

Prescott Dog

January/February 2024 • PrescottDog.com magazine



Give Peace a Chance

Resolutions for You & Your Dog

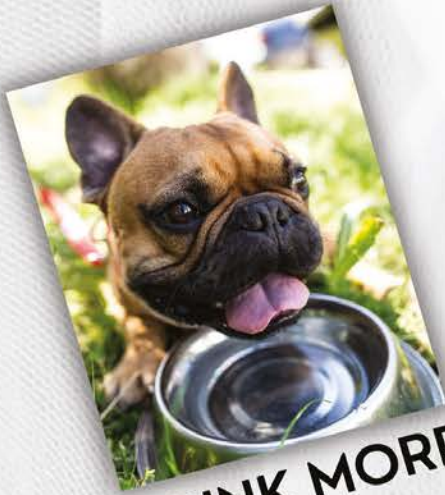
Creature Comforts

Rescue Tales

Introducing Our Cover Dog - Ripley

TO GOOD HOME
FREE
ALWAYS

GOALS FOR 2024 WE CAN LEARN FROM OUR PETS!



**DRINK MORE
WATER!**



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2024

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PRESCOTT DOG MAGAZINE

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Serving Prescott, Prescott Valley, Chino Valley, Dewey-Humboldt, and The Highway 69 Corridor for 16 Years

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COVER DOG PHOTO CONTEST



It's easy to enter your furry best friend!

1) Choose a backdrop for your picture. Set your camera on large or high and capture a quality shot of your canine pal.

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Please include your name, dog's name, address and phone with your entry. Entries without owners info will not be accepted.

Winner will receive:

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- 3) A personalized social media post congratulating your dog as the winner and an electronic copy of the printed cover

All entries are judged for the edition submitted..

You can enter for EVERY edition! One entry per dog, per edition.

Deadline Dates - 12/1, 2/1, 4/1, 6/1, 8/1 and 10/1



Ripley, Our Cover Dog

Name: Ripley

Hometown: Prescott, AZ

Age: I turned one in August. Mom and Dad say I'm not a pupper anymore, that now I'm a full blown doggo. I don't know what that means, but my birthday cake had blueberries on it!

Favorite brand of kibble: The bag has a big blue buffalo on it, but my Mom assured me that it's for dogs and not buffalos.

Favorite people food: Whatever I can Hoover off the floor.

Favorite toy: I really like nibbling all the fuzz off my tennis balls and leaving shrapnel around the house. Also, ropes. Love ropes.

Favorite outdoor activity: I like when Mom and Dad take me on adventures. I've gotten to rock climb, zoom, dig, and hike in all kinds of places. I even got to ride on an airplane once!

Favorite indoor activity: I love learning new tricks—especially ones that get Mom and Dad's attention. Sometimes I bring them a single piece of string covered in slobber to play tug-o-war with, but they never appreciate it. SO, when that fails, I taught myself how to grip my toys so that I can wind up and whip it at their face. That definitely gets their attention.

Favorite nap spot: As long as there's room for me to sploot or flip upside down so I can stretch out my toe beans after a long day at the Frito Factory, we're good.

Fitness regimen: Give good morning dive bombs, ear-surf out the window, zoom around in nature, parkour off some boulders, drink lots of water, burp, repeat.

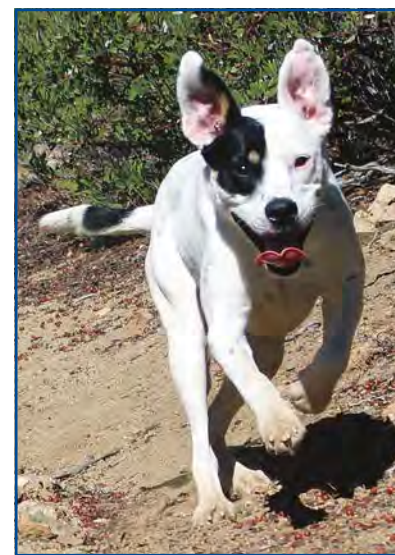
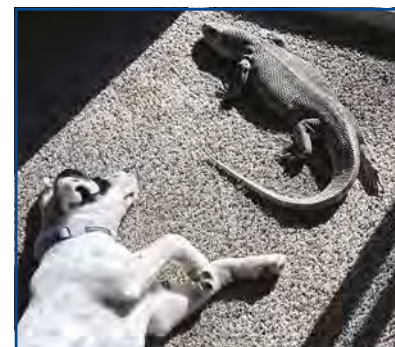
Describe your perfect canine pal: Anybody. They just have to follow the motto, "There's no time like play-time, and play-time is all the time."

