, Dad’s doctors agreed his Alzheimer’s had reached a point where he needed professional care. So Jane finally made the hard decision and found a nice assisted-living facility to provide good care for both her parents.

Musket rode in the back seat with Dad while we drove to the facility. Jane was worried about how her father would take it. But he only had eyes for Musket. When we pulled into the parking lot, the director, a sweet lady named Carolyn, came out to greet Dad.

She also greeted Musket, which put Dad at ease.

Mom and Dad settled in, making new friends while playing games and enjoying their well-earned retirement.

Only a short time later, Dad was rushed to the hospital with an aortic aneurism and internal bleeding. There was no hope. Jane and her sisters took Mom to see him. Musket and I were not able to be there.

Jane had a small Labrador plush toy, which she gave to her father as he lay dying. “Daddy, this is Musket,” she said, a quiver in her voice.

Dad took the toy and put it to his face. “Musket, he gives me kisses.”

He was remarkably lucid as he said goodbye to his family, knowing the end was near. Over the next few days he slipped farther away, still holding his Musket.

He died late at night, and Jane and I went to see him. Jane took Musket into the room where her father lay, and in his hand was that same toy. Musket stood on his hind feet and gave his Pop-pop a goodbye kiss.

If I had to choose between being blind and having Musket at my side, or being sighted without him, I’d gladly and sincerely choose the former. We have all been blessed with Musket.

At the funeral a week later, Musket was there to comfort his Nanny and family.

We visit Mom every week. She always asks to see Musket first. She introduces him to her friends as “My Grandson Musket.” When Jane and I kiss her cheek it’s already wet.

Musket is a great guide dog, a canine ambassador, setting an example of good behavior and training. He gives me the freedom to work and travel. But is that his greatest gift? No, far from it. His gift is to make distraught, grieving, sick, disabled and lonely people happy. Musket has changed lives.

If I had to choose between being blind and having Musket at my side, or being sighted without him, I’d gladly and sincerely choose the former. We have all been blessed with Musket.

Mark Carlson lives in North County with his wife, Jane. He is the co-author, with Musket and BJ Taylor, of the memoir “Confessions of a Guide Dog” – coming soon.
Surf dog Ricochet walks the red carpet

Ricochet (“Rip Curl Ricki”), the Surfin’ for PAWS-abilities SURFice dog who raised almost $20,000 for charitable causes in the last six months, and more notably has been inspiring millions of people with her YouTube video www.youtube.com/watch?v=BGODur-RfVv4, accepted a Dogswell “Wag” award in February at the LeDeux Hotel in Hollywood. One of the prizes is a years’ supply of Dogswell dog food that Ricochet is donating to the AniMeals program at the Helen Woodward Animal Center.

Ricochet began fundraising and creating awareness for charitable causes in August 2009. Her first fundraiser was for 15-year-old quadriplegic surfer Patrick Ivison. She raised over $10,000 for Ivison. Her sponsor, the Rose Foundation, awarded a grant to cover three years of Pat’s physical therapy.

The video went viral and has almost 2 million views, increasing daily. The video has touched people all over the world with folks tweeting, Facebooking, blogging and e-mailing with “Kleenex alert” warnings.

The video has also generated more than $8,570 in donations (so far) from all over the world, including Canada, The United Kingdom, Taiwan, Japan, The Netherlands and New Zealand. Roughly $3,550 went toward Ricochet’s Surfin’ Santa Paws toy drive, which helped purchase toys for over 638 children in hospitals and domestic violence shelters.

The remainder of the funds is going toward her newest cause, 6-year-old Ian McFarland, who suffered a traumatic brain injury in a horrific car accident that claimed the lives of his parents.

Newman Makes a Pit Stop at HWAC

NASCAR driver Ryan Newman and his wife, Krissie, with “Boone” a hound available for adoption at Helen Woodward Animal Center.

Ryan and Krissie have six dogs of their own at their home in North Carolina. One of them is a hound. In our dog play yard here at the Center, Ryan and Boone became friends almost immediately.

