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# PRESCOTT DOG MAGAZINE

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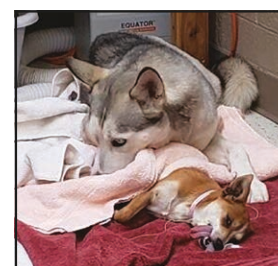
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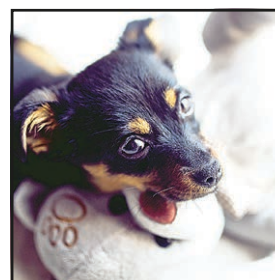


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The Prescott Dog Magazine is published bimonthly in Jan/Feb; Mar/Apr; May/Jun; Jul/Aug; Sep/Oct; Nov/Dec by Red Dog Publishing, PO Box 11868, Prescott AZ 86304. Copyright © 2016-2020 by The Prescott Dog Magazine. All Rights Reserved. Reproduction of any material from this issue in whole or in part is strictly prohibited. The Prescott Dog Magazine reserves the right to edit all material and assumes no responsibility for errors. The views presented in this publication do not necessarily represent the policies of The Prescott Dog Magazine and should not be construed as endorsements. Layout and design by Kim Prosser, Graphics Manager.

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Email: [Info@reddogpublishing.com](mailto:Info@reddogpublishing.com)  
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### EDITIONS & DEADLINES

May/June

April 1

July/August

June 1

September/October

August 1

November/December

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January/February

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## HAZEL HOWLS

Dear Red Rocket Rez Dog Journal, Bored...sooooo bored. The "golden girls" have been at each other all day. Mouth wrestling, chase and crash games, steal the toy with a strong emphasis on "keep away." Dad and Mom seem to have a lower tolerance for this than Tucker is displaying. He's just watching from the couch...his eyes are the only thing moving as the chaos returns to the living room. He must be thinking about something and not engaging his "peace officer" mode. Mom and Dad are making routine appearances from their separate work hovels to try to enforce a peace treaty, but the "cease fires" give way and collapse in short order.

Yawn. I tried to apply my philosophical musings to the morning's events, but honestly, I just want to go for a ride. With Dad. Just us. A long ride, miles and miles of scenery and scents whisking by...

Mom made an announcement earlier this morning that Tucker is now going to be the Flagstaff – Sedona Dog Magazine's "spokes-dog." Dad looked towards me to see my reaction. Frankly, I get tired of the Paw-Parazzi with their cameras and the endless requests for autographs. Let Tucker get a taste of it. Although he'll probably enjoy it in his stoic, deadpan manner. Honestly, if I get asked again what my favorite color is, or asked to say something clever and philosophical, I'll bury my face in a bowl of pickles!

Well, maybe not that on second thought.

I think Tucker's quietly excited. He thinks he's photogenic. I would

never tell him this, but I'm the photogenic one. You gotta have pointed ears to really shine for the camera. It's true. Dad told me that an actor put on fake pointed ears once, and he became very famous because of that. If you don't believe me, name one two-legged actor that put on floppy ears and made it big. I can't think of one. So aside from Tucker's fold down ears, I think he'll will do a good job.

When Mom made her announcement this morning about Tucker, and the new magazine that the family and friends will be working on, Elle and Kiera had questions. They followed Dad outside and pestered him. Elle just wanted to know if she had more chores to do, and when the answer was no, she piped down. Kiera motor-muzzled about fifteen questions at once, so Dad relented and felt he had to go back to the beginning of the Mom's magazine story, which Tuck and I have heard numerous times, so we ambled off to lay in the sun.

The story which I will relate in short form, goes something like this: Fourteen years ago, Mom had the idea to publish a specific kind of magazine and started making a mock-up. She would collect pictures out of magazines and paste them on blank pages. She would fine tune the layout, thinking of stories, advertising, partnerships, and most importantly to her, how to present rescue news and help strengthen the animal/human bond in her surrounding community. She would work on her mock-up everywhere, on airplanes, in the car. As time went on, life got busier, other priorities prevailed,

and the packed folder of dreams was put aside and forgotten.

Years passed and one day Prescott Dog magazine came into her hands. It was the genre of magazine she had designed all those years ago (cue George Harrison....) That's how you truly got roped into being a public spokes-dog. Then Elle was chosen to review books for KidzZone Magazine when it was created, and now Tucker is getting thrust into the limelight with Flagstaff Sedona Dog.

So that's the Hazel version, Dad's version is much longer and kind of boring to four-leggeds. I give credit to Kiera, the youngest of our circle of paws, she paid attention to every word of the story.

When Dad finally wrapped up it up, Kiera dashed over to Tucker and barked twice. Tucker slowly raised his head up from his sunning position, bared his teeth and snorted back. Twice. Kiera immediately spun around and ran past Dad as he headed inside.

"What was that about Tuck?" I asked him, not raising up myself as the warmth of the sun was hitting the right areas.

"Kiera wants to know if Mom's is going to get another magazine so she can be famous like me", he remarked while easing himself



Hazel & Tucker

back into ray-catching position.

"I don't think now would be a good time Tuck. Mom's got a lot on her plate right now..." I trailed off because something began nagging me.

"Wait, what do you mean, famous like you? You haven't even had your eight by ten pictures made yet! Why didn't Kiera ask to be famous like me?" I waited as Tucker rolled slowly on his back, "I wasn't aware that anyone would want to be like you. The thought never occurred to me." Tucker rolled back down on his side and seemed to signal the discussion was over.

Kiera came racing back out beaming. "Mom said instead of getting another magazine I can have your job when you retire, Hazel. So...how old are you again, Hazel? You know with all that white showing up on your muzzle, maybe you should think about taking it easy now that you're all old and stuff."

A word of advice to the readers. If you have thin skin, don't become a celebrity.

~Hazel Bazel Rocket Dog



## Bear Gets Her Wings

by C.L. Dreves

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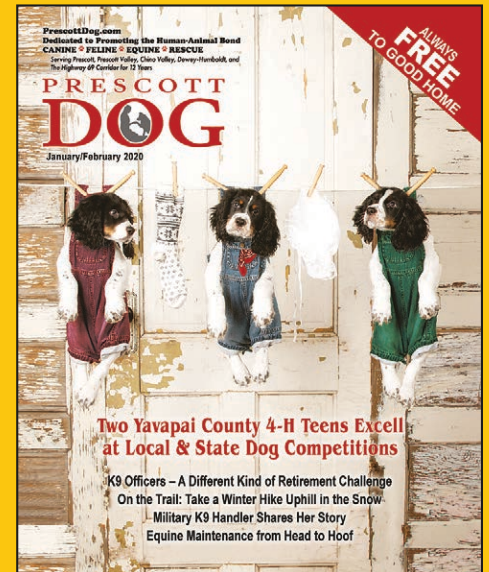
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## HERE'S HOW TO ENTER

1. Email your entry to: [info@reddogpublishing.net](mailto:info@reddogpublishing.net) (Don't forget to attach your photo.)
2. Use the subject line: Prescott Dog Cover Dog
3. In the body of your email, include your dog's name and age; your address, phone number, and preferred email address.
4. For your entry to be considered for the May/June edition of Prescott Dog Magazine, we need to receive your entry by 11:59 pm on March 31, 2020. Entries received after that date will be considered for the July/August edition.



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## Calendar

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#### YAVAPAI HUMANE EQUINE CENTER

If you would like to schedule a tour of our center, please call: (928) 515-4947.

