Kimberly Ryan, who battles fibromyalgia/chronic fatigue autoimmune diseases, turned her adopted dog, Hayliegh, into an assistance canine with specialized training. See page 5

PHOTO BY JORI OWENS
JORIOWENS.COM
You're Invited!

Please join FACE, the Veterinary Specialty Hospital and fellow animal lovers as we celebrate the unconditional love of our pets at the Unveiling of our 65 ft. "Mural of Life"
Sunday, July 18th, 12:00 to 3:00
The Veterinary Specialty Hospital
10435 Sorrento Valley Rd. San Diego, CA 92121

You will enjoy live music, hors d’oeuvres and wine, an educational seminar on "How to recognize if your pet is having an emergency and what to do about it" and mix and mingle with your precious pet and favorite vet.

You also won't want to miss out on our fabulous raffle prizes, including
• Personalized pet portrait in the mural,
• Four Clubhouse Season Admission Passes
• Dinner for 2 at the Famous Pamplemousse Grille...and much more!

Please call 858.450.3223 to RSVP

Hosted by the FACE Foundation, this pet friendly Fundraiser will benefit animals and families by providing financial assistance to pet owners who can not pay for life-saving veterinary care. 100% of proceeds at this event benefit FACE and help save the lives of beloved pets. To learn more about the FACE Foundation please visit www.face4pets.org
Canine Companions for Independence provides lifeline to disabled

By NICOLE SOURS LARSON | SAN DIEGO PETS

Jennifer McCallson was just 20 when her whole life changed in an instant. A college cheerleader, she was doing a back flip when she collided with a male cheerleader, shattering several vertebrae in her neck when she fell. Suddenly, she became a quadriplegic with little use of her arms.

Ten years later, using a power-assisted wheelchair, she lives alone in Carlsbad with help from morning and evening caregivers.

Since partnering with Sudo, her Canine Companions for Independence (CCI)-trained service dog, she enjoys greater independence, knowing that her “best buddy and cool roommate” is always with her.

Sudo picks up things she drops, opens and closes doors and drawers for her and gives her a sense of security in her home.

Now, as she’s learning to walk again, she feels safer knowing he is by her side. For the independent McCallson, teaming with Sudo was “a liberating experience.”

Independence and security are words which crop up frequently in conversations with recipients of CCI’s assistance dogs. The dogs are their trained helpers and companions — and also their beloved pets.

Point Loma resident Patty Giddings, who suffers from autoimmune disorders that weaken her entire body and render her unstable on her feet and cause her to fall, feared she could no longer live on her own. With Aberdeen now in her life, she again feels safe living alone and goes out more, knowing that if she falls, Aberdeen can help.

He goes everywhere with her, carries her cell phone, sets it by her bed at night and gives it to her when Giddings needs it. As with many disabled people teaming with a service dog, Aberdeen provides a social bridge reconnecting her with the world.

A former teacher who retired early on disability, Giddings said she is extremely grateful to have Aberdeen and works to raise awareness and funding so others in need can also benefit from CCI service dogs.

“He’s changed my life dramatically. He’s gotten me out of my shell and is a real lifesaver. He’s brought me joy again,” Giddings said.

Can I pet your dog? “Please ignore my dog” asks Jennifer McCallson. When you see a service dog, please don’t rush up to pet or talk to it, McCallson urges. That distracts the dog from helping his disabled partner. McCallson enjoys talking about her dog, Sudo, but he is a working dog. It may not be appropriate for a child or adult to pet the dog. Always ask before petting ANY assistance dog. “Just ignore the dog. Please talk to me, not the dog!” she said. — Nicole Sours Larson
CCI, founded in Santa Rosa in 1975, has five training locations around the country, including their southwest regional center in Oceanside near Mission San Luis Rey, which overlooks the sunny, cheerful campus.

Here, a team of five instructors and two apprentice instructors train young dogs to serve in three different functions according to their traits, explained CCI spokeswoman Katie Malatino.

Service dogs are larger, stronger and hard-working because they assist physically disabled people with daily tasks and are trained to open doors, turn on lights, carry packages and pull their partners in manual wheelchairs.

Skilled companion dogs — which are often placed with children with autism, Down syndrome and other developmental disabilities — function as the child’s best friend and provide a connection with other children. They need to be affectionate, reliable and calm.

Facility dogs, required to be friendly and extroverted, work with a facilitator to reduce stress in an educational, medical or visitation settings such as a courtroom, disabled sailing or horse therapy program.

The dogs, carefully selected for temperament, trainability and physical attributes, are Labrador retrievers or golden retrievers but primarily are a cross of the two breeds, which CCI feels are best suited as assistance dogs.

CCI does not use German shepherds because of genetic tendencies toward hip dysplasia. The dogs, bred specifically for CCI, are placed at eight weeks with volunteer puppy-raisers, who raise and train the puppies until the dogs are about 15 months old.

Twice a month, puppies return to CCI for training. Dressed in a yellow “puppy-in-training” cape with the CCI logo, the puppies also go to work and social engagements and run errands with their puppy-raisers to prepare them for their future partner’s everyday challenges.

Only about 30 to 40 percent of the dogs graduate from the program. Most are released havioral or health reasons.

“He’s changed my life dramatically. He’s gotten me out of my shell and is a real life-saver. He’s brought me joy again”

Potential clients go through a lengthy application and evaluation process lasting six months to two years, during which CCI determines whether they qualify and would be a good match for a dog.

The dog and all training, support and follow-up services are provided to clients free of charge, thanks to charitable contributions.

Once clients are accepted into the program, they come for a two-week residential team-training session and are matched with the dog that best suits their specific needs. Many clients use wheelchairs or other assistive devices.

Apprentice instructor Becky Miller learned how to use and teach from a wheelchair as part of her own training program.

“The first two weeks’ training were in a wheelchair,” Miller said. “Then, gradually, you lose more and more of your abilities to get a sense of what clients go through and why it’s important for the dogs to have certain skills. The dogs help them cope with their disabilities and save their bodies wear and tear.”

Each of the dogs learns over 40 commands, with some tailored to clients’ individual needs. During team-training sessions, clients are taught how to work with and care for their dogs. CCI also provides ongoing follow-up support and advice.

CCI dogs have a working life of eight to 10 years, at which time they can “retire” to become the clients’ pets, return to their original puppy-raisers or receive another retirement placement.

CCI’s website and newsletters are filled with moving stories of the dogs’ power to transform the lives of their disabled partners. To watch videos of the dogs in action and learn how to become a puppy-raiser or apply for a dog, www.cci.org.

Training your own service dog

Like many people with disabilities, Kimberly Ryan (cover photo) doesn’t look sick or “disabled.” On her good days, she goes to the gym and hikes. On her bad days, she can’t leave home.

Her disabilities are hidden, yet her fibromyalgia/chronic fatigue autoimmune diseases affect her entire body, leaving her unable to work. She was already 100 percent disabled when she adopted Hayliegh, a black American cocker spaniel, but didn’t know her disability gave her the right to use a service dog in public.

