DECEMBER 2008–JANUARY 2009

Inside This Issue

4. **FEATURE**

**Henry the three-legged cat**

A homeless mountain kitten, Henry was taken in by a family staying with Cathy Conheim and Donna Brooks at their Julian home after the family was burnt out by the Cedar Fire. When he showed up with a dangerously dangling left front leg and needed an emergency amputation, no one would have imagined the transformative effect he would have on so many lives.

7. **San Diego Humane Society**

8. **Marley & Me**

9. **Frosty the Flying Dog**

10. **Holiday Safety Tips**

12. **Pet Calendar**

14. **House Rabbits**

15. **Holiday Gift Guide**

18. **Scoops**

21. **Animal Resources**
1) Bruto is a 5 year old neo mastiff. He is the most lovingly sweet old man, he loves to cuddle and be cuddled. His favorite things would have to be treat time (meat blast treats are his favorite), running around like a puppy, and being the center of everyone's affections. He has a very regal air about him, he's not arrogant, just wise. you can tell he's an old soul... 2 & 6) Local squirrel enjoys Thanksgiving! 3) This Doxi is decked out for the holidays! 4) Gulls waiting for hand-outs near Pacific Beach pier. 5) Oscar enjoys his favorite community newspaper!

If you would like to submit a photo of your pet, email a picture and caption to julie@sdnews.com
Photo by Nicole Sours Larson

Henry the three-legged cat enjoys resting in his outdoor kitty “condo” on the deck of the La Jolla home he shares with his rescuers, Cathy Conheim and Donna Brooks, and his sister, poodle Dollydog. Henry’s condo and cat tree were designed by architect Rob Fender, who used charred manzanita branches from his Julian home destroyed in the 2003 Cedar Fire.
A homeless mountain kitten, Henry was taken in by a family staying with Cathy Conheim and Donna Brooks at their Julian home after the family was burnt out by the Cedar Fire. When he showed up with a dangerously dangling left front leg and needed an emergency amputation, no one would have imagined the transformative effect he would have on so many lives.

Conheim and Brooks, confirmed dog lovers, had not planned to adopt Henry, but he came into their lives at a time of great loss and grief. Henry, like many pets, filled an unrealized void. Kind-hearted animal lovers, rather than euthanize the trusting kitten they chose to pay for Henry’s life-saving surgery and promised to find him an indoor home. Henry rapidly wormed his way into their respect and affections and inspired them to publish his story to benefit other injured and disadvantaged animals.

Now, having raised more than $50,000 in four years through sales of his books and other publications to support animals and animal welfare organizations, Henry has become spokescat for a new crusade, partnering with his poodle sister, Dollydog.

Henry’s Just Me Project taps into the powerful human-animal bond to extend the three-legged cat’s healing message of overcoming obstacles to help both ailing children and their siblings as well as wounded war veterans and their families.

Conheim, a psychotherapist and Henry’s “cat scribe,” and Brooks, a retired physician, thought they disliked, even hated, cats until Henry took over their lives. The La Jolla residents began to comprehend the power of Henry’s story once they received an overwhelming response to Conheim’s initial email sent to 20 of their friends detailing the indomitable kitten’s tale of survival and triumph. That email boomeranged around the world.

Henry, they realized, is a “therapet” and has many lessons to teach humans about healing trauma through storytelling as well as about transforming bias into tolerance and pain, grief and anger into healing and recovery.

“He’s here to teach us how to deal with our misfortunes. All of us have problems, but Henry says you can’t be defined by them. You’re defined by your response to your problems. You play the paw that’s dealt you, this cat says,” Conheim says.

Henry’s story appeals to adults and children alike. As his first book began to be used as a healing tool in both children’s and veterans’ hospitals, Conheim saw the potential for a children’s book which could teach about “tolerance, survival, courage, perseverance and triumph over barriers and bias.”

“What’s the Matter with Henry?” which Conheim wrote
with children’s author BJ Gallagher, appeared in 2006 and was quickly adopted by First Book, a national literacy non-profit organization that fell in love with his mission. They distributed thousands of copies of “What’s the Matter with Henry?” to children in the Gulf Coast area displaced by Hurricane Katrina and to children of military families dealing with war and deployment-related emotional and physical trauma.

The positive response to “What’s the Matter with Henry?” prompted Conheim, working with Heather Wood Ion, to develop the Just Me Project to reach out to “the littlest warriors” and their families, as well as to families of chronically ill or injured children also impacted by stress or trauma.

“Henry wants to help teach children how to express their emotions because he’s learnt from his moms that dangerous things can happen from unexpressed emotions – physical distress, depression, anger, violence, road rage. Henry legitimizes the conversation to open the door of how to deal with disappointments, tragedies, challenges, whatever life throws you,” Conheim explains.

As part of the Just Me Project, Conheim and managing director Wood Ion developed “Henry’s Kibble for Thought: A Homework Guide for Humans,” in which Henry teaches five important lessons fostering healing, recovery and self-esteem.

“The Just Me Project is about building resilience and creating a positive vocabulary about capability instead of disability. We know that reframing our perceptions is the first step towards building resilience,” says Wood Ion.

Henry’s role in healing builds upon the trust and openness that people display when talking to innocent animals and pets.

“Let’s access that area of trust, engagement and warmth that we use in talking with our pets,” she adds.

Thanks to generous grants from the Whiteman Foundation and an anonymous donor, the Just Me Project has been able to distribute 3,000 healing kits, which include “What’s the Matter with Henry?” and “Henry’s Kibble for Thought” workbook, through military family outreach at Camp Pendleton and through Fisher Houses at military bases.