Describe your perfect day: Well, I would wake up and immediately sploot across Mom and Dad until they make even the slightest movement. Then I know it's time for good morning dive-bombs. After that, I'd get 42 Pup Cups for breakfast, and all the chips in the house for second breakfast. After eating so little, I'd have to spend some time basking in the sun with my reptile brother, Zeus.

Next, Mom and Dad would let me drive the truck wherever I want (aka the big treat store up the road). Then I'd get to ear-surf out the window, until Mom took over the wheel and drove the rest of the way to our favorite hike, while I gorge on all my treats in the back.

On our hike, I'd finally accomplish my goal of digging to the center of the Earth, then Mom and Dad would see how tired I am and carry me back to the truck while feeding me blueberries. I'd probably fall asleep in the back of the truck to my Mom and Dad's heavy metal music.

When we get home, Dad would carry me to bed and tuck me in. Mom would give me two kisses on the nose and put my crown (I'm the polka-dot princess of the house) on the bedside table for my brother to polish while I rest.



HAZEL HOWLS

Coffee, Tea, or Grubs

"So, what do you think, Haze?"

It's a seasonally rare, sun-warm day, and Tucker, laying in the sun near Hazel, strikes up a conversation to kill time between bursts of madness that is flying by at odd intervals.

Hazel stretches her full length, prepares to brace herself as the frenzied volume is increasing to the north.

"It's pretty much better."

Tucker strains to hear against the approaching danger. "WHAT?!"

Hazel ignores the question and sees that she better move quickly from her laying position.

"ROCKS, ROCKS, ROCKS!!!"

Racing like missiles through the west gate, (for the seventh time), Keira has managed to get in front of Prudence, and Pru follows hotly, determined cross the backyard to get to the pine tree first.

Keira, in making the tightest of turns to hopefully cut off Pru, causes her to come through the gate with a pronounced list to port, which gave gravity an advantage against her weight and now low center of gravity. Rather than take the impending fall and let Pru get to the tree on the far side first, she opts to swing her hips like a baseball bat in Pru's oncoming direction.

Hazel seeing what Keira was going to do, knows Keira's rear paws were going to dig in and send little, pink, decorative rocks in the two senior's direction. Again.

Dad appears at the patio door at the sound of gravel hitting the house (again), to see Pru leap over Keira far higher than she needed (just to show off), and break the four-footed land speed record to the pine tree.

Dad, under his breath, "Glad Mom didn't see that." (Sip) Out loud now, "Who's, uh... winning?"

Tucker, opening his eyes now that the gravel is back on the ground, advised, "No one, really. It's more of an argument than a game."

Dad, wishing he had his sunglasses on, raises a hand to block the sun and gauge each four-pawed's disposition. "What's the "bone-of-contention" this time, Sheriff?"

Tucker lowered his voice. "They're arguing about whether to settle their differences in garden area or under the pine tree."

Dad chuckles. "Wait... they're arguing about where to argue?"

Hazel yawns loudly, Tucker just looks at Dad. Dad watches along with the seniors, Pru and Keira quietly trying to saunter to the open gate and turn out of view into the garden area.

"What is the disagreement?"

"I don't think they remember." Hazel resumes her position for optimum ray-catching.

Tucker sniffs the air above him. "Is that coffee?"

"Why no Tucker. It's tea!" Dad raises his cup.



Hazel snaps to a near-sitting position, radar ears turned in Dad's direction.

Dad elaborates further. "It's Do Weird Stuff Day. You know, where you do stuff people don't normally do."

Hazel comes to full sit. "It's a Day, not all year?"

"Sure is, Hazel. I have on mismatched socks, put my belt on backwards, been typing with chopsticks, and, of all things, I'm drinking tea."

Dad tries to sip his beverage and not make eye contact with Tucker, who is glaring at Dad.

"My Sheriff's BS meter is ringing." Tucker licks the side of front paw and wipes his muzzle as though something distasteful had left a mark.

Dad, lightly red around his cheeks, steps down from the doorway to better hear any untoward activity out in the garden.

"So...uh...Tucker, I'm just trying to keep things light. I'm actually drinking tea to remember that, when it was a new beverage in Europe and abroad, it cured many adults of addiction to gin. You know, as an alternative beverage. Also, to remember the English afternoon tradition."

Tuck, satisfied, resumes his ray-soaking position.