#### YAVAPAI HUMANE SOCIETY (YHS)

- 50% Off - 1st Sat of every month at the YHS Thrift Store, 1601 Iron Springs Road, Prescott. Open Mon - Sat, 9a-5p.
- Walk-In Vaccine Clinic every Sat, 8a-4p at YHS Spay/Neuter & Wellness Clinic, 2889 Centerpointe East, Prescott. No appointment necessary. First come, first serve for low-cost vaccinations. More info: [yavapaihumane.org](http://yavapaihumane.org).
- Low-Cost Feral Fixes Wed, Thu, Fri 7:15a - 5p at YHS Spay/Neuter and Wellness Clinic, 2889 Centerpointe East, Prescott by appt. only. 928-771-0547 to schedule appt.

### ONGOING ADOPTIONS

#### AARF ANIMAL RESCUE & SANCTUARY

Adoption days: Every Saturday at Petco (Hwy 69); 3rd, 4th, 5th Saturday of every month at Whiskers Barkery, 225 W Gurley St, Prescott. [aarfanimalrescue.org](http://aarfanimalrescue.org)

#### CATTY SHACK - CAT ADOPTIONS

Onsite - Tues thru Sat 10am-2p, 609 S. Granite St., Prescott. [ssnsmart@yahoo.com](mailto:ssnsmart@yahoo.com)

#### CIRCLE L RANCH ADOPTIONS

On-site by appt. Please check website for off-site info. (928) 273-7005, [CircleL.org](http://CircleL.org)

#### GREYHOUND PETS OF ARIZONA

Petsmart 4th Sat of each month 1:30p

#### MISS KITTY'S CAT HOUSE

Onsite - Open House, Fri, Sat. 11a-3p 302 W. Alarcon, Prescott. Offsite - Petsmart, Saturday / Sunday 11a-3p

#### UNITED ANIMAL FRIENDS

Info: [unitedanimalfriends.org](http://unitedanimalfriends.org)

- Cat Adoptions - Petco (Hwy 69, Prescott), Daily 9a-10:30a & 4p-5:30p.
- Dog Adoptions - Petco (Hwy 69): Saturday 11a-2p; Sunday 12p-3p; Whiskers Barkery (225 W Gurley St, Prescott) 1st two Saturdays of every month, 11a-2p.

#### YAVAPAI HUMANE SOCIETY

- Onsite Adoptions - Mon-Sat 11a-6p; Sun 12p-4p, 1625 Sundog Ranch Rd., Prescott, (928) 445-2666
- Offsite Adoptions - Petsmart Mon-Sat 2p-4pm; Sun 11a - 2pm. Petco Fri & Sat 11a - 2p
- Lost Pet Center - Hrs: Mon-Sat 11a-6p; Sun 12p-4pm

### MARCH EVENTS

#### HERITAGE PARK ZOO

March 9-13 Spring Zoo Camp  
March 17 St. Patty's Day, Wear Green, Get 50% Off Admission

#### WESTERN DRESSAGE TWO-DAY CLINIC

March 21-22, presented by Western Dressage Assoc. of AZ. Some proceeds support Horses with Heart. Info: Syndy (928) 830-9329.

#### WILD ROSE HORSE OBSTACLE CONTESTS BUCKLE SERIES

March 27-29, Bumble Bee Ranch, Bumble Bee, AZ. Benefits Bethany's Gait Rescue. Info: Gary (928) 595-0428.

### APRIL EVENTS

#### HERITAGE PARK ZOO

April 4 & 18 Zoolittles  
April 11 Breakfast with Lynx  
April 12 Easter Eggstravaganza  
April 18 Sip N Paint  
April 18 & 19 Earth Day Celebration  
April 25 Behind the Scenes Photo Tour

#### HIKE FOR HOUNDS

April 4th, 10a-1p, benefits United Animal Friends. 5k walk with your dog(s) on the beautiful Brownlow Trail, Commerce Drive, Prescott. \$20/person, dogs are free. Info: (928) 778-2924.

#### EASTER PHOTOS WITH THE EASTER BUNNY

April 4, 11a-3p, benefits United Animal Friends. Whiskers Barkery, 225 W Gurley Street, Prescott \$10 framed 5" x 7" photo or CD with multiple photos. Info: (928) 778-8700.

#### KITTEN KITTEN & BLACK CAT ADOPTION EVENT

April 18, 10a-1p, Kitty City at Petco, Prescott. Info: (920) 778-2924.

#### WILD ROSE HORSE OBSTACLE CONTESTS

April 24-26, Patterson Ranch, Star Valley, AZ. Benefits Bethany's Gait. Info: Gary (928) 595-0428.

#### HIGH DESERT HORSE SHOW-OPEN HORSE VENUE

April 25, Santori Ranch, Chino Valley. Info: Traesa (928) 848-3659.

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# PRESCOTT VALLEY TRAINER CONTRACTS LIFELONG DOG TRAINING BUG

By Heidi Dahms Foster



Donna Cox

Like many young girls, the 10-year-old Donna Cox would have given just about anything for a horse. To prove to her father that she was mature and responsible enough, she set a disciplined training and exercise schedule for the family's two Shar Pei dogs. She got her horse, but she also caught the dog training bug, from which she has never recovered.

"I set a rigorous training and exercise schedule with our dogs Dinky and Biscuit. I began getting up at dawn to feed, groom, train, and exercise them before heading to school. This began my love of dog training. My parents were so impressed by the training, which included lunging and jumping them like horses, that they finally allowed me to get my first horse, "Smokey" an off-track thoroughbred over 17 hands high," Cox said.

She loved Smokey, and still has a spot in her heart for horses. But the dogs won out in her life and career. She now shares her home with two dogs - Samsi, a two-year-old Belgian Malinois and Charlotte, a Labrador Retriever pup.

"I truly cannot see a future without dogs," she said. Cox now helps dog owners and their animals learn clear communication to help ease the stress that behavioral problems have caused. "I find it so rewarding to help a family that is struggling with their dog."

Originally from Yuma, Arizona, Cox lived in Kentucky for 10 years, where she began training dogs professionally. After returning to Arizona in 2017, she planned to open a dog training facility in the Phoenix area. Love got in the way, and after marrying her husband, Aaron Cox, whom she grew up with and dated for a time as a teen, the couple



Donna Cox as a child, already a dog lover

moved to Prescott Valley. Aaron loves dogs and supports Donna's training endeavors.

"I'm so appreciative of having such a patient and support husband. He really goes above and beyond, helping me make everything run smoothly at home when things get busy with work and dogs for me! We also have three kids that Aaron is an incredible stepfather to - Kane, 17, Eliana, 14, and Daniel, 12.

Cox searched for a year for the perfect place to start her dream of a training facility.

"When I began training dogs in Kentucky," Cox said, "I had a large farm that allowed me plenty of room for working dogs. When I returned to Arizona I was mainly doing private in-home training sessions. I quickly realized that I would need a facility where I could work the dogs in a more focused environment. After looking for over a year I was contacted by a client about her realtor having something coming available. It was perfect for our needs."

Prescott Valley Dog Squad currently offers basic through advanced obedience training, behavior modification, and for those who enjoy competition or would like to start, AKC S.T.A.R. Puppy

class, CGC(Canine Good Citizen), CGC-U(Urban), CGC-A(Advanced), AKC Scent work, and AKC Rally Classes. Additionally, the business offers Therapy dog and Service dog training. Dog owners can schedule private lessons, attend group classes, or take advantage of the Dog Squad's two-week Board and Train feature. Plans are in the works to add Agility training in the future.

"We currently have two trainers beside myself - Mallory Fabozzi, who also has a dog training business in Phoenix, and Heather Lum, who has 16 years of training experience and teaches Animal Psychology at Embry Riddle University," Cox said.