Next up for both Conheim and the Just Me Project is a new book centered on Dollydog, “What About Me?” which addresses the emotional issues experienced by the healthy siblings of chronically ill children who often feel invisible and forgotten. As a result, they are more likely to develop behavioral problems, as Dollydog did when the injured Henry invaded her home.

“That book is targeted at children who have a sibling or parent who has a greater need. It gives credibility to feelings that don’t usually have a voice,” Conheim explains.

Henry continues his efforts to help other animals and animal welfare organizations. He sells all of his publications at cost to any individuals or animal welfare organizations who wish to resell them to benefit animals in need.

To purchase Henry’s books and other publications and read more about the Just Me Project and Henry’s early history and adventures, visit his website at www.henrysworld.org.

Dollydog, a standard French poodle, enjoys sitting on the sofa of her art-filled La Jolla home, where she was an only pet until an injured and recovering Henry moved in and stole the spotlight.
Already on alert to activate for hurricane rescue duty, the San Diego Humane Society (SDHS) and the San Diego Society for the Prevention of Cruelty to Animals (SPCA) responded to a Sept. 18 call for help from the Houston SPCA. The organization sent a team of 12 staff and Federal Emergency Management Agency (FEMA)-certified rescue volunteers, plus five fully equipped vehicles, to provide support and assistance to overburdened animal welfare workers in the Houston-Galveston region devastated by Hurricane Ike.

SDHS is a member of the Society of Animal Welfare Administrators, which offers mutual aid during natural disasters and emergencies and gave support to the San Diego region during last year’s wildfires.

After loading their horse trailer and water rescue vehicle with a flat-bottom Jon Boat and three Zoom Zodiac inflatables and packing their RV and Mobile Universal Treatment and Transport (MUTT) vehicle with supplies for self-sufficiency, the four sheltering staff and eight volunteers, including El Cajon veterinarian Terry Paik, set off under the leadership of DJ Gove, commander of the Animal Rescue Reserve (ARR). They expected to stay about two weeks, with SDHS planning to send a new crew every two weeks if needed, while holding vehicles in reserve. “We rotated people through [Hurricane] Katrina for 60 days,” explained veterinarian Mark Goldstein, SDHS president.

Nancy Ellis, an ARR captain, has been volunteering since 1993 and finds the work emotionally rewarding. “We went to Katrina and did a lot of rescues in and out of the water. Whatever is needed, we’ll do. We might go down there and evacuate and rescue [animals] or clean crates and kennels,” Ellis said.

The crew wound up spending a week in Galveston and Houston performing rescues in devastated and flooded areas, recovering and gathering stray or newly homeless cats and dogs, feeding pets and providing relief to exhausted animal shelter staff. In addition to the usual cats, dogs and bunnies, the crew helped feed 850 baby squirrels and other wildlife, including hedgehogs, ferrets, sugar gliders, birds, snakes, fish, hermit crabs, tortoises and gerbils.

By the time they returned home, the crew had logged 1,146 hours and had helped more than 1,000 animals endangered by the storms.
When “Marley & Me” hits theaters on Christmas day, few viewers will realize that Marley, the yellow Labrador retriever “star,” was played by not one but 18 dogs.

The making of the film, based on John Grogan’s affectionate memoir about his family’s bond with a much-loved but hyperactive, difficult and goofy dog, was closely monitored by a certified animal safety representative from the American Humane Association’s film and television unit. The unit oversees more than 1,000 film, television and commercial productions a year to ensure humane care and treatment of animal actors.

Productions that meet association standards are awarded the coveted “No Animals Were Harmed” end credit that attests to the appropriate safety precautions during filming.

The American Humane Association is working with Fox Studios to spread its message and to encourage pet adoptions from shelter and rescue organizations. Jone Bouman, the film and television unit’s director of communications, said these organizations hope to discourage families from adopting breeds popularized by films, such as Dalmatians, Chihuahuas and Labradors. The dogs’ temperaments, sizes and other traits might make them inappropriate family pets, Bouman explained, adding that many such dogs are later dumped in shelters.

“It’s important to educate yourself to pick the right pet and adopt from a shelter, whether it’s a dog, cat, bunny or hamster. There are about 7 million animals in shelters nationwide that urgently need homes,” Bouman said.

About 25 percent of shelter and rescue pets awaiting adoption are purebreds. Seventy-five percent of all animal actors come from shelters.

For more information about the film and about the American Humane Association, visit www.marleyandmemovie.com and www.americanhumane.org.
He was only an hour away from his final destiny at a Los Angeles animal shelter when a kindly Jack Russell Rescue volunteer plucked him from death row. He had been a stray in a rough part of L.A., and his face is still scarred from beatings. Now, he’s renowned as Frosty the Flying Dog, with his own online video documenting his first aerial adventure.

An 18½-pound white and tan Jack Russell-Chihuahua mix – or “Jackhuahua,” as his adoptive parent Douglas Poirier describes him – Frosty was “a bag of bones” when Poirier and his new wife Samia adopted him in January of 2007. Poirier, who enjoys an active lifestyle, was looking for an energetic dog as a companion when he found Frosty online.

“When I first got him, he was a terror – a Jack Russell terror,” Poirier laughed amid Frosty’s need for constant attention. Poirier, who works from his Point Loma home, is fortunate to spend most of his time with Frosty, now about 3, who naps contentedly on his desk.

Poirier and his wife quickly fell in love with Frosty. They rented every episode of “The Dog Whisperer” and became his “pack leader” while also signing up for training classes at the San Diego Humane Society. The well-trained Frosty now comes to the sound of a whistle and boasts a repertoire of signal-prompted tricks.