Already bonded with Hayliegh, Ryan discovered the six-month-old puppy’s special abilities one night when Hayliegh roused her from a seizure, enabling Ryan to reach the hospital.

Rather than apply for an assistance dog, she decided to train the intuitive Hayliegh. Working with Aleita Downer, owner of Cape-Able-Canines, who had studied with the founder of Canine Companions for Independence (CCI) and apprenticed with Canine Support Teams, Ryan trained Hayliegh in service dog etiquette. They taught her simple commands, including “leave it alone,” “stop,” “stay” and “settle down,” which built on Hayliegh’s natural intuition, protective instincts and close bond with Ryan. Hayliegh goes everywhere with her, dressed in her vest and harness.

The doctors are amazed at what Hayliegh does for me, what she’s aware of and in tune with,” Ryan said. She credits Hayliegh with sensing the onset of debilitating migraines and autoimmune attacks and keeping her safely at home.

Ryan, who developed the Hayliegh Project to share resources about service dogs and has written a manuscript about hidden disabilities, recognizes that self-training an assistance dog is not appropriate for everyone. Downer agrees that training Hayliegh was the right path for Ryan.

“Hayliegh does exactly what she needs to do,” said Downer. “Training your own service dog is not as easy as it sounds. There are costs involved in training your dog and they can be substantial. Not everyone is a trainer and there is no guarantee your dog will be trained.”

An organization like CCI, she said, monitors its graduates and provides ongoing support. “Sometimes the process (of self-training a service dog) itself is the success and accomplishes the goal,” Downer said.

For more information about Downer’s La Mesa training programs, call (619) 463-3647, or visit www.cape-able-canines.com.

— Nicole Sours Larson
"Dog Whisperer" Cesar Millan Shares Techniques

Cesar Millan, star of the hit television show “Dog Whisperer,” will share his techniques for developing happier, healthier relationships between humans and their canine companions at a special benefit event Friday, June 25 at 7:00 p.m. at University of San Diego’s Shiley Theatre.

The one-night-only performance is a benefit for the Cesar and illusion Millan Foundation, a non-profit organization. All proceeds from the event will help to rescue, rehabilitate, and rehome abused and abandoned dogs.

Learn Cesar Millan’s amazing techniques including:

• How we humanize dogs and how this “people” behavior impacts “dog” behavior
• The different levels of energy and how they influence the dog’s personality
• Why providing rules, boundaries matters
• What dog fulfillment is and how we can provide balance by following simple guidelines
• Cesar’s leash techniques, and when and where to apply them.

Tickets for “Dog Whisperer” on sale now for $65 at www.TicketWeb.com. The Shiley Theater is located at 5998 Alcala Park on the USD campus.

Mediation Workshop

Animal communicator, teacher and published writer Sindi Somers presents a mediation workshop on Saturday, June 26 from 10:00 a.m. – 12:30 p.m. at the Courtyard by Marriott Mission Valley/Hotel Circle in the Convene Room. Cost is $45 if received by June 21 and $55 if received after June 21. $55 cash only payments may be made on the day of the workshop. Call 619-384-0761 or email sindi@wildtame.com to register. Participants must be at least 18 years old unless accompanied by a parent or legal guardian. This event is for human participants only. Please leave pets at home.

Learn grounding and centering to help you be in the present moment with your companion animals. You will also discover how to reduce stress and release unwanted energies that can affect your relationship with your pets. This introductory workshop can benefit beginning meditators and those wishing to add techniques to their current practices.

Courtyard by Marriott San Diego Mission Valley/Hotel Circle is located at 595 Hotel Circle South, San Diego. The hotel phone number is 619-291-5720.

Spreckels Organ Concerts Canine and Kid Friendly

All 2010 Summer International Organ Festival concerts begin at 7:30 p.m. and are free of charge. Admission and parking are free, music-loving children and pets are welcome and many concertgoers enjoy picnics in Balboa Park before the concerts. Light snacks, beverages and gifts are available at the pavilion grounds with proceeds benefitting the not-for-profit Spreckels Organ Society.

Celebrate the opening night of the Summer International Organ Festival on June 21 with the Spreckels Organ Society’s traditional Bach’s Supper. This year’s event will be a Taco Fiesta beginning at 5:00 p.m. Enjoy a buffet of freshly made tacos by La Taquiza as well as beer, wine and soft drinks under the historic colonnades of the Spreckels Organ Pavilion.

Tickets must be purchased in advance at $30 for adults and $25 for children 12 and under. Send your name, address, email, number of tickets and full payment to the Spreckels Organ Society, c/o Jack Lasher, 2756 Ariane Dr. #131, San Diego, CA 92117 before June 16.

For more information email Jack at JLasher@san.rr.com or call 858-483-1326.

Dog Park Project

Dogs may be man’s best friend, but dog parks are a dog’s ultimate playground! According to a recent survey, 44 percent of people who take their dogs to a dog park say their dog is more social with other people and dogs than before they took their pet to the dog park. In addition to socialization, dog parks allow dogs the freedom to run around and connect back to nature!

To support local community dog parks and off-leash areas, The Nutro Company is leading an effort called the Room to Run TM: Dog Park Appreciation Project. It is a nationwide effort led by Nutro associates to enhance and revitalize dog parks in 30 cities across the U.S. and Canada.

Community members are encouraged to attend the Room to Run event in Carlsbad on June 19 from 8:00 a.m. until noon at Ann D. L’Heureux Memorial Dog Park, Carlsbad Village Drive East of El Camino Real, Carlsbad. The following enhancement activities will be conducted:

• Planting new trees and landscaping.
• General clean up and beautification.

In an effort to focus on enhancements at the park, pet owners are asked to bring dogs to the park following the event rather than during the event.

For more information please visit http://www.TheNutroCompany.com

New Dog & Cat Groomers To Downtown

Hot DOGity Do’s is conveniently located on G St. between 7th & 8th Aves., look for the colorful dog house. Eileen & Kyle, co-owners have 2 dogs each Sadie, Fanny, Diamond and Moon, the store mascots. Eileen and Kyle are downtown residents and most importantly animal lovers who do all the grooming. Consistency and reliability are what will bring you to Hot DOGity Do’s over and over again. 10+ years of grooming experience has helped Hot
DOGity Do’s listen and understand what each pet owner wants and needs for his or her furry friend. All grooms include nails trimmed, ears cleaned, choice of an oatmeal or sensitive skin shampoo and conditioner. Please stop by and grab a FREE tennis ball and treat or purchase natural foods and treats. Browse the selection of toys, leashes and collars. Delivery available. Call for an appointment or just stop in, 619-237-9073. **GRAND OPENING PARTY** - Dogs and people invited, treats for all - Wednesday, June 16, 6:30-8:30 p.m.