Cox and her trainers are focused on helping dog owners solve the problems that hurt their relationship with their pets. Such things as lack of structure and boundaries, exercise, and mental stimulation set puppies up for failure, and too many times, those dogs end up in shelters. Often, owners also cause issues with their dogs when they try to humanize them. It's better to relate to them as the dogs they are.

"It's so important to understand we are only self-rewarded by humanizing our pets. It does



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nothing to make the dogs confident and comfortable in themselves. The truth is it really changes them and not for the better," she said.

She also stresses the training techniques that will help a dog to fit and live comfortably into its world.

"The most common training issue I see in my business is poor timing with corrections and rewards, lack of structure and rules," Cox said. "A lot of times new puppies and dogs are overly coddled and babied and given no structure or boundaries. Inadvertently they are being set up for failure and then being reprimanded for it!"

Instead, Cox said, dog owners can learn to set their pups up for success. "Management is key with a new dog or puppy. For instance, a safe confined area so they can't tear up the house when we aren't supervising them, plenty of physical exercise and mental stimulation to prevent destructive behavior, and consistency in EVERYTHING."

Training should begin at eight weeks of age," she said, but Cox works with all ages of dogs to help overcome early training deficiencies and enhance the relationship between dog and owner.

Finding a dog that suits your lifestyle and activity level is the key to starting off on the path to a successful bond, she said.

"Certain dogs like a Great Pyrenees, for example, are not suited for apartment living, and a Belgian Malinois is not a good breed for somebody unable to be actively exercising and training, in both mental and physical activity. I am not opposed to purebred dogs purchased from responsible breeders, but I also know that there are many great dogs available at our local shelters and rescues that would fit into various lifestyles," she said.

Adopting a dog is a little bit different, in that prospective families don't always know an animal's history, Cox said.

"Choosing a dog from a shelter can be so exciting, but take some breaths before entering, and have a plan!" she said. "Make sure that you're not choosing a dog just on your needs, but think of the dog's needs as well. If you get a dog that is shy and needs a quiet environment, but plan on having parties every night, that's probably not fair to the dog."

Some breeds of dogs will fit certain lifestyles better than others, she said. "Are you active? Do you like to hike and bicycle? Then you should look at some of the more active dogs. Are you a couch potato, or perhaps a senior? Maybe an older dog would be the best bet. One thing to remember is that all dogs need a few months to adjust to their new homes."

Cox said people should not feel bad if they don't have an instant bond with a new dog.

"They will need your patience, love, and consistency in routine before you'll start to see their true colors. It can be quite a difference than the scared, timid dog you took home. It's

a marvelous thing to see a dog realize they are loved, wanted, and that they have structure and consistency in their world," she said. "However, sometimes you will run across issues. It's important that you reach out for help so you aren't inadvertently reinforcing bad behavior."

Rescue dogs often carry a lot of baggage from the past, often that new owners will never know. "Sometimes things show up at a later point after adoption. It's important to be prompt at addressing issues, but not returning the dog, because training can remedy many behavioral issues," she said.

Cox is in the final semesters of earning her certificate for Service Dog training. She's well aware of the concerns about fake service dogs – the problem of people passing their untrained pets off as service animals. She knows it's delicate issue, especially in public places.

"I see so many issues in that world," she said. "It's tough because you don't want to pry, and there are so many invisible disabilities. If I see a dog acting up and being represented as a

service dog, I always hand out a card and suggest some tune-up training with us.

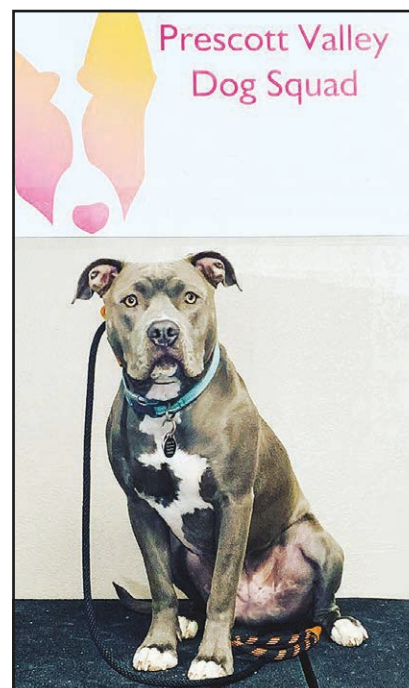
"When I'm taking on a new Service Dog client, I look for a few things. Does the individual have a recognized disability and are they committed to doing their part in the Service Dog training process? Is the dog to be trained capable of performing the tasks they will need to mitigate the owner's disability? That includes several factors such as health, age, strength and size, especially for mobility assistance. Temperament is important. Is the dog neutral with other dogs and people at all times? Is he willing to work and perform tasks in all situations and environments?"

"Obviously this isn't all expected right away from a dog with no training, but ideally a Service Dog in Training should be of great neutral temperament, eager to work, and definitely physically fit if doing any mobility assistance."

Cox has a clear vision for what she wants to accomplish at Prescott Valley Dog Squad.

"I hope to be a dog training facility filled with 'aha' moments for both owners and dogs. When you see all of the foundations of communication coming into play, and can begin to almost talk to your dog through verbal markers, cues, and body language, and begin to read and understand your dog, that's where the magic is," she said.

Prescott Valley Dog Squad is located at 8169 E Florentine Road, Prescott Valley. Contact Prescott Valley Dog Squad at 928-515-3350, visit the website at [www.prescottvalleydogsquad.com](http://www.prescottvalleydogsquad.com), or visit Prescott Valley Dog Squad on Facebook.



In Training





## Yavapai Humane Society

On October 29, 2019, a female Husky named "Sister" was saved by the Yavapai County Animal Control Department from a horrific situation of extreme abuse. Sister suffered for weeks with a leg that was essentially detached due to her owner's willful neglect.

Upon detection of Sister's grave condition, the Yavapai County Animal Control Department quickly transported Sister to Prescott Pet Emergency Clinic to have her damaged leg bandaged prior to bringing Sister to Yavapai Humane Society (YHS) for comprehensive



Sister after surgery

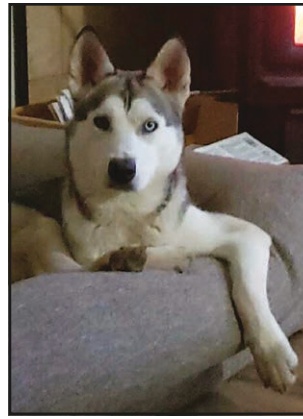
medical treatment. Upon arrival at YHS, Sister was instantly prepped for surgery where her damaged leg was amputated in order to save her life. Within 24 hours after the surgery, Sister was up and going through the rehabilitation process to teach her how to walk on three legs.

After Sister completed the initial phase of her rehabilitation she was assigned to Gabe Alexander, YHS Medical Clinic Manager, and Gabby Goode, YHS Veterinary Tech, for medical fostering. Sister immediately bonded with Gabe, Gabby, and their dog, Koa.

Sister and Koa love to play and run around outside and then cuddle



Kenya taking care of other dogs after surgery



Kenya by the fire

together on their dog bed in front of the fireplace. Sister enjoys her treats and toys, but she really loves to go for rides in the car! Her favorite activity is to come to YHS and comfort other dogs recovering from surgery.

She's a sweet angel with a heart of gold who has adjusted so well to her new life – even after the horrors that she had to endure from her previous owners.

This story has a very happy ending as Sister, now known as Kenya, was adopted by Gabe & Gabby and is living happily ever after with her new family.

This amazing dog was saved because of an anonymous tip called into the Yavapai County Animal Control Department. Please, if you see abuse happening to an animal, call the authorities and help to save that animal from what Sister went through.