Poirier, a financial advisor whose day is pegged to the opening and closing bells of the New York Stock Exchange, accustomed Frosty (“[the] staff all call him ‘Mr. Frosty,’” Poirier said) to long afternoon runs and regular visits to his favorite place, Dog Beach. When the stock market closed at 1 p.m. Pacific time, Poirier would take Frosty to Torrey Pines Gliderport, where Poirier enjoys paragliding.

“It’s not an adrenaline sport, but [it’s] very gentle and restful,” Poirier said. “It’s good for taking your mind off the rest of your day,” providing a balance to his high-pressure profession.

But Frosty, now used to constant companionship and suffering from separation anxiety after his early trauma as an abandoned pooch, would get upset when his dad would take off for a flight.

“Every time I’d leave him, he’d cry. It seemed he wanted to go. I found out that other dogs fly, and I thought he might like it. And he does,” Poirier said.

Before he could take Frosty flying, Poirier had to develop the right harness to ensure that Frosty could neither fall nor jump out. Working with the Gliderport’s Steve Stackable, a flight instructor also known as the “Wing Doctor” for his expertise in repairing paraglider canopies, Poirier went through five prototypes before arriving at his final solution. The men tailored a cushioned canine lifejacket so that it’s a snug fit for Frosty and clips securely to Poirier’s flight harness.

“After the first flight I knew he loved it. Now, when I take out his little harness, he runs over and holds his feet up and he’s ready to go. He runs over and stands by the wing and waits for me,” Poirier explained.

Once they step into the cliff updraft and their wing takes them aloft, Poirier and Frosty ride the ocean breezes, flying as far as a half-mile over the Pacific.

“We chase birds together [while aloft]. If he spots a bird, he keeps his eye on it and tries to get me to go over and look at it,” Poirier said. Once they land, he releases Frosty, whom he’s recently taught to fetch the “stuff bag” that covers their wing.

Frosty is only the second dog to fly from the gliderport over the last 20 years, according to David Jebb, the gliderport’s flight director and general manager.

Certain dogs seem to develop a passion for flying, which Jebb believes is linked to the special relationship they have with their pilot-owners. The dogs will chase after them and try to follow them off the ridge until waiting for their return.

“The way you can tell if the dogs like [flying] is they continue to bark and wag their tails. If dogs could smile, these dogs would be smiling! You can tell these dogs are having fun,” Jebb explained.

“The dogs have to have a great deal of trust in the pilot. It’s exhilarating but also terrifying and an amazing experience to share with a dog,” Jebb added.

For information about Torrey Pines Gliderport, visit www.fly-torrey.com/cms/. To view a video of Frosty’s first flight, go to www.metacafe.com/watch/789022/frosty_the_flying_dog.
It is often implied and almost universally permissible for humans to eat extra helpings and goodies during the holidays. During these times of celebration, it can be equally tempting to extend this overindulgent tendency to our beloved pets. Although it can be fun and an expression of our affection to lavish our pets with additional snacks, it is important to remember that just like us, nutrition is an important consideration year round. More and more of us are including our pets as valuable members of the family. Our challenge is to satisfy our desire to include our pets without getting them too far off their regular diet and nutritional path.

One idea is to feed your pet their meal at the same time you eat so they will be busy with their food for at least part of the time that you are enjoying yours. Giving your pet a new or favorite toy or something healthy to chew on is another option to help deter tableside begging that might be hard to ignore. I find that giving my dog a tendon chew, bully stick or uncooked, raw beef marrow bone helps keep her occupied while I eat my dinner. This helps her to feel included in my mealtime activity instead of being left out.

If your pet is highly food-obsessed like my dog, you may need to come up with some additional plans of action when snacking. If I am snacking between meals or I don’t have a chew or bone for my dog, even a small taste or treat can help her know that she is not being punished or deprived. It can be helpful to wait until you are done eating so you don’t feel the need to give multiple tastings. I am lucky that my dog likes vegetables and some fruit. While I might be eating something with a high caloric intake, I can be giving her cauliflower, green beans, asparagus or other non-starchy vegetables. This adds to the fiber and nutrition of her diet while adding minimal calories.

Another option that may work is to give praise and affection instead of a food reward. Your pet might prefer the food, but if you give praise, petting and gentle massage after you have finished eating, it will know you love it and that food isn’t the only way you show you care.

Bonnie Barton, nutritional consultant and manager of Paw Country holistic pet store in LaMesa (www.welcometopawcountry.com), suggests “making feeding time more interesting” and thus more fulfilling for pets. Using toys designed to slowly administer food as they are played with will take more time and energy than simply placing your pet’s meal in a bowl. Having to think and manipulate the toy to find a way to get the food out of these clever devices will challenge your pet’s brain and can help take its attention off other household activities, such as family mealtime and snacking.

This alternative feeding process not only exercises your pet’s mind but it can satisfy dogs’ and other animals’ natural scavenger and food-finding instincts. It can also be quite entertaining for us pet parents and our holiday guests to watch! “Treat toys” do not have to be limited to holiday use or special occasions.

Another option I have seen work beneficially is using a treat toy, such as a “Kong” or similar brand with a large opening and filling it with wet canned, moistened, dehydrated or fresh raw or cooked food and then putting it in the freezer. Feeding the food in this frozen state will add even more time to the food consumption activity.

In addition to food made specifically for pets, feeding nutritious “people food,” such as the vegetables I feed my dog and the “cooked food” mentioned above, can be a favorable option. Kelly Bolken, Behavior and nutrition consultant and owner of Paw
Birds seem to be especially sensitive to the avocado’s toxic element. Some of the most detrimental effects, including fatalities, have been seen in birds, as well as rabbits, horses and cattle. There is enough evidence of its toxicity in its raw form that has kept me from personally feeding it to my own dog and cat, but I have heard multiple reports that some dogs tolerate it without any visible issues when consumed in small amounts. Consumers may even notice avocado as an ingredient in some FDA-approved pet foods. According to information on the ASPCA Web site, there is not enough data about the avocados used to discourage pet parents from feeding processed pet food that contains avocado.