**Fiesta del PAWS Celebrates 10th Anniversary**

Michaels, San Diego’s widely celebrated Dog Training Columnist/Author of “You and Your Dog.” As certified trainer for AKC S.T.A.R. Puppy and Canine Good Citizen and a certified member of the Association of Professional Dog Trainers (APDT), Michaels enjoyed helping Fiesta del PAWS guests solve their canine behavior concerns at the 10th Anniversary of Fiesta del PAWS “Ask the Trainer” booth was held on Sunday, June 6th.

P.A.W.S. is all about celebrating the animal bond and keeping people and their pets happy, healthy and together,” says Fiesta Co-Chair and P.A.W.S. Board Member Lisa Lipsey. “Training is one of the keys to keeping pets out of the shelters. Linda helps owners start puppy training on the right paw and she can teach an owner and an old dog quite a few new tricks to live in harmony.”

Fiesta del PAWS began ten years ago as a small garden party for concerned citizens who wanted to make a difference for PAWS. Since that time, it has grown into an afternoon of entertainment for all of San Diego to celebrate the human-animal bond and to raise money for PAWS. For more information about Fiesta del PAWS contact the P.A.W.S. offices at 619-297-PAWS (7297) or e-mail paws.ed@pawssdc.org.

**San Diego’s Very Own Dog Whisperer**

Catz Plush is a pet owner who decided to not only care about her own dog, but others as well. After having a successful career in the real-estate industry, she decided that dogs were truly her calling. Catz opened Plush Puppies dog and feline kennel in El Cajon and since has been helping to make her animal guests better with every stay.

At Plush Puppies, Catz not only pro-
vides day care/overnight care, obedience school, and administration of medication. If need be, she personally spends the time overseeing and playing with animals. The reason this is important is she can pick out behavior issues and takes the time to work on them with the dog.

Catz can be compared to the nationally known dog whisperer, Cesar Millan. Catz has such a positive energy and becomes so engaged with the animals, customers don’t need to worry about their pet. Catz has a way with furry four-legged friends that can only be explained as whispering.

For more information call 619-561-4299 or view online at www.plushkennel.com.

**Take Your Dog To Work to Promote Pet Adoption**

On **Friday June 25**, businesses, animal shelters and pet-care professionals from around the world will work together to better the lives of shelter dogs everywhere. Thousands of businesses will GO FURRY to promote pet adoption by opening their doors to employees’ furry, four-legged friends on this day in celebration of the great companions dogs make.

Take Your Dog To Work Day was created to celebrate the great companions dogs make and to encourage their adoption from humane societies, animal shelters and breed rescue clubs. This annual event asks pet lovers to celebrate the humane-canine bond and promote pet adoption by encouraging their employers to support TYDTWDay by opening their workplace to employees’ four-legged friends on this one special day.

For more information call the San Diego Humane Society at (619) 299-7012.

The Pacific Beach Coldwell Banker staff looks forward to celebrating “Bring Your Dog to Work” day to encourage and support responsible pet adoption.
SCOOPS & HIGHLIGHTS

‘Surf Dog’ competition returns

Timely ‘Soccer Dog’ exhibition debuts

Some of the most talented dogs from the West Coast will descend upon the San Diego County Fair to participate in the Purina Incredible Dog Challenge. This premier canine sporting event features dogs competing in a variety of “Olympic style” events including dog diving, freestyle flying disc, head-to-head weave poles, Jack Russell hurdle racing and agility.

All of the exciting canine action kicks-off on Friday, June 11, 2010, with the second annual Purina Incredible Surf Dog competition at Dog Beach at the north end of Ocean Beach. Dogs of all shapes, sizes and abilities will show off their unique talents as they catch some waves and try to take home the title of “Most Incredible Surf Dog.”

Additionally, as the world turns its attention to the soccer tournament in South Africa, the San Diego Sockers professional indoor soccer team will join up with the Soccer Collies, a local team of soccer-playing dogs for a special exhibition on the Purina Incredible Dog Challenge field at the Del Mar Fairgrounds.

Local dogs have the opportunity to qualify to participate in two of the events – dog diving and freestyle flying disc. Qualifying is open to all dogs from around the San Diego area who want to try and dive for distance into a 19,000-gallon pool of water or catch a flying disc with great accuracy and speed. Top qualifiers win the chance to demonstrate their skills during the competition on June 12.

- Qualifying Registration for Dog Diving and Freestyle Flying Disc – June 11, 9 a.m.
- Open Qualifying for Dog Diving (Del Mar Fairgrounds) – June 11, 10:30 a.m.
- Open Qualifying, Freestyle Flying Disc Competition (Del Mar Fairgrounds) – June 11, 11:30 a.m.

San Diego Sockers / Soccer Collies Exhibition – June 11, 2 p.m.

Purina Incredible Dog Challenge Competition (Del Mar Fairgrounds) – June 12, 11:25 a.m. – 4 p.m.

All other events: Del Mar Fairgrounds; 2260 Jimmy Durante Blvd., Del Mar, Calif.

The San Diego County Fair is the largest annual event in San Diego County and the sixth largest fair in the United States, drawing more than 1.2 million visitors each year.

Further information on the Purina Incredible Dog Challenge and full schedule go to www.petcentric.com
When the late humane officer C. Richard Calore was serving in World War II, a courageous cat kept him warm in a French foxhole in the dead cold of winter. Inspired by her companionship, he decided to dedicate the rest of his life fighting for felines of all ages. He thus founded the National Cat Protection Society — a cat shelter with a retirement center.

“We give our retirement kittens high-quality food and plenty of TLC”

The retirement center gives owners who can’t keep their cherished kitties a first-rate place to send them for lifetime care.

“We give our retirement kittens high-quality food and plenty of TLC,” said VP of public relations Gerri Calore. “They also receive medical and dental care in our on-site clinic.”

Over the years, the center has evolved to improve the welfare of its residents. The latest change was enriching the environment. Dubbed NATCAT Paradise, it now features a wall-to-wall overhead walkway, ramps, “lifeguard tower,” large “island, “volcano and lava” with pressure-controlled heating pads, scratching post and “Retirement Bay boat dock” anchoring “love boats” with litterboxes. These attractions stimulate the cats physically and mentally, strengthening their bodies and minds while supporting natural instincts.

NATCAT will unveil the completed center at its 42nd-anniversary Open House and Fundraiser on June 13, inviting all cat lovers to visit and help them continue the fight Calore started years ago.

For more information, visit www.natcat.org.
As you walk by your local bistros featuring al fresco dining, you may notice a recent phenomenon: more and more restaurants are welcoming well-behaved pooches to their terraces and patios.

Many surveys have shown that a growing percentage of Americans regard their pets as part of their family. Who wants to leave their best buddy and family member home when it’s time to go out for brunch, dinner or drinks?

While most cats prefer to order their “staff” to deliver their meals, many well-trained hounds and some birds happily accompany their humans for a meal on the town, especially if the dining establishments offer tasty treats.