### ABOUT YAVAPAI HUMANE SOCIETY

Yavapai Humane Society (located at 1625 Sundog Ranch Road in Prescott) has been serving Yavapai County's citizens and animals since 1972.

YHS operates a shelter caring for cats and dogs, a Thrift Store, a low-cost Spay/Neuter & Wellness Clinic, and an Equine Center. Connect with Yavapai Humane at:

#### Website

yavapaihumane.org

#### Facebook

YavapaiHumaneSociety

#### Twitter

YavapaiHumane

## UNITED ANIMAL FRIENDS ON A RESCUE MISSION

United Animal Friends is unique in the number of community programs we provide, including our Spay/Neuter Certificate Program, Emergency Medical Program, Community Pet Food Bank, Courtesy Listing Program, and Community Cat Spay/Neuter Program. We are happy to be able to help so many community pets, but our founding mission when we began back in 2003 was our Foster/Adopt Program, and it remains our core mission today.

Because of our supporters, we were able to rescue 192 dogs and 204 cats from shelters

and find them loving homes last year. Without their help, many of those wonderful pets would most likely have been euthanized - especially those with medical needs like Indie, a Dachshund/Chihuahua mix who was found as a stray in Gallup, NM. We don't know how long Indie was homeless or how this tiny girl, who we estimate to be anywhere between 9 and 12 years old, survived on the streets.

When she came to us, her mouth was so infected that she needed all of her teeth removed. The loss of her teeth in no way impaired her ability to eat like a horse, but her foster mom noticed that, despite her voracious appetite,

she was losing weight. Since she had started out at a mere 5.6 pounds, this was alarming enough for us to seek medical attention.

Fortunately, Indie had a benefactor in one of our biggest supporters, who kindly donated funds for her care. We've discovered that Indie has atypical Cushing's Disease, which makes her adrenal glands release too many hormones. The disease is causing her elevated appetite and, oddly enough, the weight loss. She is being treated with medications that will keep her comfortable and, we hope, reduce the level of hormones being released into her body. She is also receiving plenty of snuggle therapy from

her big buddy, Cheyenne.

Indie's foster mom says, "We love her as our own and will do whatever it takes to make her happy and feel OK." That sentiment sums up how all of us at United Animal Friends feel about all the animals we take into our care. We are devoted to making the rest of their lives the best of their lives, and we can do that only with your support.

If you would like to help save more lives like Indie's, please donate to our Dog Program or Cat Program at [www.UnitedAnimalFriends.org](http://www.UnitedAnimalFriends.org) or P.O. Box 11133 Prescott, AZ 86304. We, and they, will be forever grateful.

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BETHANY'S GAIT

## INSTEAD OF BIRTHDAY GIFTS, MADDIE ASKED FOR DONATIONS

Most little girls turning 10 would have a birthday wish list filled with endless dazzling gifts. But young Maddie had a more noble idea in mind. She requested those attending her party make donations to Bethany's Gait.

As a non-profit organization dedicated to rescuing, rehabilitating, and restoring the lives of military and first responders and their families, Maddie had good reason for her plea. You see, Maddie's dad, a Marine Corps combat veteran, has benefited greatly from their program. Bethany's Gait also offers programs uniquely designed for Maddie, her siblings, and her mom.



L-R: Maddie's Dad, Josh; Maddie riding Dazzle; and Bethany's Gait Executive Director Cristi Rose.

After her party, Maddie made it possible to donate a total of \$120 to a cause that certainly makes our community proud.

Way to go, Maddie!



Winter is almost over. The feelings of newness are coming with Spring, along with a renewed energy. AARF had many projects and successes last year and that will continue. We had a volunteer gathering in January to renew that energy and make plans.

Mark the date: Our 2nd Annual Holes for Hounds golf fundraiser will be on May 23rd at Prescott Country Club, so watch for information on our website and Facebook.

We became a "Friend" of PACC911 with all the

resources they provide rescues. We continue to thank NOAH for their consistent and much-needed help!

Our Puppy Palace has seldom been empty. In mid-January a stray mom with her five 3-week old pups were brought to AARF from the Gallup area. We named her Shasta.

She was very thin, but her pups were chubby, and she took good care of them. She was put on a good diet by Ann and soon started looking much better. They are our



third family to take residence there.

The world of rescue has many doors, and one we don't like to open is the one leading to the Rainbow Bridge.

In December, we learned the sad news that one of our dogs in foster had lung cancer. Being about 10 years old, this was tough to hear as we had hoped he would get that forever home. However, he's in such good hands with his fosters, and loving his comfortable life after spending so much time in a shelter. That's what he will remember, and we are so happy to provide that for him.



Jake's Blessing

His foster even took him for a blessing by Rev. Pierre-Henry Buisson of St. Luke's Episcopal Church. As you read this, Jake may still be with us and that would be a blessing.

Please read about us on [aarfanimalrescue.org](http://aarfanimalrescue.org), follow us on Facebook, or call us at (928) 925-7219 for a tour and to meet our residents.



# ADOPT -A-DOG

**RUBY & MICAH:** We lived with our owner all of our lives, but he got sick, so we had to find another place to live. We would really like a home together. Micah is a 14-year-old shepherd mix, and Ruby is an 8-year-old Chihuahua mix. We have both been fully vetted and are in very good health. If you are interested in meeting us please call AARF Animal Rescue and Sanctuary at 928-925-7219.



**ALLIE:** A 2-year-old retriever cross, Allie is a medium-sized dog with a happy attitude and a big smile, and an active girl who loves walks, toys, and playing with her people. AARF Animal Rescue and Sanctuary 928-925-7219



**BASHFORD:** This is a precocious, confident Heeler cross youngster surrendered by a local family. He plays well with other dogs and is good at getting into mischief, but he'll quickly win your heart anyway. Yavapai Humane Trappers / foster Dawn-dawnlg39@yahoo.com



**BROWNIE:** A gorgeous brindle girl, Brownie is a Boxer mix, about 4 yrs old. She came from a home with 46 other dogs, so life is confusing right now. She likes people and other dogs. United Animal Friends uafdogs20@gmail.com



**BUCKY:** An adorable 10-week-old Chihuahua mix puppy. A tiny boy at only 3 pounds, but his personality is very big! He would like his new family to have lots of time to spend with him as he loves attention and snuggles. United Animal Friends/doxiemama4@gmail.com



**CINDER:** Cinder and his brother and sister are about 4 months old. Mom was a pit bull and dad was an Anatolian shepherd/Aussie mix. Logan is sweet, outgoing and handsome with his pale golden coat. AARF Animal Rescue and Sanctuary 928-925-7219



**EVAN:** A 2-year-old male Chihuahua, Evan has a sandy brown short coat and the biggest, most soulful eyes. He's a charming fellow who wants more than anything to have his own home and be cuddled all the time. Yavapai Humane Society 928-445-2666



**FROSTINE:** A 4-year-old Australian Cattle Dog mix, she is intelligent and active. She needs to keep her little mind busy, so if you like walks, training, obedience, agility, or anything else you could do together, Frostine is your girl! Yavapai Humane Society 928-445-2666



**GIZMO:** I am 1.5 years of silly fun. I get along with dogs, cats, and respectful kids. I like playmates, so I request another friendly dog, along with someone who has time for dog games and hugs. Yavapai Humane Trappers / foster Toby-4lvdch@bullerinetWORKS.net



**KINGSTON:** A young shepherd-golden found on the reservation with a shattered back leg. YHT arranged for the needed amputation and he is fully adjusted to his new mode as a tripod. He loves friendly dogs and people. Yavapai Humane Trappers / fosterJackie - jbarbour@gmail.com