After their visit to HWAC, the Newmans went to Fontana to prepare for the Auto Club 500. Not a great race for Ryan, finishing 36th. But NASCAR fans in our area were happy to see the local favorite, Jimmie Johnson from El Cajon, claim the victory.

It’s a big, scary world for little lost pets

Every day, animal shelters across the U.S. hear the same story from distraught pet owners: “My pet lives indoors. I never thought he would run away and get lost!” The sad fact is that millions of lost pets arrive at U.S. shelters each year — and only about 15 percent of dogs and 2 percent of cats without an ID tag or microchip are reunited with their owners.

To increase awareness of the importance of pet identification, the American Humane Association is celebrating Every Day Is Tag Day™ on Saturday, April 3. This annual event encourages all pet owners to tag and microchip their cats and dogs so that a lost animal has a better chance of returning home if the unthinkable happens.

Here are some ways to give lost pets a better chance of returning home:

• Remember that even indoor pets need tags and microchips. Many strays in shelters are indoor pets that escaped and became lost.

• Make sure your pet wears a collar with a current ID tag, rabies tag and city license. Include a contact name, address, and day and evening phone numbers. Consider providing a phone number for an alternate contact, like a neighbor or family member.

• Keep information on your pet’s license, tags and microchips current.

• When moving or traveling, place a temporary tag on your pet with the phone number of someone who knows how to reach you.

For more information on Every Day Is Tag Day, visit www.americanhumane.org/tagday.

Adopt a Shelter pet stamps Revealed

Postmaster General John E. Potter has unveiled the Animal Rescue: Adopt a Shelter Pet commemorative postage stamps and announced the Stamps to the Rescue promotional campaign.

“These stamps continue a Postal Service tradition of bringing attention to serious social issues of the day … one letter at a time,” said Potter. “This campaign will increase public awareness about sheltered pets and our hope is that it will encourage pet adoption and promote humane and responsible pet care.”

The stamps were introduced to the public on “The Ellen DeGeneres Show”.

The Postal Service is working with DeGeneres and Halo, Purely for Pets, a holistic pet care company she co-owns, to promote the campaign and to bring greater attention to the cause.

Stamps to the Rescue is the name of the promotional campaign created by the Postal Service to provide additional
information about the stamps and pet adoption. This campaign includes posters featuring DeGeneres placed in post offices across the nation and a new website — stomachstothrescue.com.

The stamps can be pre-ordered beginning today at usps.com/shop, stomachstothrescue.com, or by calling (800) 782-6724).

Celebrate Earth Day with your Pet

In honor of Earth Day’s 40th anniversary, many pet product companies are focused on green design. West Paw Design is releasing its popular Zogoflex® recyclable dog toys (www.WestPawDesign.com).

Kari Whitman’s Greener Pup – not only helps pampered pooches reduce their carbon paw-print (each bed contains 70-120 recycled plastic bottles as filler, and is covered using the luxury fabrics from high end home projects, which otherwise would be headed to landfills), but 100% of the proceeds go to the Ace of Hearts Foundation, www.AceofHeartsDogs.com.

Moving Tips

Comfort Your Pets – Animals are great at sensing when you are feeling stressed or uncertain. Building up to and during a move, your calm and familiar voice will help to reassure them that everything is going to be okay.

Have Something Special – Rewarding your dog our cat with their favorite treat or toy when first introduced to their new surroundings will help them relax and feel at home.

Keep Them Occupied – Keeping animals out of the way of the movers will ensure both the pets and movers safety, while also allowing the movers to be more efficient. Use an Animal Carrier – Cats are especially sensitive to new surroundings so transporting them in an animal carrier will help alleviate some of their anxieties. When you get to your new home, simply set the carrier down, open the door, and let the cat’s natural curiosity do the rest.

Place Familiar Things in Familiar Spots – Putting their bed, feeding dishes, kitty litters, etc. in locations similar to their old home, helps familiarize your pet with their new place.