San Diego’s growing number of pet-friendly restaurants is one reason the city was named the best dog-friendly city in the U.S. by DogFriendly.com. San Diego’s friendliness toward dogs, based on growing amenities, continues unabated.

While this list of pet-friendly restaurants in San Diego County is only a sampling, it includes recommendations from knowledgeable “foodies.” Travel and food mavens Maggie Espinosa, travel writer and author of “The Privileged Pooch: Luxury Travel with Your Pet in Southern California” (written with the collaboration of her Bichon Frisé, Marcel); Caron Golden, food writer and blogger extraordinaire (visit her San Diego Foodstuff blog for latest updates on the local food scene at www.sandiegofoodstuff.com) and mom to Rhodesian ridgebacks Ketzel and Shayna and “obedient servant” to felines Benny and Lily; foodie Doug Poirier, dad to Mr. Frosty the Famous Flying Dog; and dog-moms Sharon Corrigan, a devoted foodie, and Therapy Dog International advocate and practitioner Shirley Colman.

Most of the “yappy hour” venues listed are also dog-friendly restaurants, while many coffee bars with outdoor seating also welcome canines.

- **Terra**, 3900 Vermont St., Hillcrest, (619) 293-7088. This fine-dining, art-filled casual eatery, renowned for its award-winning food and wine list, also offers “Tail Waggin’ Specials” for pooches’ dining pleasure on the patio.
- **Café Chloe**, 721 Ninth Ave., Downtown, (619) 232-3242. This casual bistro, which is gaining national recognition for the quality of its dining experience, welcomes well-mannered dogs at their sidewalk café.
- **McCormick & Schmick’s Seafood Restaurant**, 675 L St., at The Omni Hotel, East Village, (619) 645-6545. Dogs may join their humans for patio dining at this San Diego bastion of the national chain.
- **Pacific Coast Grill**, 437 S. Hwy. 101, Solana Beach, (858) 794-4632. The dog-loving owners of this casual coastal bistro offer both excellent food and a dog-friendly garden patio.
- **Pacifica Del Mar & Pacifica Breeze Café**, Del Mar Plaza, 1555 Camino Del Mar, Del Mar, (858) 792-0476. The fine-dining upstairs restaurant and its casual downstairs café...
provides outdoor pet-friendly dining, complete with breath-taking ocean views.

- **Trattoria Acqua, 1298 Prospect St., La Jolla, (858) 454-0709.** Known for its fine Italian cuisine, the Trattoria hosts four-footed friends in its leafy courtyard.
- **Burger Lounge, 1101 Wall St., La Jolla, (858) 456-0196.** Dogs are welcome at this gourmet burger chain, where it's easy to share with your furry friend.
- **Fig Tree Café, 5119 Cass St., Pacific Beach, (858) 274-2233.** This primarily outdoor restaurant has a large, pretty, pet-friendly terrace, shaded by a large fig tree, where many dogs and birds share their humans' breakfast and lunch. Open Thursdays-Sundays.
- **O'Bistro Café, 4934 Voltaire St., Ocean Beach, (619) 223-2202.** This typically laid-back OB eatery offers a varied, casual menu and an outdoor dining room filled with happy, relaxed canines.
- **Maria’s Café & Deli, Sunroad Marina, 955 Harbor Island Drive, Harbor Island, (619) 220-0455.** This café, offering sweeping views of San Diego Bay and boats from its two terraces, provides dogs with water bowls and serves mainly breakfast and lunch, with dinner on weekends.
- **Po Pazzo, 1917 India St., (619) 238-1917, Little Italy, and its sister Busalacchi group restaurants, Trattoria Fantastica at 1735 India St., Café Zucherco at 1731 India St., and Zia’s Bistro at 1845 India St. Call (619) 450-2462 for central reservations, all welcome mannerly dogs on their terraces while their humans enjoy well-crafted Italian dishes.
- **Downtown Café, 182 E. Main St., El Cajon, (619) 440-5687.** This friendly East County eatery hosts dogs on their patio and offers tacos, ribs and fajitas, with live music several evenings weekly.

Since the hospitality industry sees frequent changes, be sure to call to ask about the restaurant’s pet-friendly status before bringing your dog to a new location. California Health Department regulations prohibit pets inside a dining establishment, except for assistance animals, and require pets to remain in outdoor dining areas.

Gary Laliberté, owner of City Dog, located at 550 Park Blvd. in the East Village, has organized “yappy hours,” social hours for people and their canine companions, at downtown locations for several years.

He feels they have a natural life-span, and as one yappy hour disappears, another fresh venue emerges offering human-canine gatherings. Currently, he’s organizing monthly events at the Indigo Hotel downtown and Porto Vista Hotel in Little Italy. Visit his website at www.citydogsd.com or call (619) 269-0201 for the latest information on City Dog-organized yappy hours and other events.

Here’s a sampling of current yappy hours. Be sure to call to check the status of these and other venues before going. Included are two pet-friendly wine bars that welcome and “treat” well-behaved dogs on their terraces:

- **Porto Vista Hotel, 1835 Columbia St., Little Italy, (619) 564-3998,** yappy hour first Friday of the month, on the Ripassi Rooftop Deck, 5:30 to 9 p.m.
- **Hotel Indigo, 509 9th Ave., Downtown, (619) 727-4000,** monthly themed yappy hour with varied dates. Call hotel or City Dog for details.
- **Sally’s Seafood at the Manchester Grand Hyatt, One Market Place, Embarcadero, (619) 358-6740,** yappy hour on their patio every Thursday, 2:30 to 7 p.m.
- **St. Germain’s Café, 1010 S. Coast Hwy. 101, Encinitas, (760) 753-5411,** yappy hour Fridays and Saturdays 4 to 9:30 p.m. through July 31.
- **Andiamo Ristorante Italiano, 5959 Santo Road, Tierrasanta, (858) 277-3501,** K-9s and Cocktails, last Wednesday of the month, 5 p.m.
- **Wine Cabana, 2539 Congress St., Old Town, (619) 574-9463,** dogs welcome on patio; monthly Sunday afternoon canine event with treats. Call for dates.
- **The Wine Pub, 2907 Shelter Island Drive, #108, Point Loma, (619) 758-9325,** pooch-friendly patio with treats available. (Note portrait of “owner” Clarence the beagle on the bar.)
Remember the hit movie “Must Love Dogs”? It stressed the importance of sharing a passion for dogs if a meaningful relationship is to be forged between two people.

A mutual love for dogs can connect two strangers in a matter of minutes since there are things we do because of our love for dogs that non-dog people just don’t understand. Because of this canine synergy, Lucky7Match.com, Pawtopia, Love Happens Here and Dogtown San Diego are collaborating to host an event for single dog lovers to mingle and unleash the connecting power of their dogs.