Kelly of Paw Country encourages people to resist the urge to feed their pet’s the turkey skin and drippings, which are a popular part of the American holiday meal. She emphasizes, “The extremely high fat content of these items may lead to pancreatitis. Kelly adds, “Pumpkin and sweet potatoes are also a great source of fiber and vitamins, and a few tablespoons of either can be added to your dog’s food for variety and to supplement their diet.”

For the most current information on safe foods and those to avoid, you may wish to visit the ASPCA’s Animal Poison Control Center on their Web site at www.aspca.org.

One last reminder is to not overlook the importance of continuing your pet’s exercise regime during the holidays. A long walk or play session can help diminish your dog’s energy level and inspire calmness and naptimes. Cats, birds and other pets need attention and play time, too, so be sure not to forget them! A half hour to an hour of physical activity before mealtime or prior to guests arriving can help your pets release stress, anxiety and excess energy, once again increasing the chances of having calmer animals requiring less attention and treats during meal and snack times.

The holidays are meant to be enjoyed! You don’t need to completely deprive your pets to keep them healthy when including them in the festivities, but you don’t need to overindulge them to show you love them, either. By knowing your pet, you can devise a plan to help give them the mental stimulation, nutrition, physical activity and TLC they need so that you and they are satisfied and happy this holiday season.
**DECEMBER 2008**

**DECEMBER 4th-7th**
**JINGLE BELL HORSE SHOW**
8am-5pm COST: FREE to enter and to park. This horse show will take place at Horsepark, located two miles east of the Fairgrounds at the intersection of El Camino Real and Via de la Valle.
MORE INFO: Call Horsepark (858)794-1171

**DECEMBER 6th**
**CHRISTMAS TREE LIGHTING AT FRIENDS OF CATS**
5-7pm COST: Please support a kitty by sponsoring an ornament on the tree. We will have beverages, munchies and a good time for all. Location is at shelter at 15587 Olde Highway 80, El Cajon, CA 92021
MORE INFO: www.FriendsofCats.org

**DECEMBER 6th**
**PHOTOS WITH SANTA**
_sponsored by Coastal German Shepherd Rescue & Petsmart_
Have your pet’s photo taken with Santa Claus - part of the proceeds go directly to the dogs!! Petsmart Encinitas 1034 N El Camino Real Encinitas, CA 92024
MORE INFO: www.coastalgsr.org or (760) 436-1220

**DECEMBER 6th**
**PHOTOS WITH SANTA TO BENEFIT WEE COMPANIONS**
11am-4pm COST: $9.95 at Petsmart 3610 Rosecrans, San Diego 92110
FOR MORE INFO: www.WeeCompanions.com or call (619) 523-4177

**DECEMBER 7th**
**OCEAN BEACH TOWN COUNCIL DOG BEACH HOLIDAY BEACH PARTY**
10am-1pm Ocean Beach Town Council presents Sandy Claws, a Holiday event for the whole family, back by Popular Demand. Bring your dog, your family, and your holiday spirit. Professional photographers will be on site to take your Holiday photo with Santa on the beach. Enter your dog in the Costume Contest. Show off your dog’s best tricks and win a cool prize. This event features local vendors, food, family activities, and fun for all ages. Come let us show you a great time at the beach.
MORE INFO: www.obtowncouncil.org

**DECEMBER 12th**
**HOLIDAY DOGGIE CAFE**
6-8 pm COST: $10 suggested donation Bring your friendly, on-leash dog to socialize with other dogs while you learn how to keep your pooch calm in a distracting, cafe setting. Winter holiday pictures will also be available for a $5 donation. Plus music will be provided by the jazz band, Forecast. Call (619) 299-7012 x2230 for more info www.SDHumane.com.
DECEMBER 12th
POTLUCK AT SD TURTLE & TORTOISE SOCIETY
7:30pm COST: Bring a dish to share, members free, membership $25.00 per year, Balboa Park, Casa Del Prado Room 101
MORE INFO: www.SDTurtle.org

DECEMBER 20th
SD HOUSE RABBIT SOCIETY HOLIDAY PARTY
1- 4pm Cost: $5.00 Donation children under 10 free. Please bring a vegetarian hors d’oeuvre or snack to share. Rabbits are welcome, on a leash or in a carrier. Loomis Auditorium - San Diego Humane Society 5500 Gaines St., SD 92110 MORE INFO: http://www.SanDiegoRabbit.org or email hrs@sandiegorabbits.org

DECEMBER 29th
WIENERSCHNITZEL WIENER NATIONALS FINALS RACE
AT THE BIG BAY BALLOON PARADE AT HARBOR DRIVE
10am - FREE to watch - Dachshunds from all across the western U.S. will compete as one of the activities at the Big Balloon Parade for the Holiday Bowl. MORE INFO: www.HolidayBowl.com Mark Neville 619-283-5808 ext. 309 or MNeville@holidaybowl.com

DECEMBER TBA
AGILITY TRIALS GOLDEN RETRIEVER & SW ROTTWEILER CLUB
9am COST: FREE to watch, cost to enter. Rohr Park 4548 Sweetwater Road, Bonita, 91902 MORE INFO: www.JumpNFunAgility.net