A moving expert at FlatRate can provide additional tips to help your pets have a smooth transition to their new home. For more information call 646-452-6418.
A Festival for Dogs & People is on Saturday, April 10, from 10:00 a.m. until 3 p.m. The event will be held at the corner of Park Boulevard and Presidents Way in San Diego’s Balboa Park. All proceeds from WOOFSTOCK will benefit Canine Companions. This ‘60- themed festival is open to the public and well-behaved, leashed dogs. There is plenty of free parking. Admission is only $5 and discount coupons are being distributed to local businesses. Sponsorship and vendor opportunities are available.

The day will begin with the Peace, Love & Walk ’N’ Roll fun dog walk at 9 a.m. Walk registration fee ($35 adult, $15 child, $60 family) includes the official WOOFSTOCK tie dye T-shirt, free festival admission and a sWAG bag filled with great surprises! The walk is approximately 1.3 miles through beautiful Balboa Park and online registration is available at www.cci.org/woofstock. Walkers have the opportunity to raise funds for Canine Companions, which is a nonprofit organization that provides assistance dogs to people with disabilities completely free of charge. Exciting prizes will be rewarded based on the donations collected. The Top Dog Fundraiser will win a custom painting of their pooch by artist Deirdre O’Byrne!

For more info, visit www.cci.org/woofstock or call (760) 901-4300.

Tour the World Famous Cats’ House

You’ve seen it on HGTV and Animal Planet. You’ve read about them in People Magazine, Cat Fancy and they’ve been featured in San Diego Pets Magazine. Now on April 17 & 18 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 unique fundraiser will begin with a special preview evening that will take place from 6:30 to 8:30 p.m. on Saturday, April 17. This magical house lights up at night and the cats are sure to entertain you with their antics. You will receive a behind-the-scenes tour and special signed print to take home. Tickets for Saturday evening are $30 per person and $50 for a couple.

The Open Cats’ House will take place from 1 to 4 p.m., Sunday, April 18. Admission is $5. Children 5 and under are admitted free. Bob Walker will be signing his book “The Cats’ House on both days.

Event proceeds benefit the FACE Foundation. Established in 2006, FACE is the first of its kind in San Diego County. This San Diego-based non-profit provides financial assistance to pet owners who are unable to partially or fully cover the cost of their pets’ life-saving veterinary care.

This event will be at the Cats’ House, located at 5010 Northaven Ave., San Diego, CA 92110. Check out the feline fantasyland at www.catshouse.com.

For more information visit www.face4pets.org or call the FACE Foundation at (858) 450-3223. Tickets are available for purchase at www.face4pets.org.

Pet Day on the Bay Cruise

On Saturday, May 15, Hornblower Cruises & Events will present the 10th annual Pet Day on the Bay Ten and a Towel, to benefit the Helen Woodward
Animal Center. The Ten and a Towel to Cruise theme is new on the 10th anniversary of Pet Day on the Bay. The event is no longer free; tickets for the cruises are now $10 with any donation of a gently used towel or blanket for the orphaned pets at Helen Woodward. Dogs still cruise free on May 15 only. Three one-hour bay cruises will be available at 10:30 a.m., noon and 1:30 p.m. for donors and dogs on Hornblower Cruises & Events. These new elements have been added to the event in 2010 due to a very special need by HWAC while they undergo a complete facility rebuild. Ten and a Towel to Cruise means Hornblower can help in two ways. It can donate a portion of $10 ticket proceeds and all blanket or towels. Items will be collected from 9:30 a.m. to 3 p.m. at 1060 North Harbor Drive at the Hornblower Cruises & Events ticket booth on the San Diego Embarcadero.

For more info, call (619) 686-8700, or visit www.hornblower.com/hce/port/overview/sd+petdayonbay.