Doug Hokstad, from DogtownSanDiego.com, says “Before becoming a part of the “inner circle” of dog lovers; as a “non-dog” person I thought dog people were nuts! I entered the dog universe just four years ago when I took a 9-week-old English bulldog puppy named Dozer home with me… I did not know it at the time but that homecoming began a complete transformation of my life. Dozer has enhanced my life beyond belief and all the things that I did not comprehend as a “non-dog” person, I now fully understand and completely embrace; it’s the transforming “power of dog”. Dozer has introduced me to so many wonderful dog loving people.”

Dogs, because of their stubborn love and unbiased dispositions, break down barriers and facilitate meaningful relationship. Our dogs are “connectors.” Through their wagging tails and wet noses, dogs have a way of creating commonality and kindred spirits between people. Colleen Demling, owner of Pawtopia Dog Training states “It only makes sense to let our dogs take the lead in opening up opportunities to meet new people and develop dynamic relationships.” This is especially for the single dog lover. Reza Garajedaghi of Lucky7Match.com relates that many singles have been asking about events for dog lovers. Reza went on to say, “We are thrilled to bring dogs into the equation of our singles events. Dogs are the ultimate ice breaker.”

Named “Summer Lovin Doggie Style”, the dog loving singles event will take place on June 30th from 6 to 9 p.m. at J6 in the Hotel Solamar. DOGS ARE WELCOME!

The singles event will include drink specials, fun and creative interactions, vendor booths and the chance of meeting that special someone. Cost to attend is $15 before event date and $20 at the door. For all the event details, visit www.dogtownsandiego.com.

Besides being a great way to meet new people, a portion of the proceeds from the event will go to support FOCAS. FOCAS is a volunteer, non-profit organization formed to help the lost and abandoned dogs and cats in the three San Diego Department of Animals Services shelters. FOCAS is dedicated to giving second chances to animals that otherwise may have no hope at all. This is reflected in the group’s commitment to helping the animals that need it most.

Your hosts for the event

Lucky7match.com provides social events for single individuals to meet other singles. Their mission is to take the stress out of dating and meeting other singles.

Love Happens Here is a professional matchmaking service assisting and coaching people through the entire process of dating successfully from first introductions to happily ever after. www.lovehappenshere.com

Pawtopia Dog Training is a professional dog-training company that coaches and trains dogs and humans alike to become more socially fit and compatible. www.pawtopiadogtraining.com

DogtownSanDiego.com is a community site catering to dog lovers in San Diego. Dogtown San Diego informs dog lovers about everything that is happening in town that involves the dogs we love.

To register for the “Summer Lovin” Doggie Style” event visit www.dogtownsandiego.com.

Photos by Eric Johnson

Kimberly Primerano (Love Happens Here)
Colleen Demling (Pawtopia Dog Training)
Reza Garajedaghi (Lucky7Match.com)
Doug Hokstad (DogtownSanDiego.com)
Have you considered taking your dog — or other pet — on vacation or a weekend getaway with you, but felt you’d be limited in your travel choices?

La Mesa travel writer Maggie Espinosa has removed much of the concern over the availability of high-quality tourist options with her newly-published book, “The Privileged Pooch: Luxury Travel with Your Pet in Southern California.” While her book is dog-oriented, pet policies usually apply to other small animals, too.

The good news is that many recession-hit hotels, restaurants and boutiques have discovered that pet-friendly policies are attracting new clients who don’t want to leave the furry members of their family at home.

With Marcel, her beloved 9-year-old Bichon Frisé in tow, Espinosa spent two years exploring luxurious hotels and fine-dining options, from San Diego north through Orange and Los Angeles counties to Santa Barbara and Ojai, and east to Palm Springs, rating the hotels and resorts from one to four “wags” according to their pet-friendliness and special amenities.

Espinosa, an experienced freelance travel writer who lives with her veterinarian husband, Miguel, near her husband’s clinic, The Pet Hospital of La Mesa, decided to focus on the luxury end of the market because she wanted to identify pet-friendly accommodations she herself would enjoy and where she could take Marcel.

To meet her criteria, hotels had to be “high-three star” or better and allow the pets in the lobby and some facilities with few restrictions. The accommodations vary in type, from trendy urban boutique hotels to suburban resorts with extensive grounds.

Her book contains listings for 69 hotels and resorts, 55 restaurants welcoming pets to their terraces or patios, 56 “fun-in-the-sun” activities and 38 pet-friendly shops. Best of all, Espinosa and Marcel stayed at every hotel, ate at every bistro, tried every activity and visited each trendy boutique before including them in her book.

If hotels merely tolerated pets but didn’t welcome them, they didn’t make the grade for inclusion. As she quickly discovered, what a hotel states or posts on its website about its pet policy doesn’t necessarily conform with actual practice, which is why she stayed at every hotel, not merely inspected them or relied on their press releases.

She found some hotels have weight or size limitations for dogs, while others have rules but don’t enforce them. Some hotels charge extra pet fees, while others don’t. Espinosa strongly advises calling the hotel and checking their pet policies and charges before making reservations.

The intrepid duo also tried every activity described in the book, including Go-Cars, walking tours and naturalist hikes, kayaking and winery tours. Marcel even experienced carriage and gondola rides, canine surf lessons and even an ultra-relaxing...
“mutt massage” offered at Loew’s Coronado Resort. Espinosa also lists hotel pet-sitters and emergency vet clinics.

“I would take Marcel to everything. I wanted to see how the activities were with a dog. I tried to do things that were different, that you would really want to do, not just go to a dog beach or dog park,” she explained.

One of her favorite discoveries is the Doggie Bus, a free service started by Corey Brixen to transport, by reservation, about a dozen pooches and their humans from inland Tustin for three-hour weekend romps at Huntington Beach Dog Beach.

Espinosa decided to write her book following appearances on the nationally syndicated radio show “Ask Heloise,” featuring the author of the “Hints from Heloise” column, and “Dr. Dog’s” San Diego radio show. She received such an enthusiastic response and so many queries from listeners. From her research she concluded that no current guidebook existed for traveling with pets in the Southern California region.

Written with an observant eye, wry humor and appreciative palate and filled with inviting color photos, “The Privileged Pooch” provides the information hesitant pet-lovers need to embark on travels with their pets, whether canine, feline or avian.

Susan McBeth, director of marketing and events for Warwick’s Books in La Jolla, considers the book “a natural for local pet lovers. It’s a good resource to have with you when you’re traveling with your pet in Southern California.”

“The Privileged Pooch” is available for $18 at Warwick’s on 7812 Girard Ave., La Jolla, at Unleashed by Petco and Amazon.com.

For more information, visit Espinosa’s website at www.travelwithmaggie.com.

Hotel Dog Weight Restrictions
Are you having trouble finding hotels that accept your dog due to their size? More and more, hotels are accepting dogs but the majority have weight restrictions varying from 20 pounds and up. That means Labs, Retrievers and even Beagles are being turned away! GoPetFriendly.com and AndASmallDog.com have teamed up to encourage hotels to lift their weight restrictions. After all, big dogs deserve vacations, too! As part of the effort, campaign founders Amy and Rod Burkert of GoPetFriendly.com and Leila Coe of AndASmallDog.com have started a petition and hope to garner nationwide support.