24 Hour Pet Emergency
Special Care From the Heart
Veterinary Specialty and Critical Care Center
Specialty Services: Internal Medicine, Oncology, Cardiology, Ophthalmology, Dentistry, Dermatology, Surgery and Critical Care
Open 24 Hours/365 Days
Carlsbad
2310 Faraday Avenue
Carlsbad, CA 92008
Phone: (760) 431-2273
San Marcos
100 N. Rancho Santa Fe Road
Suite 133
San Marcos, CA 92069
Phone: (760) 734-4433
Murrieta
25100 Hancock Avenue
Suite 116
Murrieta, CA 92562
Phone: (951) 600-9803
www.californiaveterinaryspecialists.com
If you’re dreaming of “white” this holiday season, do what I did – adopt a big white bunny! Affectionately known as BWB’s, big white bunnies include the lovely New Zealand Whites with their pretty pink eyes, gorgeous Californians with a blaze of chocolate brown on their noses and ears, and four dainty feet dipped in chocolate to match their tail! Think of lovely white Angoras with their luxurious fur or the Hotot mixes, with nothing but black rings around their eyes and maybe a dot or two along their back. They come in many varieties and are some of the nicest bunnies to be found.

As a rabbit rescuer, I often hear “we’re looking for a small bunny.” People often think that smaller is better. They think smaller rabbits are easier to care for, easier to handle, and face it – cuter than larger bunnies. Many adopters are intimidated by the New Zealands’ large size, and very often by their pink eyes. If you look more closely, you’ll notice how their beautiful ruby eyes are complementary to their snowy white fur. And, if you pay close attention, you’ll notice that their eyes change color with the light from ruby to soft pink, pale mauve, and sometimes, even a soft, soft blue.

I’ve learned that the big white bunnies, like New Zealands and Californians, make wonderful family pets; they are often mellower in temperament, make great companions, and their larger size makes it difficult for little hands to lift them off the floor. So your children can interact with your big bunnies by getting down on the floor at their level – the best way to make friends! These larger rabbits also are known for their sturdiness; they are less prone to the problems of malocclusion and jaw abscesses, a serious concern for most of the dwarf breeds.

Personalities of the BWB’s are diverse, from quiet and gentle to playful and friendly, to downright bossy and devious! And they have a good tendency to bounce back from adversity, retaining a love of people that sometimes seems miraculous.

Over the years my household has grown to include several BWB’s. Needless to say, they are my favorites (shh… don’t tell the others!). When I see them passed up for the supposedly cuter dwarf breeds, I feel sad, knowing that people are missing an opportunity to adopt a wonderful family companion.

Right now, shelters and rescues have many beautiful big white bunnies. If you’re thinking of adopting, I’m betting you’ll find one who steals your heart and makes your dream of a white Christmas come true. To learn more about big white rabbits available for adoption, visit San Diego HRS at www.sandiegorabbits.org.
M.A.X. Tiger Activity Scratcher

More than just a scratcher, the M.A.X. Tiger provides space for cats to nap and play as well as scratch. Made from solid corrugated cardboard, with a rough texture that’s irresistible to kitty claws, comes with a bag of Cat Claws’ Famous Certified Organic Catnip as an added enticement. And it can be recycled, making the M.A.X. Tiger an environmentally-friendly choice. Available at www.catclaws.com.

Animal Life

Breathtaking in its scope and ambition, Animal Life is the first illustrated reference book to reveal animal behavior in such unprecedented detail. Both gorgeous and authoritative, this encyclopedia will enthrall and inform the entire family. Animal brings together a myriad of incredible stories about mammals, birds, reptiles, amphibians, fish, and invertebrates that will delight even the most knowledgeable animal lover. -OK Publishing, October 2008, $50, 512 pages and is available at most book stores.

POPARF

is now offering posters of many of Nathan Janes’ most popular paintings! Available through the popular online gallery, http://Pupaganda.imagekind.com/, the posters can even be purchased framed so you have a thoughtful and unique present ready to be wrapped. A number of poster sizes and framing options are available through Imagekind’s easy to use website so go there today and give a big wet puppy kiss for the holidays!

IDTAG.com

Pet tag is engraved with a unique pet “social security number,” enabling the pet owner to create a secure, online profile containing current photos, videos, health records and emergency contact information about their dog or cat. One call to the IDTAG.com emergency support line or a click of the mouse and an instant lost pet alert will be sent to any shelter, veterinarian or rescue group within 50 miles of the pet’s last known location. It’s like an Amber Alert for lost pets! The subscription plan for IDTAG.com is FREE for the first year with a purchase of the IDTAG ($7.99 SMRP). IDTAG.com can be purchased at PetSmart, Meijer and at thousands of independent pet stores nationwide.

Dog Lovers Wine Club

Vickory Dogs Wine Collection, a two-case set in honor of 22 of the dogs rescued from Michael Vicks’ property. Carivintas Winery started the Dog Lovers Wine Club as a place to purchase premium wine and celebrate owners’ unique bonds with their dogs. The sale of these wines, as well as custom-labeled wines, and related merchandise will benefit Best Friends Animal Society’s initiative to stop dog fighting. www.dogloverswineclub.com

Naughty and Nice Gift Tote

For Dogs by Maine-based companies L.L. Bean and Planet Dog. Retail for $29.95. The Orbee-Tuff® Snowball is a 2” winter-white ball that won’t melt like your run-of-the-mill snowball. As the seasons turn, it can be frozen to bring back the true feeling of winter and provide a refreshing summer treat. 3-pack is $19.00. Both available at www.planetdog.com
PupLight
Pet Owners love PupLight! This innovative flashlight keeps dogs safe and visible on or off their leash, and makes walking a pet at night enjoyable by illuminating the path ahead. The Puplight consists of three super-bright LED's that light up to 200 feet ahead for protection and security while on a nighttime stroll with your four-legged friend.
Sold at: www.puplight.com
Retail Price: $19.99

Pet Calendars
365 Puppies-A-Year is a year long parade of cute. As in sloppy, wet kisses, oversized paws, tails that just don’t quit, eyes that brim with innocence, and sweet puppy playfulness. Calendars.com has a calendar for every breed of dog and cat for $12.99.