**KOA:** A large Shar-Pei/Labrador cross, Koa is a handsome fellow with his Shar-Pei muzzle and ears, and his golden coat. He is 4 years old, big, gentle, and would love a new friend. Yavapai Humane Society 928-445-2666



**LILLY:** A young Anatolian-lab abandoned in a desolate area. She is a happy, energetic girl that is learning the house rules. She loves playing with other dogs and any toy tossed her way. Yavapai Humane Trappers/foster Dawn-dawnlg39@yahoo.com



**LOGAN:** Logan and his brother and sister are about 4 months old. Mom was a pit bull and dad was an Anatolian shepherd/Aussie mix. Logan is sweet, outgoing and handsome with his pale golden coat. AARF Animal Rescue and Sanctuary 928-925-7219



**LUNA:** This is a sweet 5-month-old Cattle Dog/Shepherd mix. Take this affectionate and smart pup out to play ball, and she will love it! She is a ball of puppy energy and is playful with adults, children, cats, and other dogs. United Animal Friends loveuaf33@gmail.com



**MARINA:** A large girl, Marina is a gentle and loving Pit Bull cross. She has a sleek brindle coat that is most attractive. But best of all is her big loving heart. She will be your constant companion. Yavapai Humane Society 928-445-2666



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# ADOPT -A-DOG

**MIDNIGHT:**

A 3-year-old shepherd cross, Midnight is ready to be your friend for life. Intelligent, sweet, and ready to play, he's going to be a wonderful companion for someone who wants a loving dog. Yavapai Humane Society 928-445-2666



**MOLLY:**

A gorgeous 3 year-old Great Pyrenees mix, Molly is friendly with adults but not with other dogs. Molly likes to be in the house with her people, and she rides well in a car. United Animal Friends uafdogs20@gmail.com



**RUBY:** A beautiful red cattledog teenager who has hugging and snuggling down to a fine art.

She is a sensitive girl, would love a playmate and a home of her own. Gets along well with dogs and cats. Yavapai Humane Trappers/foster Toby-4lvdch@bullerinetWORKS.net



**SHADOW:** A Siberian Husky mix, Shadow is a big boy with a black-and-silver coat and the most striking blue eyes.

He is 4 years old, active, and super smart. A great friend and great walking/hiking companion. Yavapai Humane Society 928-445-2666



**SPUD:** Adorable Spud is a 2-year-old Pug/Chihuahua mix. He has the cutest underbite and a tail that curls over his back Spud

wants to be your lap buddy. He gets along well with other dogs and cats. United Animal Friends uafdogs20@gmail.com



**STAR:**

A 1-year-old Rottweiler mix. He's large and gentle, but does bark if a stranger approaches his yard, not aggressively, just wants you to know he is there. Good on a leash and with other dogs. AARF Animal Rescue and Sanctuary 928-925-7219



**STELLA:** I'm a 4.5 year old whippet/chihuahua mix, and the sweetest thing ever! I weigh 20 pounds. I'm snuggly and affectionate, I like walks and car rides. I'm dog door trained, and I like other dogs. Yavapai Humane Trappers / foster Toby-4lvdch@bullerinetWORKS.net



**TANNER:**

An adorable 4-year-old terrier mix. Mix of what is unsure, but he sure is cute! He loves hanging out with his human. He likes other dogs, kitties, and walks on a leash. United Animal Friends uafdogs20@gmail.com



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# ADOPT -A-CAT

**SYLVIA:** A shiny all-black lady. Her coat has faint ghost stripes that you can see in sunlight. She is friendly and loves to cuddle. She also loves playing with aluminum foil balls & chasing them around the bathtub. The Catty Shack / Nancy or Denis 520-247-3181



**DIEGO:** A handsome 2-year-old male tuxedo cat, Diego was hand-raised as an orphan. He is an extra-loving kitty as a result, with the biggest purr ever. The Catty Shack 928-778-6951



**SEÑOR BLANCO:** Such a delightful, handsome guy!! He is a 3-year-old longhaired flame point with gold eyes, and he's extremely friendly. He loves to head butt and be petted. The Catty Shack 928-778-6951



**MELITTA:** An 8-month-old classic tabby female, Melitta has beautiful, glossy swirling stripes and distinctive markings. She is friendly and affectionate, and loves other kittens as well as people. The Catty Shack 928-778-6951



**SAM:** A handsome orange-and-white tabby male approximately 8 months old. He is an energetic, curious young man who loves to explore and play. He does like pets and cuddles as well. The Catty Shack 928-778-6951



**CALVIN:** He is a 9-month-old orange tabby male. He is a sweetie who loves snuggling and purring, but he can also be a bit mischievous and loves to chase and wrestle. The Catty Shack 928-778-6951



**TANGEE:** A pretty 1-year-old orange female (unusual) with long hair as well. She's very frisky, feisty, enjoys toys. Calm around other cats. Bonded easily with foster mom. Sweet, loving and beautiful, Tangee has it all. Miss Kitty's Cat House 928-445-5411



**DAN:** A 3-year-old Russian Blue mix with the beautiful signature silvery coat of the breed. He has gorgeous golden eyes as well. He's very friendly, even with strangers, does not mind being picked and loves being petted. Miss Kitty's Cat House 928-445-5411.



**WHISPER:** A beautiful long-hair all gray/silver female with amazing peridot green eyes. She's 4 years old and loves attention and petting. She gives head butts, but most of all, she yearns for attention. Miss Kitty's Cat House 928-445-5411



**SNUGGLE:** A 3-year-old tabby, black, gray and white. He is very, very sweet and a purr baby. He's an easy cat to love, becoming one of MK's favorites! Miss Kitty's Cat House 928-445-5411



**FIDDLE:** Gorgeous 7-month-old Tuxedo with the most amazing whiskers. He is very, very sweet with a great purr. He's a very playful kitty and entertains himself well also. Miss Kitty's Cat House 928-445-5411



**JIM:** A most handsome gray-and-white fellow, Jim is small in size, but big in personality. He has the most unique face and golden eyes as well as a loving personality. Yavapai Humane Society 928-445-2666



**BAGHEERA:** Here's your chance to have your very own House Panther! Bagheera is a black longhair male with mysterious golden eyes. He is 8 years old, very gentle and affectionate. Yavapai Humane Society 928-445-2666



**JAZZ:** This is one cool cat. Jazz is a small male tabby with beautiful green eyes. He is also a handsome long-haired cat. He is kind and loving. Yavapai Humane Society 928-445-2666



**LUCY:** A beautiful dilute calico, Lucy is mostly white with just a few patches. She is 10 years old. She is gentle, affectionate, and misses having a home. Yavapai Humane Society 928-445-2666



**JOEY:** A cool cat, Joey is black on the top and white on the bottom, with a little goatee. He is 4 years old and small in size, but big on love. Yavapai Humane Society 928-445-2666



**MELISSA:** A classically-marked tuxedo cat, she is not only beautiful, but very smart, courageous, and loving. She loves playing, exploring, and curling on laps. She can fit in almost anywhere. The Catty Shack/ Elizabeth 928-848-9509



**MADISON THE FAIR:** This is a 9-month-old exotic-looking tortoiseshell kitten with big copper eyes. She is quiet, calm, easy to handle, and very affectionate. Loves to play with toys. The Catty Shack 928-778-6951



**GEORGE:** A 12-year-old Point long-haired Flame-Point Siamese special needs senior tripod. Affectionate lap cat who loves being brushed. Miss Kitty's Cat House 928-445-5411



**PUMPKIN:** A 1-year-old tortoiseshell female. Pumpkin is affectionate and a talker. Gives new meaning to ACTIVE! Miss Kitty's Cat House 928-445-5411





# Now That I'm Safe: EQUINE RESCUE

By Rita Thompson-Tinsley

I did not create the article title. It is what it is. Simply put, Now That I'm Safe Equine Rescue in Chino Valley was developed as a safe haven for the ones that need refuge from the storms of abuse, neglect, and the treacherous act of being ruthlessly discarded.