Go to www.petitionspot.com/petitions/givebigdogsabreak to sign your name in support of allowing dogs - of all sizes - to have vacations with their family members and help reach the initial goal of 1,000 signatures.
Vacation tips and facts for when you have to leave Fido at a boarding facility; what you should know.

By TED GREENBERG | CAMP DIGGITY DOG

1. **Comfort items:** We always ask for owners to bring their dogs food...while some kennels supply food, it's a very bad idea to switch a dog's diet suddenly, so we always ask that they bring their own food, and any medication the dog is on. An old bed or blanket is nice, although don't bring anything of great value or importance, they can get chewed up by other dogs. Some people even just bring a T-shirt with their smell on it, or something the dog will associate with home. Some dogs get chilly in the winter, so we can put a sweater on your dog if you like.

2. **Extra stuff:** Most facilities have plenty of food and water bowls, so unless the dog won’t drink out of another bowl, it’s best not to bring stuff that could get lost. Toys are OK, but don’t bring anything you’d be upset if it didn’t come home in 1 piece. Since our facility and many are completely cage-free.

3. **NO NO NO’S:** certainly no bones, although we can give a treat with their food at meal time. Bones can become a procession that brings out aggression and even though all dogs are checked for their behavior, bones can make even the most temper dog get excited.

4. **Average stay:** About 4-5 days. The longest was about 7 months... the owners were building a house and there was too much construction.

5. **Cage/free or kennels:** Cage-free is a great alternative to having your dog in a cage/kennel the whole time you’re going to be away. Especially if your dog is energetic or you’re going to be away for a lengthy trip. They sleep in large 50’ x 20’ room, split up by size and energy level, and play in 2 separate yards during the day. Dogs rarely like being in cages, and the majority do just fine in a pack (they are pack animals). They actually play all day, so probably have more fun than they do at your home while you’re at work all week. So while you’re on vacation, they get their own vacation with all their buddies. Even dogs who are pretty shy usually warm up after a day or two, and become much more social dogs, so it’s good for them in the long run, as well. For dogs who really do prefer being alone, they can usually find a quiet corner to lay by themselves, as we have a lot of space.

6. **Owner comforts:** While away from furry friend: Webcams are great for owners. It’s really fun and comforting to watch your dog having fun and swimming in the pool while you’re away. You can even get a feel for what it’s like ahead of time, so you see how much fun they will have. Go to www.CampDiggityDogs.com and click on ‘Webcams’ and then choose one of the 5 cameras.

7. **Fun activities:** While away from owners: The activities are playing in the pool, chasing balls, etc. It’s really just like a dog park. Or a dog park with a living room attached. Of course getting lots of love, especially the small dogs who are often more into just curling up on your lap. We have had a couple parties where we’ve had 20 yard dash competitions, musical sit (like musical chairs, but whoever sits last when the music stops is out), and bobbing for apples in the swimming pools.
Out and about with bunny

By JUDITH PIERCE | SD HOUSE RABBIT SOCIETY

Traveling with our pets is getting easier, whether it’s taking them out with us around town or on a cross-country trip to visit family. Rabbits may require a bit more thought and preparation when taking them along, but they do travel quite well when provided with comfort and safety.

On the town

You’re heading out to brunch with your girlfriends and you want to bring Frisky, your Holland Lop. The best way to do this is in a pet stroller. It may seem a little silly, but a pet stroller is the easiest way to manage your rabbit’s safety in a crowd. The stroller gives room for hay and a water bowl, plus it zips closed to keep the harsh sun out and protect Frisky from curious dogs. With pockets for keys, cup holders, and a basket underneath, you’ve got a place for your water bottle, sweater and whatever else you might bring along. Be sure to put Frisky in a harness so you can clip it to the stroller and prevent her from jumping out when the top is open.

Visiting the grandparents

A weekend out of town doesn’t mean you have to leave your rabbit at home. If your bunny is fairly mellow and doesn’t mind car rides, by all means take it along. A little preparation will make Oreo’s trip a comfortable one. First, make sure you have a sturdy, hard-sided carrier and line the bottom with a towel and cover with hay. You can clip a water bottle to the door if you think your rabbit will drink while riding in the car. Belt in the carrier to the seat, to ensure Oreo’s safety in case you have to hit the brakes; it will keep him and the carrier from flying out of the back seat and into the front.

Bring along a small cooler with some fresh veggies and bottled water for rest stops on the drive. You can also bring along a foldable “puppy pen” to be your rabbit’s housing so Grandma won’t complain that he’s likely to chew her antique furniture. A litter box and some hay in the trunk of your car will ensure Oreo has everything he needs for the weekend.

If your rabbit has a tendency to stop eating in new situations, bring along a little bottle of baby Simethicone drops to give for a gassy tummy. That will help it feel better by relieving gas and getting him to eat again. Also be sure you have the name of a rabbit-experienced vet at your destination. In the event of an emergency, you want to know the best place to go. You can check the House Rabbit Society Web site at www.rabbit.org for a list of recommended vets around the country.

Cross-country flights

Many airlines now allow rabbits to travel in-cabin with you. The most popular and successful of these is Continental Airlines. Frontier, Alaska, Southwest and a couple others also allow rabbits in the cabin. If you plan to fly with your rabbit, plan your trip well ahead. Check which airlines fly to your destination and then check their Web sites for their regulations for bringing pets on board. Some do not allow rabbits at all, so it’s important that you check ahead before purchasing your tickets. Expect to pay $75 to $150 to fly your rabbit in the cabin. You’ll also need a health certificate from your vet no more than 10 days prior to departure. Make actual reservations for your rabbit at the same time you make yours to ensure you have a confirmed spot.

Airlines require carriers that can go under the seat. Their websites give specific information on the size and type of carrier they require. Check ahead to ensure your carrier is of the right type or you’ll be running out to get another before they’ll let you take the bunny onboard. Place an absorbent towel and some hay in the carrier and bring along some fresh greens for the bunny to nibble.

Plan ahead and you’ll find that bringing Peaches along on your trip to Boston will be much easier than you imagined.

For advice on traveling with your rabbit, contact San Diego House Rabbit Society at hrs@sandiegorabbits.org, or visit its website at www.sandiegorabbits.org.
PET HEALTH

Those sweet dog kisses might not be so sweet smelling or healthy

The sun is brightly shining. There’s a scent of fresh-cut grass in the air and the sound of happy giggles floating from a yard full of family and friends enjoying the newest and furriest family member. And then it happens … the family’s new puppy stops pursuit of the stray Frisbee to sniff, rub his nose in and then eat a piece of his own poo. Gross!

(Note to self … no sweet doggy kisses today … or if he keeps this up, maybe never!) What started out to be a beautiful family day in the back yard went quickly to the dogs. This gross event could just be puppies being puppies – you know, the puppy’s way of exploring its new environment. Or it could just be an early sign of a gross habit that could keep family and puppy at bay.