Start your engines canines
This racecar dog bed is the perfect pit stop during your pets busy day. Also available in a basketball, football, or soccer balls. ($25-$30, AllPetFurniture.com)

Pet Treats Baking Gift Sets
Each kit includes a 16-ounce package of treat mix with whole-wheat flour, three cookie cutters in animal-appropriate shapes and original recipes packaged in a wooden crate. The mixes need a few ingredients from the pantry. $7.99 - $14.99
Ann Clark products are available at www.annclark.com

Chillybuddy Cooling Jacket keeps hot dogs cool!
This new, breathable, lightweight cooling jacket is catching the attention of dog-lovers everywhere. Using a multi-layer approach, the jacket’s outer reflective outer layer provides shade, and a cotton mesh inner layer, when dampened, provides evaporative cooling. The combination has been shown to reduce a dog’s coat temperature by 40%, and the jacket has already been a favorite of Search & Rescue dogs across the country. Available at www.chillybuddy.com

To-Go-Bowl by Furry Travelers, Inc.
For almost 30-million dog owners traveling with their pets, having the right travel products are essential for a safe and pleasant trip. Thanks to the To Go Bowl by Furry Travelers, Inc., your four legged companions can stay well-hydrated while on the road without creating a mess. The To Go Bowl is the first travel water bowl designed to conveniently fit into a car’s cup holder and it holds both water and treats! Online at www.FurryTravelers.com
Retail Price: $19.95
**Feline Stress Buster by Catit**
Your cat will love this Senses Play Circuit allows cats to hunt a ball as it rolls through a Peek-a-Boo Track. A green and gray ball with a swirl pattern attracts a cat’s attention, moving in and out of sight and making a slight sound, as prey might. Cats are almost color-blind, but blue, the color of the Peek-a-Boo track, is the color that cats perceive most clearly. For other pet interaction toys go to www.hagen.com

**DDNY ultra chic jewelry**
DDNY ultra chic “pet inspired” jewelry line is expertly crafted with 18k matte yellow gold and white gold and encrusted with micro-pave’ diamonds, hand-cut onyx and sapphires. Available in several styles and most importantly, made with non-conflict diamonds, DDNY also makes custom pieces available for pets including some of today’s most popular breeds, like Dachshunds (Weiner dogs), Pit Bulls, Poodles, Chihuahuas, and Labs. In addition to specific breeds there are also the paw, hearts, and bone collections. www.DiamondDogNewYork.com

**Dice Game People Play with their Cat!**
CatFeats can be played by two to four people and one to four cats. It comes with a paw print die, a sand timer, 30 activity cards, a score pad and a pencil. No skill is needed to play. The game is available at select pet boutiques, pet stores, game stores, gift stores, online pet stores and at darfinc.com.

**Saved**
Rescued Animals and the Lives They Transform by Karin Winegar and photographs by Judy Olausen. A beautifully illustrated tribute to rescued animals who have profoundly affected the people who save them. Hardcover $25.95

**Holiday & Gift Cards**
A darling collection of holiday and gift cards by local artist. Puppy Paws Productions card designs online at www.puppypawsproductions.com

**Puppermint Chew**
$12.00. Orbee® Tuff Mint. Not only does this new “sweet” toy feature the retro red and white swirls of the real candy treat, it is infused with natural mint oil. Orbee® Tuff material is durable, bouncy, buoyant and 100 percent recyclable. Size: 3.5” dia. www.Fetchdog holiday collection

**LuLu Leash**
The world’s FIRST fully illuminated leash, is the new must-have pet accessory because its stylish neon lights mean that your dog will always be seen. Battery powered LuLu is a chain leash with neon lights interwoven down its entire length. From $29.95 www.LuLuLeash.com
Chargers’ Darren Sproles “Lends a Helping Paw”

Animal shelters and pet rescue organizations in 17 countries worldwide...including 31 here in San Diego County...are joining together for the 10th annual “Iams Home 4 the Holidays” Pet Adoption Drive.

Again this year Chargers running back Darren Sproles loaned “a helping paw” for the San Diego H4TH “kickoff” event and “VIP” (Very Important Pet) news conference at Qualcomm Stadium.

“Home 4 the Holidays began in 1999 when Helen Woodward Animal Center organized 14 animal shelters in San Diego County to work together during the holiday season,” says IH4TH spokesman John Van Zante. “Our goals were to find families for orphaned pets, lower the rate of euthanasia, and encourage people to adopt orphaned pets instead of supporting breeders and puppy mills during their most profitable time of year. During the first drive these 14 shelters reported 2,563 adoptions.”

For more information about Iams Home for the Holidays or to locate participating shelters or rescues log on to www.iamshome4theholidays.com or call 800-421-6456.

Going away for the holidays?

If you are one of the 60 million American pet owners travelling this season, you will have to figure out how to provide care for your animal companions when you are gone. In the past pet owners had few choices concerning care for their animals while travelling. A growing number are now choosing professional pet sitters over traditional boarding services. People like knowing their pets are safe in their own home where they are most comfortable. “Having a pet sitter is less stressful for your pets because even though they are left alone for much of the day, they remain in their own home where they are happiest,” says PJ Patel of Jambooree Pet Care. “Pet parents can enjoy their holidays knowing their pets are well cared for, healthy and happy.” With a professional pet sitter, your pets stay in your home and
your sitter provides care for them. For dogs, this usually includes a 20-to 30-minute walk, feeding them and giving them fresh water.