Only a few years ago, Mitzi Conn was online and spotted a websight showing a jenny (female donkey) and her foal up for auction in Louisiana. Her heart was touched, and she decided to bid on the pair.

Upon transport to her place, the jenny had already passed away before departing the trailer. Pnevemonia. The foal, Cottonball, who is now fully grown, will never be adopted out. He is symbolic in the plight leading to Mitzi Conn's unrelenting mission.

In the spring of 2018, Mitzi Conn and Willa Miller went through the



Una Sonitalena with two happy passengers

necessary process of setting up the organization's 501(c)3.

"Becoming a non-profit changed everything," says Conn. Suddenly they were able to plan fundraisers, access wonderful doners, develop networking through social media. They can post pictures of the animals on their facebook page, post specific

cases, vet invoices, and special needs for donation capabilities.

Mitzi has become an expert in finding horses, donkeys, miniature horses and donkeys, (and one unique miniature mule) at regular auction houses known more commonly as 'kill pens.' "Most people don't realize the animals they take to auction are not necessarily going to new homes or ranches, but rather are bid on to sell over the border for slaughter," explains Mitzi, "and smaller miniatures are sometimes sold to zoos to feed larger animals."

Between Mitzi's huge heart and know-how and Willa's exceptional administrative skills, Now That I'm Safe Equine Rescue is developing into a community asset, but also serving as an example of important focus on each animal's individual value. Some of the horses are registered with papers. According to Willa, "One young stud that they

brought in still had a braided mane. It turned out that he was a show horse with 23 halter points from the World Show."

Now That I'm Safe Equine Rescue founder Mitzi relays one special story (of many) regarding one of the rescue mares:

*UNA SONITALENA had an impressive show record, but had some slight soundness issues and was sold as a broodmare prospect. She was bred, but it didn't take. Sold again, bred again, didn't take. Then someone rode the heck out of for a few days and ran thru a sale. She was so lame the next day it was apparent that it was going to be us or the 'Kill Buyer.' Well, we won, and with some rehab and love she gave new meaning to the phrase "Every horse deserves to be loved by a little girl at least once in its life." Lena will be loved by at least one little girl the rest of her life.*

## BOOK REVIEW: THE EYE OF THE TRAINER BY KEN RAMIREZ IS A TREASURE TROVE OF TRAINING WISDOM

By Heidi Dahms Foster

If you are a brand new pet owner or a long time trainer who is looking for some new insight, Ken Ramirez's *The Eye of the Trainer* is sure to enrich your knowledge and understanding of not only dogs, but all animals and how they learn.

Ramirez is the Executive Vice President and Chief Training Officer of Karen Pryor Clicker Training, the effective, positive reinforcement training method that revolutionized not only individual home training but competition training as well for thousands of dog owners.

He is a more than 40-year veteran of animal training and care who started his career working with guide dogs. He still works with organizations that train dogs for service work, search and rescue, bomb and narcotic detection.

He spent 25-plus years as the Executive Vice President of Animal Care and Animal Training at Chicago's Shedd Aquarium, where he developed and supervised

animal care, staff training, and public presentation for more than 32,000 animals.

Lest we forget why we train in the first place, Ramirez starts his book with a succinct message: "We teach animals how to live in our world. ...our goal is to facilitate learning and help animals navigate living among us."

Four cornerstones, Ramirez writes, form the foundation of a professional training program. They include health care, nutrition, environment, and behavior. As most people who work in rescues and shelters know, the majority of dogs who end up in those situations are those who lack what Ramirez calls "proper behavior management."

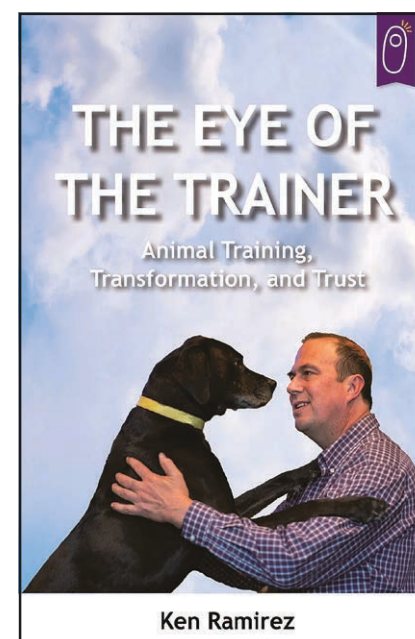
"Training should not be considered a luxury; it is a key component to good animal care," he writes. "Primary reasons for training are anything that directly benefits the animal in front of me."

Those reasons include physical exercise, mental stimulation, and cooperative behavior, Ramirez writes. He is adamant that if trainers put animal welfare before any other goals, they'll be much more successful.

"When we put the animal's needs first and use positive reinforcement to achieve training goals, the result is a happy and healthy animal. Animals in that state are usually eager to work and end up doing exceptionally well," he writes.

As you continue into *The Eye of the Trainer*, you'll mine not only more basics that will reinforce or perhaps revolutionize your understanding of how animals learn, but you'll also find that the deeper you delve into his writing, the more Ramirez will challenge you to learn new concepts, offer solutions to behavior problems, and teach you about how your dog's needs mirror the needs of other animals. He intersperses great stories and insights throughout.

Chapters of *The Eye of the Trainer* include Training Matters, Tools and Techniques, Creative Solutions to Unusual Problems, Teaching Trainers, and much more. The Eye of the Trainer is an exciting read for trainers of all experience levels. Find it at Karen Pryor Clicker Training, [www.clickertraining.com](http://www.clickertraining.com) for \$24.95.





# ON THE TRAIL: PICK PICACHO PEAK STATE PARK FOR SPRING GLORY

Text and Photos by Cheryl Hartz

Picacho Peak rises above Arizona's Sonoran Desert like a navigation beacon. Not a volcanic cone, but part of an eroded flow of lava, it served as a landmark to ancient peoples hundreds of years before history recorded its use in the 1700s. It is part of the Juan Bautista de Anza National Historic Trail.

One of the many appeals of Picacho Peak State Park is the explosion of wildflowers – particularly Mexican Gold Poppies – that occurs in March when winter rains have been conducive to their blooming. When my husband and I camped at Picacho Peak State Park in January, we experienced a day and a half of rain that helped make conditions perfect to expect a wondrous display of poppies in March.

Other species to look for are pale blue or violet Coulter's Lupine and bright yellow bouquet-like brittle-bush, whose seeds feed birds and small mammals. Savvy hikers know not to pick the flowers or the seeds will not have a chance to develop. Hikers should not go off trail either, to avoid damaging the plants and seeds. Anyone who disregards these simple rules is subject to fines, by the way.

Established on May 30, 1968, ten years after the State Parks Board included the area in its plan for potential acquisition, Picacho Peak State Park has grown from 640 acres to 3,747 acres. This incorporates several trails, including Hunter Trail, the most challenging one to the top of 3,374-foot Picacho Peak. It is a difficult, steep, and twisting two-mile



trek each way. Steel cables anchored in the rock on bare surfaces help hikers negotiate the route in places. Wear gloves.

This journey includes climbing and is not for anyone with a fear of heights or out of condition. But the 360-degree view is nothing short of spectacular, and worth the haul.