Loews Coronado Bay Resort Surf Dog Competition

The 2010 “Loews Coronado Bay Resort Surf Dog Competition” takes place on Saturday, May 22 in Imperial Beach with an action-packed schedule. See Spot surf during the Loews Coronado Bay Resort Surf Dog Competition, the nation’s original surfing competition for man’s best friend. Named one of the hottest events in the world, this year’s event is expected to draw more than 60 competitors and thousands of spectators from across the U.S.

- 10 to 10:30 a.m., optional surfing lessons for less-experienced canines eager to catch their first wave
- 11 to 11:45 a.m., Division One: small surf dogs (40 pounds and under);
- 11:45 a.m. to 12:30 p.m., Division Two: large surf dogs (41 pounds and over)
- 12:30 to 1:30 p.m., Division Three: tandem surfing (dogs and humans)

MEMORIAL BLOOD DRIVE HONORS Bandit the Biker Dog


WHEN: Sat. May 29, 9am–3pm.
WHERE: San Diego Harley Davidson, 5600 Kearny Mesa Rd.

Enjoy live music by Rockola


PET EVENTS

MAY 1
Walk ‘N’ Roll
Saturday, May 1, 7am to noon, Walk For Animals-San Diego Humane Society & SPCA
Crown Point Shores in Pacific Beach, Crown Point Drive.
MORE INFO: www.sdhumane.org (619) 299-7012

APRIL 28
Spring Fling Singles Event
Wednesday, April 28, 5 - 9 p.m. Hotel Indigo 509 9th Ave. If you want to meet other singles who love dogs, join us at the Hotel Indigo. It’s a FULL MOON that night, which is the perfect setting for a relaxed evening of meeting new people. You could win a FREE night stay at Hotel Indigo. Your $13 admission will support SNAP.
MORE INFO: www.hotelindigo.com

MAY 9
2nd Annual "Paws To Celebrate" North Co. Humane Society fund raiser
6 p.m.-10 p.m. - Cost: $225.00 VIP Tickets $125.00 Regular tickets per person with discounts for group tables purchased. VIP Tickets include acknowledgment in program as patron, valet parking, priority seating, hosted wine with your dinner plus patron gift.
MORE INFO: www.NCHumane.org (760) 757-4357

MAY 23
Walk A Mile For Animals – Dog Walk & Animal Faire
8 a.m.-1 p.m. - Cost: Entry fee is $15.00 and walkers will receive T-shirt & bottle of water. The walk will start & end at Rancho Coastal Humane Society and go for 1 mile. The Animal Faire portion will include, vendors, entertainment, workshops, a bake sale and more.
Location: Rancho Coastal Humane Society, 389 Requeza St., Encinitas.
MORE INFO: (760)753-6413 All proceeds will benefit Rancho Coastal Humane Society. http://www.rchumanesociety.org/

2nd Annual La Jolla Pet Parade & Festival
Sunday, May 23, 10 a.m. - 2 p.m. The event includes a festive sidewalk parade in the Village and a festival offering fun contests, vendor booths and an adoption fair. The fun will take place at the intersection of Silverado Street and the 7700 block of Herschel Avenue.
MORE INFO: http://lajollapetparade.com

FOR A COMPLETE PET CALENDAR VISIT:
www.sandiegopetsmagazine.com
Why is my dog aggressive toward other dogs?

Many people have contacted me seeking help with their dog’s aggression toward other dogs. In response, I am sharing an excerpt from a recent energy reading and animal communication session. It is important to evaluate each situation individually, since every dog is unique. However, the information obtained during my time with a lovely Escondido couple and their sweet dog, Emma, can help give insight into the cause of aggression in some dogs.

**KIM:** Why is Emma aggressive toward other dogs? Especially with new dogs, it seems like one minute she is okay and the next she is not.

**SINDI:** In relation to a new dog, I see her natural canine instinct kicks in. She goes into the process of determining who will be where in the hierarchy, as if in a pack in the wild. It is almost as if she becomes a different dog.