Jamboree Pet Care, Inc. is a local San Diego business providing high quality and reliable in-home pet care by experienced pet sitters. For more information on Jamboree Pet Care, Inc, please contact PJ at (619) 272-0271 or visit our Web site www.JamboreePetCare.com

San Diego Spaniel Rescue 2008 Holiday Book Wrap

San Diego Spaniel Rescue (SDSR) is well-known throughout the county for the work they do on behalf of homeless Cocker Spaniels. This year, once again in partnership with Barnes and Noble Booksellers, they help the humans of our community during the busy holiday season, offering complimentary gift wrapping on purchases. This year’s wrap will be held on Sunday December 14th from 10 am to 4 pm and again on Thursday December 18th from 4 pm to 9 pm at 7610 Hazard Center Drive, San Diego. You can learn more about them at their website: sdsr.org.

"Walkin'-in-a-Wiener-Wonderland" 2008

This year, The San Diego Dachshund Clubs walk-in-the-park is scheduled for December 21, at 1 p.m. People rendezvous with their dachshunds near the main fountain on the Prado near the Science Center. Around 1:45 or so they will start to make their way down the Prado to the ‘Spreckels Organ Pavilion to participate in Carol Williams’ “Christmas Organ Concert and Sing-Along” scheduled for 2 p.m. The Dachshunds usually sit in back along the steps. For more info, go the Web site, www.sddc.us.

Chained Dogs Suffer as Winter Nears

“As winter approaches, our volunteers always see a large increase in the number of calls for help, usually from concerned neighbors, who can no longer stand to hear a chained or penned dog cry or bark all night long, or who are just plain disturbed by the sight of a dog suffering through another winter,” said Tamira Ci Thayne, founder and director of the six-year-old nonprofit, Dogs Deserve Better, which works on numerous fronts to change laws and minds and to educate people about the suffering endured by dogs that are kept as prisoners on a chain or in a cage. In most places in the United States, it is legal to keep a dog outside and chained, no matter how far the temperatures drop.

“We encourage people to remember that although it can be hard to take a stand on behalf of neighbor’s dog, a concerned neighbor can quite often make the difference between life and death for these animals,” Thayne said.
Unfortunately, too many Thoroughbreds are discarded by those who no longer reap their financial gains. The rescues are having a difficult time due to the downturn in the economy. After the Finish Line can only help as many horses as our funds allow. We can accomplish our goals with your help. This year your donations have benefited countless horses at over twenty rescue organizations in California and across the United States. Each month we are able to give more and more funding to the Thoroughbreds because of your generosity. Remember, ATFL board members are not salaried. All the donations we receive directly benefit the Thoroughbreds.

ATFL will also donate funds to Colorado Horse Rescue (CHR). WannaCruz (aka "Cruz"), a 26 y.o. Thoroughbred mare, came to CHR because her guardian of the past 14 years fell on hard times after leaving a domestic violence situation. Cruz had previously ran in claiming races, then transitioned into a jumping career, a lesson program and then a broodmare. While at a safe house, Cruz's owner was unable to oversee her horse's care. Cruz was put on pasture over the summer and lost about 300 lbs. Cruz's front teeth are so broken and worn that she could not graze causing her weight loss. Her owner donated Cruz to the rescue because she knew she had to do right by the horse. At CHR, Cruz is on a vet prescribed weight gain diet and is receiving the care she needs to bring her back to full health.

Have you ever seen a horse paint? I recently assisted Turkoman, a graded stakes winner of over $2 million dollars, as he painted to raise funds for Our Mims Retirement Haven in Kentucky. This painting is donated by CERF. Our Mims specializes in restoring the health and spirit of aged broodmares. Turkoman has a special connection to Our Mims. Tabia, Argentina's 1975 Champion two year-old filly, was the dam of Turkoman. She resided at the facility for four months before she passed away at the tender age of 32. Turkoman's sire Alydar was Our Mims younger brother. Our Mims will auction the painting for a fundraiser.

Please consider a year end charitable donation to save the Thoroughbreds. After the Finish Line, 3525 Del Mar Heights Road, PMB 397, San Diego, CA 92130. For more information please visit www.AftertheFinishLine.org or call (858) 350-1371.
Animal Adoption Organizations

A Passion For Paws Akita Rescue Cheryl Weatherford (858) 551-7511 www.APassionForPaws.org
Angel Wings Cat Rescue Inc. Wilma Daubman (760) 744-0764 www.AngelWingsCatRescue.com
Bat Rescue Richard Wilkins (858) 679-0211 www.batrescue.org
German Shorthaired Pointer Rescue Richard Wilkins (858) 679-0211 www.batrescue.org
Greyhound Adoption Center Toll Free 1-877-478-8364 www.GSP-Rescue.org
Greyhound Connection (619) 286-4739 www.greyhoundconnection.org
Operation Greyhound Bruce or Bob (619) 588-6611 www_OPERATIONGREYHOUND.com
Paws of Coronado Louise Shirey (619) 435-8247 www.PawsOfCoronado.org
Pit Bull Rescue of San Diego Kate John (858) 361-3592 www.PitBullRescueSanDiego.com
Pug Rescue of San Diego County www.pugbutts.com
S.D. Turtle & Tortoise Society (619) 593-2123 www.SDTurtle.org
Southwestern Rottweiler Club San Diego Deanna Giller (619) 645-8800 www.SRCSD.net
Westie Rescue of California (619) 579-6395 www WestieRescueCA.com

Animal Welfare Organizations

Labrador Harbor Sue Frounfelter (619) 892-0049 www.LabradorHarbor.org
Lions, Tigers & Bears Bobbi Brink (619) 659-8078 www.LionsTigersandBears.org

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Dog Beaches/Parks

NO LEASH REQUIRED LOCATIONS

Coronado Beach North end of Ocean Blvd., South of Naval base & North of Lifeguard Tower
South Coronado Cays Park Coronado Cays Blvd.
Del Mar North Beach N. end of 29th Street Sept.15 to June15 only
Fiesta Island Sea World Dr. & Fiesta Island Rd.
Ocean Beach Dog Beach end of Voltaire St. & W. Point Loma Blvd.