According to veterinarian Dr. Mark Sprayberry, Olive Road Veterinary Hospital in Pensacola, Fla, the act of a pet (usually puppies, but sometimes mature dogs) eating its own (or another dog’s) stool is referred to as coprophagia.

“Coprophagia is quite disgusting and clients come in to my practice or call in wanting to know why their dog is doing it,” says Sprayberry. “No one knows for sure why dogs (and some cats) eat feces. Puppies explore their own environment by tasting it. Sometimes it’s just a matter that the fast-growing puppy is hungry and it’s there for the taking. Regardless, it’s a disgusting phase a lot of dogs go through.”

Visible signs of coprophagia

The number one sign of coprophagia, of course, is the pet consuming feces. However, many pet owners don’t watch
feces consumption directly because they don’t always watch their dogs defecate. The real sign that dogs have coprophagia is halitosis or bad breath. Since feces are mainly made up of bacteria, the dog’s breath (and of course the lick) is quite repulsive. Spreading bacteria to humans via your pet’s “kiss” is not usually looked upon as a human health problem. However, all grossness aside, no one really knows if it actually impacts humans. But they are spreading bacteria.

There’s hope... and some simple answers!

Behavioral coprophagia can be treated in a number of ways. Avoidance of the stools is probably the most reliable solution. One method is to have the owners walk the dog on a leash so that the dog can be taken away from the feces immediately. At the time of defecation, the owner can also give the dog a food reward so that it will become conditioned to expect food at defecation instead of looking for feces. In the case of a dog eating cat feces, litter pans should be cleaned daily and covered or placed in a location unavailable to the dog. However, cleaning a litter box daily doesn’t happen in real life in most households.

Suddenly pet owners who don’t want to subject their families to stinky, bacteria-filled dog kisses are spending a great deal of time monitoring their dog’s constitutional habits. Closely monitoring those poo habits — at eye level. If the owner is unwilling to leash walk the dog at all times, preferring to let it outside unattended, methods of punishment can be used for feces eating. Most often a hot or unpleasant tasting substance such as pepper is placed on the feces. However, many dogs learn to eat the untreated feces. Another method is to inject a substance such as hot sauce into the feces to make it more difficult for the dog to avoid treated feces.

“The best preventive treatment, and the one we recommend to our pet owners, is a tasty chew treat (CoproBan®, PRN Pharmacal) that we give the dog for about a week which makes the taste of feces undesirable to its taste,” recommends Dr. Sprayberry. “It’s easy to administer and the dog/puppy loves the flavor of the treat – not the flavor of the feces. It’s a minimal cost to assure your dog or cat stays clear of feces as a snack. It is a highly popular preventive treatment and the first one I recommend to concerned customers. It needs to be part of the new puppy’s take-home regime to assure the problem doesn’t get started in the first place.”

Often referred to as “America’s Veterinarian,” Dr. Marty Becker is the popular veterinary contributor to ABC-TV’s “Good Morning America” and is the host of “The Pet Doctor With Marty Becker” on PBS. He has appeared on Animal Planet, and is a frequent guest on national network and cable television, and radio shows. He recently named Coproban as one of the Best Products for 2009.

About the author: Dr. Steve McKinley is a PhD in Veterinary Pathology and has written about various veterinary issues and answers for numerous consumer and professional publications over the past 25 years. Dr. McKinley resides in Gulf Breeze, Fla.
DEAR TANYA, Since I am not a veterinarian and don’t know the specifics of Lacey’s condition, I recommend you continue to educate yourself about natural remedies and work with your veterinarian for solutions. If your veterinarian is not open to discussing alternatives, you may want to try a holistic veterinarian. There are many in San Diego County including, Dr. Keith Weingardt, DVM of The Animal Healing Center, which is online at www.animalhealingcenter.net.

It is important to evaluate each situation independently. However, a common starting point is to examine Lacey’s diet. If you are feeding dry kibble; stop. Cats instinctively get their moisture from food. Dry foods dehydrate the system and since cats don’t naturally migrate to the water bowl they are unlikely to drink adequate amounts. This is my suggestion for all cats, not just those suffering from diabetes.

I am a supporter of raw food diets for pets. If you are able to make the transition to a raw meat based diet you may find this helps Lacey. Cats are carnivores and in general, feeding a high-protein, low-carbohydrate diet is what works for them. This is more crucial when treating diabetes because you want to keep the blood sugar level within a healthy range. Carbohydrates are not all created equal, so use caution when including them in Lacey’s meals. In my opinion there is no need for cats to eat grain. Their systems are not designed to digest it. Most grain will also raise blood sugar levels because of their high glycemic index. Potatoes also have a high glycemic index and should be avoided.

According to cat and certified dog trainer Roma Robbins of Santee (www.pawsitivepaw.com), “Switching to a raw diet seemed to help stabilize my cat Clyde’s blood sugar.” Clyde previously ate high quality canned food and occasional dry kibble. By the time his diabetes was discovered, Clyde had developed complicating side effects, including an expanded colon and difficulty eliminating. Because of the advanced stages it was necessary to keep Clyde on insulin, as well as monitor his diet and glucose levels through daily home blood sugar testing.

You can purchase pre-made raw diets from independently owned pet stores or you can prepare them yourself. Nutritionist Kymythy Schultze has written several books, including, “Natural Nutrition for Cats” to help transition to raw in a beneficial manner, and she can be found online at www.kymythy.com.

Although raw is my first choice, home cooking is another option. If you choose this alternative, there are well researched pet cookbooks to help insure that the meals you are feeding are complete and nutritionally balanced.

You might also wish to try San Diego based Honest Kitchen. They make a dehydrated raw meal for cats called “Prowl.” Wisconsin company Stella and Chewy’s

---

San Diego Pets Columnist Sindi Somers on TV

Sindi Somers – a contributing writer for San Diego Pets since 2008 – appeared on XETV Channel 6 on Thursday, May 27. She was invited by segment producer Tiffany Frowiss to be a guest on their morning show, San Diego Living to talk about the work she does with animals.

In addition to writing for San Diego Pets, Sindi has her own business, Wild and Tame Wellness and Communications, and is an animal communicator, meditation teacher, energy healer and psychic reader for people and pets. For more information, visit www.wildtame.com.

While on the show, Sindi demonstrated her psychic abilities on Channel 6 managing editor Gary Todd and his two dogs, dachshunds Henry and Stella. Sindi also shared tips with viewers to assist in communicating with pets. She stressed the importance of focusing in the present moment and being compassionate, as well as giving our companion animals clear and consistent messages.