Because I've climbed Hunter Trail previously, and have a dog I couldn't leave at camp, I did not go to the top this time with my husband and his brother. Dogs are not allowed past the Saddle, which is a 90-minute round-trip on its own. It's also not recommended for children under age ten.

Jack and I enjoyed the portion of trail we walked. He especially reveled in all of the pats he got from people coming down, including a tired troop of Young Marines from Coolidge High School's ROTC program. As we stood aside to let folks pass, many stopped to visit a bit. Turns out they were from all over the United States and Canada. That beacon sure draws them.

It also attracts a variety of birds. Most noticeable are turkey and black vultures, Peregrine and prairie falcons, great horned owls, ra-

vens, and red-tailed and Cooper's hawks. Lots of doves, songbirds, and hummingbirds frequent the area, as well. I gently informed a pair of Canadian birders that the Gila woodpecker they pointed out

to me is pronounced "heelah." They took it well, and probably can't wait to tell their countrymen when they get home!

We didn't see other animals the week we camped there, but heard coyotes as they gathered each night before their hunt.

Rated difficult, the Sunset Vista Trail is 3.1 miles one way. It involves a lot of stepping up over loose gravel for the first two miles, and becomes steep and increasingly difficult when it approaches and then joins the Hunter Trail. Elevation gain is 1,400 feet. You can access Picacho Peak this way.

What most impressed me about the

Sunset trail is the seemingly endless view of Saguaro Cactus – a veritable forest – with a blue mountain range far in the distance. Saguaros are found nowhere else except the Sonoran Desert and no two are alike. It was fun to find stubby family groups, towering oldsters with multiple arms, still-standing spines of dead cacti, and even one lying on the ground looking like a collapsed balloon. Many appear to grow directly out of bare rock.

For a quick and moderate jaunt, a one-mile round-trip hike up Calloway Trail is rewarding. You get aerobic activity and a scenic eastern overlook to boot. (Pun intended.) It's suitable for dogs.



*Calloway lookout*

Connecting with Calloway is a Nature Trail with interpretive signs. It's only four-tenths of a mile.

Next to Calloway is an historic display with a portable Mountain Howitzer cannon and informative signs about the role Picacho Pass played as one of the westernmost battles in the Civil War in April of 1862. For years, re-enactors staged battles in the park in March, but have discontinued the controversial practice.

To traverse any of these trails, carry two to three quarts of water per person, take snacks, wear sturdy shoes or boots, and use sunblock. I would advise against a summer hike, when temperatures usually exceed 100 degrees. In fact, Picacho Peak was closed during summer months for several years because of past fatalities, but now remains open with strong cautions to hikers.

Picacho Peak State Park is easily accessible off Interstate 10 between Phoenix and Tucson. For more information, visit [azstateparks.com/picacho](http://azstateparks.com/picacho), or phone (520) 466-3183.

*Happy Spring hiking!*



*Hunter trail first cables*



*Rock cactus*



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# YCSO SGT. ERIC LOPEZ COMES FULL CIRCLE TO LEAD COUNTY'S K9 UNIT

By Heidi Dahms Foster

Yavapai County Sheriff's Sgt. Eric Lopez has come full circle in his law enforcement career, back to what he loves – the K9 Unit. Lopez started as a K9 handler at YCSO in 2012 with his first dog, Belgian Malinois Miley. He and Miley were a team to be reckoned with until 2017, when Lopez promoted to



Eric Lopez

detective to earn his sergeant stripes. He returned to the K9 Unit in August 2019, and Miley earned her retirement in Lopez's home. Longtime K9 Sgt. Jarrod Winfrey recently moved on to work with the Prescott Area Narcotics Task Force (PANT), and Lopez stepped in to lead the K9 Unit. He said Winfrey brought the Unit to what it is today.

"He's done so much. Jarrod and I came in together as handlers, and it was a good unit, but not what it is today. Jarrod brought it to another level. I'm lucky to step in – he's done all the heavy lifting for me," Lopez said.

Winfrey and Lopez were two of the handlers who raised three Belgian Malinois puppies from 3-month-olds, the result of a clandestine tryst in 2013 between two K9s in

Navajo County that produced 10 pups. Sheriff Scott Mascher traded 12 shotguns no longer being used after YCSO switched to rifles, and Cyrus, Gemma, and Zoey came home to Yavapai County.

Lopez raised Cyrus for six months until former K9 Unit Director Victor Dartt was ready for him. After three

years, Deputy John Bounds successfully handled Cyrus until his retirement a year ago. Winfrey recently retired the immensely successful Gemma, having trained and handled her from puppyhood on. Zoey was raised by Deputy Randy Evers, but wasn't as keen on narcotics work, so she became a house pet.

Currently, Lopez's unit consists of Deputy Trevor Hearl and the experienced Vader, a drug detecting rock star. Lopez said the team seems to come up with a large drug bust nearly every week. Deputy Travis Hartman runs Haddie, a German Shepherd, and Deputy Chad Nelson handles Max, a Dutch Shepherd. Both teams graduated the K9 Academy in December 2019 with 100 percent scores. Despite being

fairly new, both teams have also had recent large meth busts.

Lopez doesn't have a dog right now, he said, because he wants to get up to speed with his new Unit. "A few months down the road I'll look at getting a dog again," he said.

The YCSO K9 Unit spends a lot of time doing drug interdiction on Interstates 40 and 17, and its three experienced K9 narcotics teams are making it tough on criminals.

"Eighty percent of our time is focused there. We get large loads (of drugs) sometimes destined for our county, but other times headed for different counties and states. Agencies in surrounding counties and states are appreciative of what we do – the drugs are off the road before they become a problem for them," Lopez said.



Eric and Cyrus

Not only do these officers work to train and handle their K9s to the highest level, they spend time studying and learning to develop an "eye" for irregularities that indicate a driver that's hiding something.

"It's an acquired skill," Lopez said. "(Deputies) sit out there watching thousands of cars, and make tons of stops. They learn to hone in on those who are involved in criminal activity. It's not always drugs. Sometimes it's a warrant, a stolen gun, even people involved in trafficking – not smuggling from the border, but someone who has been kidnapped and is being transported."

Lopez said 90 percent of the stops the deputies make have a criminal element to them. "The guys are doing a great job. They're looking for subconscious behaviors, things people can't avoid doing when they go by us, when they think they're blending in. These are minor details the deputies are trained to pick up, that the average person does not have."

During the traffic stops, the K9s' sensitive noses can pick up the most carefully packaged and concealed narcotics.

Lopez said he's happy be back and leading the YCSO K9 Unit into the future. "They are an excellent team, and they're making my life easy," he said.



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# EQUINE MAINTENANCE INSIDE & OUT

By Rita Thompson-Tinsley

What better time to focus on the physical needs of your horse now that "Sparky" is a year older and either over ridden or sitting longer periods. He is certainly worth evaluating and scheduling a serious "tune up" so here are some helpful therapies to ponder.

Christy Garavetto went to school to learn massage therapy. She also had veterinary assistant schooling. Intertwining knowledge from the two sciences, she developed a special technique called Interactive Equine Bodywork.



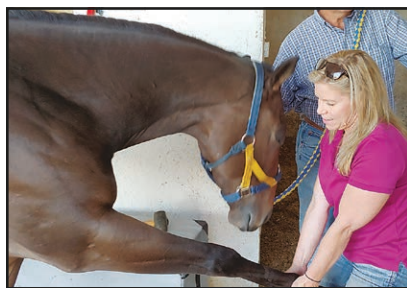
Christy Garavetto of Interactive Equine Bodywork

Christy combines acupressure along with trigger point, Swedish massage, deep tissue work, stretching, myofascial release plus lighter work that releases the facial bones. She customizes sessions to each horse's needs and spends time with owners helping them to understand how to work with their horse.