"I like the other story better," Hazel says, almost nodding off.

Tucker almost succumbing to a nap also, "I never heard your answer Haze... from before."

Hazel, now halfway between wakefulness and a semi-alert state, answers, "It's mostly better."

Dad, still straining to hear what Pru and Keira might be up to asks, "What's mostly better?"

"Pru's behavior in the pack." Tucker continues, "I've seen a big difference since Pru's gone to Daycare at The Ranch. Socializing with other



dogs is helping her become a good fit for our pack family. I just wanted to know how Hazel felt about it."

Dad nods in agreement while wondering why it's so quiet out in the garden area.

Hazel, reluctantly surfaces from the call of the sun-nap to interject, "I'm not all that sure that three trips to doggie daycare makes everything Doris hunky."

"Hunky Dory!" Dad and Tuck in unison.

Dad now free of an empty teacup, reaches down to console Haze.

"Just give it a little more time Haze. I know Pru improperly asserts herself towards you, but retreating and moping isn't what she needs.

"She's really just trying to engage with you. You're allowed to enforce your boundaries, but more importantly, help her mature by showing her the ropes around here.

"You have rank and respect inside the pack as the eldest four-legged in the family, that won't change."

Dad, thinking that should pretty much set everything right for now, realizes he hasn't heard a peep out of the garden area.

"What do you think those two girls are up to now?" Dad wondered.

"If they gave up arguing, Keira's probably showing Pru the ropes of grub-hunting," Tucker states dryly.

"What does that mean exactly, Tuck?" asked Dad, shifting his weight towards the garden gate.

"Well... If you had come out to water the garden when Mom asked you to, you'd have found that by watching Mom when she turns the soil, Keira has learned that grubs hide down in the dirt." Tucker stands up with a stretch. "Didn't you see the dirt on their paws, Dad?"

Shaking his head slightly, "No. I haven't had coffee yet."

"Keira's showing Pru where the grubs are... under the apple tree."

"They're digging under the apple tree!?"

Dad doesn't wait for an answer before running across the yard and disappearing through the gate.

"Wow, haven't seen Dad move that fast in a long time," said Tucker through a prolonged yawn. "Wonder if it's the tea?"

Distant sounds of exasperated Dad explaining, at length, why the girls' current digging project was to be immediately stopped now and never be restarted entered Hazel's ears as she tried once again to relax and enjoy the sun without chaos and flying gravel.

"I knew right away Do Weird Stuff wasn't just for one day. Not in this pack."

~Hazel Bazel Rocket
(Not Missile) Dog

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CALENDAR

Events are subject to change. Please contact the event sponsor to confirm date and details.

ONGOING ADOPTIONS & EVENTS

ALLIANCE OF THERAPY DOGS TEAM VOLUNTEERS NEEDED.
Do you and your dog love people? Is your dog well behaved? Share the love by becoming a certified Alliance of Therapy Dogs Team. No fee for testing. Info: tester.observer@gmail.com; robyn.petrillo@gmail.com; or therapydogs.com.

AARF ANIMAL RESCUE & SANCTUARY. Adoptions by appt. in Mayer. Info 928-925-7219 or email at aarfanimalrescue@gmail.com. See pets available for adoption at aarfrescue.org.

BLACKHAT HUMANE SOCIETY Shows adoptable dogs at Prescott Petco, 1:30p Saturdays. More info: blackhathumanesociety.org or 928-899-3942.

CATTY SHACK – CAT ADOPTIONS. Onsite: Tue-Sat, 10a-2p, 609 S. Granite St., Prescott. ssnsmart@yahoo.com

CIRCLE L RANCH ADOPTIONS. On-site by appt. Off-site info. 928-273-7005 or CircleL.org.

DOG TRAINING GROUP CLASSES. \$10/class with Sammi Maon. 50% donated to United Animal Friends. Level 1: Sundays 9:30a-10:30a. Level 2: Sundays 11a-12p. UAF Rescue Ranch, 2600 Heckethorn Road, Prescott. Register: meetup.com/UnitedAnimalFriends.

MISS KITTY'S CAT HOUSE. Onsite adoptions: By appt. 302 N Alarcon, Prescott, 928-445-5411. Offsite: Petsmart, Sat & Sun 11a-3p. Website: misskittyscatthouse.com.

UNITED ANIMAL FRIENDS. For an up-to-date list of our dog & cat adoption sites, locations, and times, please visit: unitedanimalfriends.org/adoption-events/. To volunteer or learn more about us: unitedanimalfriends.org or 928-778-2924.