LEASH REQUIRED LOCATIONS

Cardiff State Beach Old Hwy 101, Cardiff lot seaside
Coronado Tidelands Park Mullinix Dr. & Glorietta Blvd.
Del Mar Beach S. of Powerhouse Park & Ocean Ave.
Encinitas San Eljo State Beach, Manchester Ave.
Imperial Beach 5th St. & Imperial Beach Blvd.
Oceanside Oceanside Harbor, Harom Dr. west to Harbor
La Jolla Shores Beach 8200 Camino Del Oro From 6 p.m. to 9 a.m. only
Mission Beach -The Strand S. end of Mission Blvd. at channel entrance From 6 p.m. to 9 a.m. only

Dog Clubs

BREED SPECIFIC DOG CLUBS

Aztec Doberman Pinscher Club of San Diego Angie Monteleon (619) 443-8944 www.AztecDPC.com
Irish Setter Club of San Diego Madelon McGowen (619) 441-7339 Email - MadMac646@yahoo.com
San Diego Whippet Association Jo Rufing (619) 477-4222 www.SanDiegoWhippets.com

DOG WALKING SOCIAL CLUBS

AGILITY/DISC/DOCK/FLYBALL/LURE COURSING/OBEDIENCE & SPORT DOG CLUBS

All Breed Obedience Club Inc. (619) 287-2211 www.aboci.com
Ballistic Racers Flyball Team B & J Matsumoto (619) 991-5267
Luratics Lure Coursing & Earth Dog Pat Bennett (619) 749-0724 www.Luratics.com

HERDING CLUBS

Action K9 Sports Terry Parrish (760) 739-8673 www.actionk9sports.com

Spay & Neuter Services

Feral Cat Coalition (619) 758-9194 www.feralcat.com
Pet Assistance Foundation Betty Brokaw (619) 469-5008 www.orgsites.com/ca/pet-assistance/
ANIMAL RESOURCES

Animal Shelters & Humane Societies

SHELTERS THAT WILL ACCEPT STRAYS & HAVE ADOPTIONS

BAY PARK/MISSION VALLEY

County Animal Services – Central
5480 Gaines St., CA 92110 (619) 236-4250
www.sddac.com Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.

BONITA

County Animal Services – South
5821 Sweetwater Road, CA 91902 (619) 685-6309
www.sddac.com Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.

CAMP PENDLETON

Camp Pendleton Animal Shelter
4th St. Area 25 Bldg. 25132 CA 92054 (760) 725-8120

CARLSBAD

County Animal Services – North
2481 Palomar Airport Road, CA 92009
(760) 438-2312 or (760) 746-7307
www.sddac.com Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.

CHULA VISTA

City of Chula Vista Animal Shelter
130 Beyer Way, CA 91911 (619) 691-5123
Hours: M-F 10 a.m. to 5 p.m. Sat. 10 a.m. to 4 p.m.

CORONADO

Animal Control Facility
700 Orange Ave, Coronado, CA 92118 (619) 522-7371
Hours: 7 days 8:30 a.m. to 4:30 a.m.

EL CAJON

City of El Cajon Animal Shelter
1275 N. Marshall Ave., CA 92020 (619) 441-1580
Hours: Tues-Sat 10 am to 5:30 pm

ESCONDIDO

Escondido Humane Society
3450 E. Valley Parkway, CA 92027 (760) 888-2275
www.EscondidoHumaneSociety.com
Hours: 7 days 9 a.m. to 5 p.m.

OCEANSIDE

North County Humane Society
2905 San Luis Rey Road, CA 92054 (760) 757-4357
www.NCHumane.org Hours: 7 days 10 a.m. to 4:15 p.m.

THESE SHELTERS ONLY ACCEPT OWNER RELINQUISHED ANIMALS.

BAY PARK/MISSION VALLEY

San Diego Humane Society & SPCA
5500 Gaines Street, CA 92110 (619) 299-7012
www.SDHumane.org
Hours: Mon-Fri 11 a.m.-6 p.m. Sat-Sun 11 a.m.-5 p.m.

EL CAJON

Friends of Cats
15587 Olde Highway 80, CA, 92021 (619) 561-0361
www.FriendsOfCats.org Hours: Tues-Sun 10 a.m. to 4 p.m.

ENCINITAS

Rancho Coastal Humane Society
389 Requeza Street, CA 92024 (760) 753-6413
www.RCHumaneSociety.org
Hours: 11 a.m.-5 p.m. everyday except Tues. 11:30 a.m.-5 p.m.

RANCHO SANTA FE

Helen Woodward Animal Center
6461 El Apajo Road, CA 92067 (858) 756-4117
www.AnimalCenter.org Hours: 7 days 11 a.m. to 6 p.m.

SPRING VALLEY

National Cat Protection Society
9031 Birch Street, CA 91977 (619) 469-8771
www.NatCat.org Hours: Tues-Sat. Noon to 5 p.m.
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 Canarinos Court, #108, Chula Vista, CA 91910 M-F 6 p.m.-8 a.m. Sat. Sun.
3:30pm-8am www.PESCSanDiego.com

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

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

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

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

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

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

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

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

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

SORRENTO VALLEY
Veterinary Specialty Hospital (858) 875-7500
10435 Sorrento Valley Rd. San Diego, CA 92121 7 Days 24 hrs.
www.VSHSD.com

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