Christy's methods prove beneficial in the horse's performance, standing for the farrier or vet, recovering from injuries, and overcoming what some have assumed was an 'attitude problem'. The objective for Christy is to translate the way

a horse lets her know the right modality they need to release tension and the right pressure to relax and reset muscle memory. All of this takes interaction.

Many are not aware there is such a thing as chiropractic for horses. Many are grateful that it exists, along with the benefits it brings to our hard working mounts. Christina McCarty's horse HotShot began "acting out, kicking out, pinning ears, almost bucking", she claims. His actions seemed behavioral but it became obvious he was in pain. She was referred to Dr. Diane Carlson of Core Chiropractic whose 'human' office is in Sedona.



Dr. Diane Carlson making necessary adjustments

Having spent a good part of her youth in the equestrian realm, Dr. Diane has learned humans, horses and other species inside and out. She explains, "The basic core of chiropractic is the intimate relationship between spinal column and nervous system." Her job is to "realign the vertebrae with an adjustment (by hand or tool) and allow the body's natural innate intelligence to restore balance and homeostasis."

In careful examination of McCarty's riding history, it was revealed that she had received an ankle injury that, in turn, lead to an unbalanced

seat in the saddle. As she over compensated, she was unknowingly throwing off the back of her horse. Carlson assessed HotShot and made the necessary adjustment. Three days later, after thirty minutes of saddle time, McCarty was singing the praises of chiropractic.

Dr. Diane was called to Phoenix to examine an AQHA race horse. The trainer explained that the normally impeccable 5-year-old was 'off' and behaving unusually. Because of his enormous size and spooky reactions, he was a difficult patient indeed.

Midway through pelvic alignment, Dr. Diane observed his attitude changing. His eyes were softening and head lowering in a relaxed manner. She was having a very difficult time adjusting his poll. He wrestled with her. Finally, when completed, the horse did something truly unexpected. His head extended around her hugging her with his neck and head. An amazing moment those close by were to witness. Sometimes you're lucky enough to get a real thanks after a hard day's work.

Most of my articles focus on the equine. It's time now to focus on the equestrian.

Erika Robert's life has been an enriched mixture of horsemanship and fitness to the highest degree. Raised on a 160 acre ranch in SW Colorado, Roberts began what was to be a life long journey with horses. She learned from great trainers, competed and mastered many riding disciplines. She spent

time teaching horsemanship, starting horses and riding horses for others. Fast-forward to 2015 when Erika decided to pursue personal fitness training.



Life and Fitness Coach Erika Roberts with Pistol

Having grown up in an athletic family, regular activities included triathlons, mountain biking and skiing. Roberts also competed in body building. With this extensive accumulation of horse knowledge and physicality focus, she has managed to integrate the two in a way that will benefit both rider and horse.

As a Life and Fitness Coach, Erika is both IPEC trained and ICF accredited. She helps her clients by first assessing the issues, observing horse and rider, then designing a fitness program that helps each individual, making riding more comfortable and pain free. Roberts does group training, but her equestrian clients are generally one-on-one. She has made great strides in riding comforts and the dynamics involved. Strength and conditioning. Building your core.

She comments, "You put your horse on a training regimen. Think of how YOU would greatly benefit with fitness training designed exclusively for riding."



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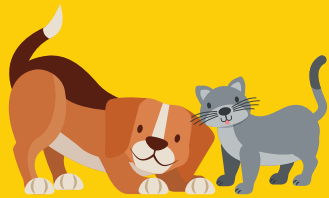
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desertirishwolfhounds.org

### **JACK RUSSELL TERRIER**

Jack Russell Rescue of Scottsdale  
Scottsdale, jrconnection.com

### **LABRADOR RETRIEVER**

Arizona Labrador &  
Giant Breed Rescue Phoenix  
(602) 307-LABS,  
azlabsandgiants.org

### **MASTIFF**

AZ Mastiff Rescue, Canine Rescue Coalition, Inc.,  
Goodyear  
(602) 281-0901, azmastiffrescue.com

### **MINIATURE PINSCHER**

Min Pin Haven Rescue  
(602) 402-3273, Pat Daigle, Intake & Adoption  
Coordinator, Minpinmom@hotmail.com

### **PIT BULL**

Pittie Me Rescue  
Gilbert, pittiemerescue.org  
pittiemerescue@gmail.com

### **POODLE**

Arizona Poodle Rescue  
(602) 325-1585,  
arizonapoodlerescue.org

### **PUG**

Arizona Pug Adoption and  
Rescue Network (APARN)  
(480) 964-3126, aparn.org

### **PUGGLE**

Arizona Puggle Rescue, Inc.  
Tucson (520) 250-2034, azpuggle.org

### **SAINT BERNARD**

Arizona Saint Bernard Rescue  
(480) 951-8495,  
saintrescue.org/arizona.html

### **SAMOYED**

AZ Samoyed Rescue  
azsammyrescue@yahoo.com

### **SCHNAUZER (GIANT)**

Valley of the Sun Giant  
Schnauzer Rescue  
Mesa (602) 212-6775  
vsgiantschnauzerrescue.org

### **SHAR PEI**

Pei People Shar Pei Rescue, Inc.  
Lake Forest, CA  
(AZ) Kim (520) 730-5183 or Trish (480) 390-2208  
peipeople.com

### **SHETLAND SHEEPDOG (SHELTIE)**

Arizona Sheltie Rescue Inc., Gilbert  
(480) 507-7996, azsheltierescue.com

### **SIBERIAN HUSKY**

Arizona Siberian Husky Rescue  
& Adoption, Inc., Scottsdale, ashra.org

Paw It Forward-AZ, Husky Rescue  
(480) 498-1155 or 288-1914  
pawitforwardaz.weebly.com  
pawitforwardrescueaz@gmail.com

### **SMALL BREED DOGS**

Mini Mighty Mutts (480) 304-5654  
minimightymutts.com

### **WEIMARANER**

AZ Weimaraner Rescue  
arizonaweimaranerrescue.com

### **WEST HIGHLAND TERRIER**

Westie Rescue of Arizona  
(480) 488-5711, sundustaz.com

### **YORKSHIRE TERRIER**

Yorkie Luv Rescue  
www.yorkieluvrescue.com

Yorkshire Terrier Rescue  
yorkiefriendsrescue.com

#### **LOCAL DOG PARKS**

##### **PRESCOTT**

Willow Creek Beneful Dream Dog Park  
3181 Willow Creek Rd.  
Grass, agility field, water features,  
separate small & large dog parks.  
Prescott Parks & Rec (928) 777-1122

##### **PRESCOTT VALLEY**

Mountain Valley Park, just off of Nace Lane.  
Fenced, handicap accessible.  
Agility equipment, benches,  
shade, parking & water.  
Dogs must be vaccinated.  
PV Parks and Rec (928) 772-5180

#### **IMPORTANT PET CONTACT NUMBERS**

##### **ANIMAL DISASTER SERVICES**

Shelter for animals in the event of a disaster  
(928) 925-7990

##### **CHINO VALLEY ANIMAL CONTROL**

(928) 636-4223 x7; Licensing 928-636-4223 x7

##### **PRESCOTT ANIMAL CONTROL**

(928) 777-1135; Licensing (928) 777-1291

##### **PRESCOTT VALLEY ANIMAL CONTROL**

928-772-5180; Licensing 928-772-5180



# Scenes From The Dog Park

Photos by Gary Gromer





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