YAVAPAI HUMANE EQUINE CENTER. Tour our center: 928-515-4947.



YAVAPAI HUMANE SOCIETY (YHS)

- Onsite Adoptions: M, T, TH, F Noon-5:30p by appt. Sat-Sun 11:30-4:30pm by appt. 1625 Sundog Ranch Rd., Prescott, 928-445-2666
- Lost Pet Center by appt: M, T, TH, F 12p-5:30p, and by appt. Sat-Sun 11:30a-4:30p.
- 50% OFF: 1st Sat every month at YHS Thrift Store, 1601 Iron Springs Road, Prescott. Open Mon-Sat, 9a-5p.
- Walk-In Vaccination Clinic every Friday between 8a-4p. No appointment necessary; first come, first served. Wellness Clinic, 2989 Centerpointe E Dr, Prescott.

YAVAPAI HUMANE TRAPPERS. Most Sat at Prescott Petco. Visit Yavapai-HumaneTrappers.org to request mtg or complete preadoption form.

JANUARY & FEBRUARY EVENTS

WILD ROSE HORSE OBSTACLE CONTESTS
Jan 26-28, Bumble Bee Ranch, Bumble Bee, AZ. Info: bethanysgait.org (Wild Rose)

WILD ROSE HORSE OBSTACLE CONTESTS
Feb 16-18, Estrella Mtn Park, Goodyear, AZ. Info: bethanysgait.org (Wild Rose)

Rescue Resources

For an expanded view of Rescue Resources, visit FlagstaffSedonaDog.com

<p>AARF ANIMAL RESCUE 6639 S. Country Rd., Mayer aarfanimalrescue@gmail.com (928) 925-7219</p>	<p>BLUE MOON RESCUE & SANCTUARY 1851 E Perkinsville Rd, Chino Valley (928) 925-7724, bluemoonrescue.org</p>	<p>HIGH COUNTRY HUMANE 11665 N, US-89, Flagstaff (928) 526-0742 highcountryhumane.org</p>	<p>TUBA CITY HUMANE SOCIETY (928) 793-2364, tubacityhumanesociety.org</p>
<p>ANIMAL GUARDIAN NETWORK HEALING RIVER RANCH 2564 N Arena Del Loma, Camp Verde (623) 780-1604, animalguardiannetwork.org</p>	<p>BRADSHAW MOUNTAIN WILDLIFE ASSOCIATION 18200 S Wolf Run Trail, Mayer (928) 632-9559, bradshawmountainwildlife.com</p>	<p>HUMANE SOCIETY OF CENTRAL ARIZONA 605 W. Wilson Ct, Payson (928) 474-5590 humanesocietycentralAZ.org</p>	<p>UNITED ANIMAL FRIENDS Prescott, (928) 778-2924 unitedanimalfriends.org</p>
<p>ARK CAT SANCTUARY (928) 635-5909, Parks arkcatsanctuary.org</p>	<p>CENTRAL ARIZONA ANIMAL SEARCH & RESCUE Camp Verde, (520) 921-9974 centralarizonaanimalsearchandrescuellc.com</p>	<p>HUMANE SOCIETY OF SEDONA 2115 Shelby Dr (928) 282-4679 humanesocietyofsedona.org</p>	<p>VERDE VALLEY HUMANE SOCIETY 1520 W. Mingus Ave, Cottonwood (928) 634-7387 VerdeValleyHumaneSociety.org</p>
<p>BETHANY'S GAIT RANCH (928) 499-9442, Prescott</p>	<p>CIRCLE L RANCH ANIMAL RESCUE & SANCTUARY Daytime (928) 925-1926, Prescott Valley</p>	<p>NOW THAT I'M SAFE EQUINE RESCUE Facebook: Now That I'm Safe Equine Rescue nowthatimsafe.org</p>	<p>YAVAPAI HUMANE SOCIETY 1625 Sundog Ranch Rd, Prescott (928) 445-2666 yavapaihumane.org</p>
<p>BIG LUCK CLUB Navajo Reservation Dog Rescue bigluckclub.org, bigluckclub@gmail.com</p>	<p>COCONINO HUMANE ASSOCIATION 3501 E Butler Ave, Flagstaff (928) 526-1076, coconinohumane.org</p>	<p>SAVING PAWS RESCUE SHEPHERDS & MALINOIS Glendale, (480) 737-6089 savingpawsrescueaz.org</p>	<p>YAVAPAI HUMANE SOCIETY EQUINE CENTER (928) 515-4947, Chino Valley yavapaihumane.org</p>
<p>BLACKHAT HUMANE SOCIETY Native American Reservation Animals (928) 245-3890 blackhathumane@gmail.com</p>	<p>HEELING HEELERS HEARTS Surprise, (623) 226-2749 azblueheeler.com</p>	<p>SOUTHWEST OASIS LABRADOR RESCUE (520) 554-0911 solraz.org</p>	<p>YAVAPAI HUMANE TRAPPERS ANIMAL RESCUE Chino Valley yavapaihumanetrappers.org</p>
<p>AREA DOG PARKS</p>	<p>FLAGSTAFF DOG PARKS Thorpe Park – 788 N Thorpe Road, Flagstaff Bushmaster Park – 3150 N Alta Vista Dr, Flagstaff</p>	<p>SEDONA DOG PARK April 1 thru Oct 1: 6am-8pm • Oct. 1 thru April 1: 7am- 7pm Turn north on Soldier's Pass Road off State Route 89A, Sedona.</p>	<p>COTTONWOOD DOG PARK AT RIVERFRONT PARK Dawn to Dusk Riverfront Park Drive & N 10th St, Cottonwood</p>