I also see her protectiveness, especially toward you Kim. It stimulates competition within her. Competing to keep what is hers. “Mommy is mine.” She wants to get this message across. “Don’t mess with what is mine.” This aggressive behavior is an outward expression of her power. She is learning about her power as she experiences it. She is trying things out as she learns and grows as a being. Because she is getting attention for her aggression, she continues this behavior. She does not know she isn’t supposed to do this.

**SINDI:** What behavior would you prefer from Emma?

**CHRIS:** Calm and not so aggressive.

**SINDI:** In communicating with Emma about her protectiveness, it is clear that it is fear-based and survival-oriented; Emma is afraid. She does not want anything to happen to either of you. She gets caught up in her desire to protect and uses aggression as a protection.

**CHRIS:** Even when we are not in danger?

**SINDI:** Yes. Even when you are not afraid, she reacts when something approaches her “territory.” She is very aware of energy and space. She sees both of you as part of her territory to protect. She is being proactive. She is determined to make sure nothing messes with her territory. She knows she has a good thing going! Emma believes she is doing her job. The most challenging part for her to overcome is the protectiveness, especially of you Kim.

I have some basic training techniques to help teach Emma an alternate behavior to her aggression. Since Emma likes food, working with treats will make her easier to train. Using a clicker or verbal marker such as “yes” just prior to giving Emma a treat will add additional reinforcement for the de-
sired calm behavior. It will be important to discontinue reinforcing the aggressive behavior. If you say, “no,” “stop,” get excited or give the unwanted behavior any type of attention, you are unintentionally reinforcing it.

Just as Emma is being proactive in protecting her territory, you must also be proactive and reach her before she goes into an aggressive mode. Be prepared by having treats readily available at all times. High value treats, praise, affection and favorite toys are all rewards to give before she reacts. Continue to reward Emma as a distraction and to encourage her calmness until the source of potential aggression is gone. Your timing is essential. If you miss an opportunity, don’t worry, but do not reward. Try again next time. Reward calm, non-aggressive behavior only. Whether or not another dog is present, you can reward Emma when she is calm and further reinforce the desired state of being. You will be able to fade out the rewards, as calmness becomes Emma’s default behavior.

Because aggression can be a dangerous situation for dogs and people, I suggest avoiding getting too close to other dogs during Emma’s learning process. Keeping a safe distance will also help you to remain calmer and make it easier to ignore the aggression if it occurs.

KIM: I am worried about my energy. I am afraid that Emma is going to hurt another dog so I have my mom take her to puppy socialization class. I know if I am there I am going to worry she is going to react to the other dogs.

SINDI: Great awareness! Yes! Animals definitely tune into our energy and emotions. If we are fearful and put out the thought and energy that aggression is going to happen, it most certainly will! Good for you for finding another option as you work on your part of this healing process. It is never just about our pet. We need to change our behaviors, energy and responses if we expect our pets to do the same.

E-mail your questions and comments to sindi@sdnews.com. To learn more about Sindi visit www.wildtame.com.
Meet the Channel 10 News Anchor Family

Thanks to the Channel 10 News Anchor Family for sharing photos and comments on their pets with SDPM. Special thanks to Autumn Doermann for organizing this information! (See Autumn’s feline companion, Guero, pictured right bottom)

1. KERSTIN LINDQUIST

PHOTO: Kerstin and husband shown here with Pumpkin and Gourdie. 2ND PHOTO: Kerstin’s newest baby Georgia and Gourdie enjoy nap-time.

Q. How would you describe the basic personality of your pet? Pumpkin, Sassy and Smart. Gourdie, special; he has the personality of a kitten.

Q. What’s the best thing about having an animal in your household? Unconditional love that they teach our children. I cant imagine a life without these two. With every struggle comes equal joy. What a blessing it is to be their human.

2. LAUREN REYNOLDS

PHOTO: My family with our Puggle Roxy. Photo by Amy Conner

Q. How would you describe the basic personality of your pet? Roxy is a social butterfly, she loves meeting new friends and always wants to play. There isn’t a mean or aggressive bone in her body.