To view online go to San Diego Living’s website and click on Sindi’s segment at www.sandiego6.com/content/sdl/default.aspx.
A DOG’S PURPOSE
A novel for humans

New York Times Bestselling Author
W. Bruce Cameron

“A tail-wagging three hanky boo-hooer, this delightful fiction debut by newspaper columnist Cameron (8 Simple Rules for Marrying My Daughter) proposes that a dog’s purpose might entail being reborn several times….A book for all age groups who admire canine courage, Cameron also successfully captures the essence of a dog’s amazing capacity to love and protect. And happily, unlike Marley, this dog stays around for the long haul.”
— Publishers Weekly

BOOK REVIEW

We spend countless hours with our beloved dogs—playing with them, training them, or just hanging out with them—and we probably spend just as many hours wondering what our canine companions are thinking about. Now, New York Times best-selling author and award-winning humor columnist W. Bruce Cameron brings us into the minds of our furry friends with humor and warmth!

In his latest book he turns to fiction for the very first time and offers a dog’s-eye view of the world, is the remarkable story of one endearing dog’s search for his purpose over the course of several lives and explores the universal quest for an answer to life’s most basic question: Why are we here?

Told from the charming perspective of a dog named Bailey, whose name and breed changes with each new life, “A DOG’S PURPOSE” will touch every person who reads it – whether they have a dog now, haven’t had one since childhood, or even if they’ve never had one at all. Cameron’s clever narrative convincingly conveys what really could be going on in a dog’s mind and his gentle wit will have readers both laughing and crying.

(Forge Books; $22.99; 978-0-7653-2626-3; July 6, 2010)

“DOG STARS”

Wondering why two dogs of the same breed can be so different? “Dog Stars” authors Kim Dalton and Tori Hartman offer their whimsical take on the astrological goings-on of the canine world is a fun and inventive way to get to know your favorite pooch!

Full of insightful tips and tricks, the full 255 page e-book does more than simply tell you tips about your dog’s Zodiac personality, it includes descriptions of each sign’s characteristics as they apply to dogs as well as what to expect from specific owner/dog sign combinations.

You’ll learn:
• How the phases of the moon affect your pet
• Canine compatibility with other signs
• Tips on training, health, diet and exercise
• Consider how you fare as an owner – on time feedings or forgetful?
• How you and your dog appear to the world as a pair.

This insightful astrological guide takes the guess work out of that puzzling behavior your dog exhibits. Dog Stars is available through www.ToriHartman.com as a downloadable PDF and as a Kindle book.

FELINE DIABETES
CONT. FROM PG. 20

makes freeze dried raw patties for cats. Both products need to be sufficiently rehydrated with water before feeding to prevent harmful dehydration.

Another consideration is low carbohydrate, high meat protein canned food. Tiki Cat is made in Thailand in a human grade meat canning facility. Some Tiki Cat varieties contain rice, which can raise blood sugar levels. Merrick is made in the USA and also has low carbohydrate options, including Cowboy Cookout. Always read the list of ingredients to avoid starchy carbohydrates, such as grain and potatoes.

Feeding Cowboy Cookout is one of the changes that has helped San Diego resident, yoga instructor and pet parent, Linda Morreale successfully transition her cat Guinness off of insulin. She found support and helpful information from an online message board at www.felinediabetes.com.

“One thing that someone on the board told me was that Guinness needs the help of the insulin to get his pancreas working again. The combination of using the insulin and changing my cat’s food is what ultimately got his diabetes under control to where I could wean him off of the insulin,” Linda said. “I don’t think it would have gotten under control without using the insulin. The diabetes website is also a big proponent of home testing your cat’s blood sugar on a regular basis. This is critical if you are trying to normalize insulin levels and if you are giving insulin.”

In addition to diet and veterinary care increasing Lacey’s physical activity can help, especially if she is overweight. Encourage her to play, chase objects, follow you around, climb a cat tree or jump to higher locations. Some senior kitties aren’t as playful and are more sedentary. Gentle massage can help increase circulation and further aid pets that are not getting adequate exercise.

E-mail your pet questions to sindi@sd-news.com and visit Sindi online at www.wildtame.com.
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

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

Puptown Doggy Daycare
205 16th St.
San Diego, CA 92101
(619) 234.5278
Since 2001
www.puptown.net

Grand Animal Hospital
Veterinary Expertise For Your Pet
• Caring Staff
• Full Service Hospital
• Small Animal Veterinary Care
1033 Grand Ave. in Pacific Beach
858-272-1320

WILD AND TAME
Wellness and Communications
Services for wild and tame animals and people
• Energy Healing
• Psychic Reading
• Animal Communication
• Pet Nutrition and Behavior Consulting
• Life Transitions and Euthanasia Counseling
• Blessing of the Animals at Community and Private Events

Meditation Classes
Starting Soon!
Sindi Somers
619-384-0761
sindi@wildtame.com
www.wildtame.com

Dog Beach Dog Wash
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

Day / Overnight Pet Sitting,
Dog Walking, Training, Grooming
& More!
FREE Consultation!
Additional Pets FREE!
Licensed/Insured/Bonded Animal Care Specialists
858.397.8338
www.DivinePetCare.com

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

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

Puptown Doggy Daycare
205 16th St.
San Diego, CA 92101
(619) 234.5278
Since 2001
www.puptown.net

Grand Animal Hospital
Veterinary Expertise For Your Pet
• Caring Staff
• Full Service Hospital
• Small Animal Veterinary Care
1033 Grand Ave. in Pacific Beach
858-272-1320

WILD AND TAME
Wellness and Communications
Services for wild and tame animals and people
• Energy Healing
• Psychic Reading
• Animal Communication
• Pet Nutrition and Behavior Consulting
• Life Transitions and Euthanasia Counseling
• Blessing of the Animals at Community and Private Events

Meditation Classes
Starting Soon!
Sindi Somers
619-384-0761
sindi@wildtame.com
www.wildtame.com

Dog Beach Dog Wash
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

Day / Overnight Pet Sitting,
Dog Walking, Training, Grooming
& More!
FREE Consultation!
Additional Pets FREE!
Licensed/Insured/Bonded Animal Care Specialists
858.397.8338
www.DivinePetCare.com
## Emergency Hospitals

### BONITA/CHULA VISTA
- **South Co. Emergency Animal Clinic** (619) 427-2881
  3438 Bonita Road, Bonita, CA 91902 M-F 6 p.m. to 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. to 8 a.m. Sat. Sun.
  3:30 pm-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. to 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. to 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 Road., San Diego, CA 92121 7 Days 24 hrs.
  www.VSHSD.com

---

### San Diego Pets

**A lifestyle magazine for pet lovers**

**Don’t miss a single issue.**

☐ **Yes**, I want to receive every issue of San Diego Pets Magazine. Just $15 for 1 year (6 issues).

Mail to: 4645 Cass St., 2nd Floor, San Diego, CA 92109

---

### Dog & Cat Grooming

**New to East Village**

$7 **OFF** 1st Groom
repeat customers $3 off

25% **OFF** Extra Services
Offers good with coupon

**Natural Foods & Treats, Leashes, Collars & Toys**

**Hot DOGcity Do’s**

619-237-9073

G Street between 7th & 8th Avenues
Stays **green** no matter how hard I try!

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

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