BABY, IT'S COLD OUTSIDE....



Yavapai Humane Society

It's time to get prepared: winter is in full swing, and it brings the dangers of severe cold weather, snow, ice, and even power outages. It's a good idea to prepare a disaster/emergency kit and include your pet in those preparations. Be sure to have enough non-perishable food, water, and any prescription medications for you and your pets, as well as heartworm and flea/tick preventives, on hand to get through at least five days.

Just like us, our pets like a nice comfy place to sleep and may change their location if they need more or less warmth. I have a small space heater in my bathroom and my cat curls up in front of it and stays there all day and night. Give them options that allow them to change their sleeping place to adapt to their needs. Just like us, they want (and deserve) a nice warm bed to sleep in!

We've all seen the heartbreaking pictures of dogs or cats left outdoors during winter storms and snow. Just don't do it! Let them in: they're your family, and you wouldn't want to sleep out in that kind of weather so why would you make your pet?

It's a common belief that dogs and cats are more resilient than people to cold weather because of their fur, but it's simply not true. Just like us, they are susceptible to frostbite, and hypothermia and it can come on quickly. Longer-haired and



thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods in freezing weather.

Some dogs love to go out and play in the snow and that's fine, but don't leave them out too long where you are putting them in danger! If they get too cold it lowers their immune system putting them at risk of upper respiratory illnesses and colds, just like us!

Never shave your dog down to the skin in the winter as a longer coat will provide more warmth. Smaller dogs, short-haired dogs, and older dogs should wear a sweater or doggie parka to help keep them warm and doggie boots are always recommended because it protects their paws from the salt commonly used to de-ice sidewalks.

Speaking of their paws, check them regularly for signs of cold-weather injury or damage, such as cracked paw pads or bleeding. When you get back inside after a walk, wash your pet's feet, legs, and belly to remove deicers, antifreeze, or other chemicals that could be toxic to reduce the risk of them being poisoned if they should lick their feet or fur.

Antifreeze can be lethal. It tastes sweet to pets but it contains a toxic agent, so be aware if your dog starts sniffing around in a driveway or parking lot, because it's possible someone may have spilled antifreeze and your dog could consume it. If you think your pet has consumed antifreeze, contact your veterinarian immediately.

Lastly, don't leave your dog in a car during cold weather as cars can act as refrigerators that hold in the cold and can cause serious injury or even cause them to freeze to death. Just like in the summer where your car can literally turn into an oven, in the winter it becomes a freezer.

What it comes down to is this; If it's too cold for you outside, it's also too cold for your furry family member. Taking a few extra minutes and some simple precautions can prevent discomfort, illness, and injuries to your precious pet during this colder time of year.

For more cold weather tips, adoptable animals, information and fun, be sure to follow us on Facebook, Instagram and Twitter.

Wags

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RESOLUTIONS FOR THE BEST NEW YEAR FOR YOU AND YOUR DOG

By Heidi Dahms Foster

New Year's resolutions are a great way to look ahead to a fresh start. Don't forget to include your best friend in your New Year's plans. Make your goals for your dog doable by consistently making small changes and combining them with your own plans, and you'll be surprised how much you accomplish in 2024!

Check out these six New Year's resolutions to enhance your relationship with your favorite canine.