Q. How do you and your pet spend your down time? My son likes to sleep with Roxy, so he picks her up, puts her on the bed next to him with her head on the pillow. Then he covers her up with blankets and just leaves her face sticking out. Roxy will stay that way most of the night.

3. PRESTON PHILLIPS

PHOTO: Preston is one of our Anchors, and his wife Ariana is one of our reporters! Their dog is Nacho J.

Q. How would you describe the basic personality of your pet? Energetic and extremely observant.

Q. What’s the best thing about having an animal in your household? We never come home to an empty house. Nacho is always excited to see us.

4. PAT BROWN

PHOTO: Pat with her cat “Boo”.

Q. How would you describe the basic personality of your pet? Boo is a feline “love bug.” He’s the most affectionate kitty EVER!

Q. How do you and your four legged friend spend your down time? Our favorite time together is spent watching TV. Actually, I watch TV while Boo “makes biscuits” on my arm, purring the whole time.

5. BILL GRIFFITH

PHOTO: Dogs from L to R: Dixie, Buckley, Roxie (blonde chihuahua), Jerry, Diego and Jules. Rico is the one who helped detect Bill’s breast cancer twice!

Q. How do you and your pet spend your down time? Wrestling on the floor, throwing the ball in the backyard, walking the neighborhood. But, my favorite times are sitting in my recliner reading the newspaper or a book and having a dog on each arm of the chair, another on the foot rest, another on the back behind my head and another on my lap.

Q. What’s the best thing about having an animal in your household? It’s great having a friend who loves you no matter what. And in my case, one of my dogs was a life saver. We were wrestling on the floor when she stepped on a lump on my chest which turned out to be breast cancer. If she hadn’t stepped on it, I may never have known I had it.

6. HAL CLEMENT

PHOTO: Hal Clement and wife Patty with dogs, Bailey, Maggie, and Buster.

Q. How would you describe the basic personality of your pet? Buster, the Maltese on the right is 14 years old and is the boss- at least in his own mind. Bailey and Maggie, our Cavalier King Charles Spaniels, are litter mates and best friends.

Q. How do you and your four legged friend spend your down time? They love Balboa Park and going for walk— anywhere. They love Balboa Park and going for walks,…anywhere.

7. STEVE FIORINA

PHOTO: Anchor Steve Fiorina’s dogs, Dolly was featured on 10News This Morning a few years ago. Steve was anchoring and did a segment with San Diego Pet Rescue. After the show, he called his wife and said, “Did you see that dog?” She was excited, too, answering almost before he finished, “We’ve got to have her.” So he applied for adoption and won the lottery. Dolly has a ton of personality and is, of course, terribly cute.

8. KIMBERLY HUNT

PHOTO: Kimberley Hunt pictured with her family and cat Dakota.

Q. How would you describe the basic personality of your pet? Dakota is a cat that thinks he’s a dog! He pestered visitors for attention when they come through the door, follows us around the house, comes when he’s called, sleeps at our feet, and begs for the foam on my morning latte! He’s a hoot.

Q. How do you and your four legged friend spend your down time? Relaxing on a couch fighting over the newspaper- me trying to read it, and him trying to sit on it.
With spring quickly approaching, the season for snails and slugs is upon us. Homeowners battling these squishy enemies in their yards should take precautions to keep dogs and cats safe from poisonous snail bait.

Ingesting snail bait poison can cause an animal’s death in less than 24 hours, said Janan Abed, DVM, an emergency/critical care resident at the Veterinary Specialty Hospital in San Diego. Less severe cases can cause liver damage within two to three days of ingestion. For your pet’s best chance at a full recovery, immediate veterinary care is needed after exposure.

Signs of snail bait poisoning include depression, salivation, vomiting, diarrhea, lack of coordination, tremors, seizures, elevated temperature, increased respiratory rate and increased sensitivity to stimuli.

If you think your pet has been exposed to poisonous snail bait, Abed said to contact your veterinarian immediately. Do not attempt to induce vomiting at home. Your vet will most likely diagnose your pet through a physical examination because blood, urine, and liver tests prove to be too expensive and time consuming. Veterinarian treatment will include inducing vomiting, activated charcoal taken orally to bind any toxins in the gastrointestinal tract, colonic enemas, muscle relaxants, and hospitalization with intravenous fluid therapy for 24 to 48 hours. Blood work may also be necessary.

Traditional snail bait contains a chemical called metaldehyde, which is poisonous to dogs and cats. Snail bait goes by many names, some of which are “Slug Pellets,” “Buggetta,” “Snarol,” “Deadline,” “Metason,” “Halizan,” and “Snail Tox.” It comes in the form of granules, liquids, powders, and pellets. Snail bait releases the active ingredient (metaldehyde) for up to 10 days in relatively moist conditions.

Don’t worry, there are ways to avoid this painful and expensive ordeal for your pet and keep your garden looking beautiful too! Here are a few safe deterrents and remedies to keep snails away from your plants.

• Buy snail bait specially formulated to be used around pets and children. Their usual active ingredient is iron phosphate. You can find these pest control products at your local nursery. Be sure to follow instructions carefully for optimum results.

• Create a “beer bath.” Find a pie pan that is about two to five centimeters deep. Place it in the ground near plants that are susceptible to snails and fill the pan with beer. The next day dump the old beer and dead snails. Repeat as often as necessary.

• Sawdust, eggshells, and copper can also be used as a snail deterrent. Create a border with your material of choice around your garden bed and snails will not pass through. Use one of the above mentioned methods first, then create a border to keep the snails away from your garden for good.
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Healthy Diet Choices for Your Rabbit Companion

If you have a rabbit then you know by now they have a ‘sweet tooth.’ Like children, rabbits will gravitate toward any food that’s sweet, and with their cute little faces begging for a treat it’s easy to give in and reward their antics with a yogurt drop or piece of banana.

Rabbits cannot make healthy food choices for themselves so it’s up to you to make sure they get a diet that will help them live their expected lifespan of 10 to 12 years. In the wild, rabbits pick and choose, browsing through leaves, shoots, grasses and barks, to make the best diet choices. In a domesticated environment, they depend solely on us to provide them with food; they will usually eat whatever we put in front of them.

The best diet for a rabbit is a simple one. Unlimited fresh grass hays, a limited portion of high-quality plain rabbit pellets (no dried fruits, seeds or nuts) and a bit of greens every day. This provides them with a well-rounded diet that should keep them at a good weight and ward off chronic problems of the digestive tract. Depending on your rabbit’s age and (normal) weight, a pelleted food can provide essential daily minerals and vitamins. However, if your rabbit is obese you will have to cut way back on pellets or eliminate them entirely. House Rabbit Society recommends, in general, the following guidelines on feeding pellets. Limit the quantity of pellets you give your rabbit; a young bunny, under 8 months of age, can eat an unlimited amount of alfalfa-based pellets as they grow into their normal weight and size. Once they reach this point, switch them over to a measured portion of timothy-based pellets to maintain a healthy weight. An adult rabbit at its full size (this will depend upon breed) can get the following daily amounts: 3 to 5lbs – 1/8 cup, 5 to 8 lbs – ¼ cup, 8 to 12 lbs – ½ cup and over 12 lbs – ¾ cup. These guidelines are meant to be just that; general guidelines. You should always work with your vet to determine your rabbit’s individual needs based on his age, current weight, and any chronic health issues.

Treats should always be given in very small portions and infrequently throughout the week. Make sure that treats are not a regular part of your rabbit’s diet, but what they are intended to be; a special treat. Sticking to fresh items, a sprig of mint, cilantro, or other herb is best. A small bit of fresh fruit is another option. You can learn more about healthy diets for house rabbits on HRS websites www.sandiegorabbits.org and www.rabbit.org, and an independent education site www.carrotcafe.com. ~ Judith Pierce, San Diego House Rabbit Society.
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

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www.CaliforniaVeterinarySpecialists.com

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www.VCANorthCoast.com

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