Weight – it's the elephant (or pudgy pooch) in the room

Many human New Year's resolutions begin with a goal to lose weight. This is a great time to take a look at your pet to make sure he's not overweight. While it's tempting to show your love to your dog by plying him with tasty treats (and most are world class beggars), excess weight can cause the same problems in pets as it does in people – wear and tear on joints, stress on organs, breathing problems, and lack of ability to exercise and enjoy life.

The American Kennel Club recommends looking at your pup's body shape. Your dog should have a defined waist toward the rear and a straight build down the sides. You also should be able to easily feel his ribs without having to press hard. From the side, your dog should have a slightly tucked up waist.

With a little discipline, it's not hard to get your dog back to a healthier weight. Many good brands of dog food on the market today have weight maintenance formulas. You can cut back on the food a bit if you add healthy vegetables such as green beans, pumpkin, carrots, broccoli, or squash. Experiment to find veggies your dog will like. Many dogs enjoy a crunchy carrot as much as they do a high calorie treat.

Getting your dog moving is another great way to shave off the extra weight. Going for a walk is healthy for both of you! A healthy weight will help your dog live a longer, healthier life.

Nutrition is the foundation of your dog's health and longevity

Dog food has come a long way in the past couple of decades, with healthier ingredients and better processing. Many more choices are available to suit your pet, and doing a bit of research will ensure you're giving your dog the best opportunity for a healthy life.

Whole Dog Journal (whole-dog-journal.com) annually publishes a list of excellent dog foods in kibble, canned, and dehydrated formulas. The standards are rigorous, and well explained. A *Whole Dog Journal* subscription is worth the price for this list alone, but you'll also get a wealth of training and other dog knowledge for the price.

You don't need to buy the most expensive food available, but do your research to find what's best for your pet. Whatever food you choose, add some



Happy New Year!

fresh fruits and vegetables. With attention to nutrition, you'll save the money you spend on your dog's quality food many times over in vet bills. If both of you eat better in 2024, it's sure to be a healthier year!

Rub a dub dub – and don't forget those toenails!

Whether you take your dog to a groomer or bathe and brush at home, regular grooming not only makes your dog more pleasant to live with, but you'll catch any health needs much more quickly. Depending on your dog's coat, daily or weekly brushing will eliminate dead hair and stimulate the skin. One of the best benefits, however, is the time you spend together with your pet. Buy a good brush suitable for your dog and take your time to avoid anxiety. Do a little each day. Grooming time can be relaxing for both of you.

If you bathe your dog at home, use a shampoo that fits your dog's skin and coat needs. The options are endless, with brands to fit dry or oily skin, short or long hair, special skin conditions, and a variety of fragrances.

Make sure your dog is well saturated before shampooing, lather, and scrub, then after you've rinsed, rinse again to make sure the coat is completely free of shampoo. If you have a long-haired dog or one that easily mats, a good cream rinse may help keep the coat in good condition. Some cream rinses are "leave-in" which shortens the rinsing process.

While you're grooming, don't forget to trim nails. Nails that are too long can cause foot problems and can cause injuries if they become snagged in fences or other areas. If you have problems trimming your dogs' nails, many vet offices and groomers will do it for you for a small fee. Some dogs do well with nail grinders, which makes it easier to not cut the quick. It takes a bit of time to familiarize your dog with the grinder, but some dogs tolerate it better than traditional clippers.

Whether you schedule your dog with a groomer or do it yourself, make sure your pet is groomed on a regular basis. It'll make life more pleasant for both of you!

A daily loving touch can help you bond, and save on vet bills!

This is one of the most beneficial things you can do with your pet for its health and your relationship. By putting your hands on your dog every day, you may

save hundreds of dollars on vet bills by catching problems early.

Look at the ears and eyes and be aware of any discharge or odors. Gently massage your dog all over and be aware of any sore spots or any areas where your dog flinches if touched, including his tummy. Look for lumps, bumps, or sores, especially on long-coated dogs that can

hide spots that you can't see unless you part the hair. Finally, check your dog's feet, parting each toe to look for burs or foxtails that can cause serious problems if not removed. Look for any cuts or sores on the foot pads.

This daily inspection is important for your dog's health, and he'll just enjoy the rubs and scratches!

Dental care is whole dog care

A smart unknown person said, "You don't have to brush all your teeth - just the ones you want to keep." That goes for your dog's teeth, too. Pets are like people – some have excellent teeth and never have problems, while others are prone to dental issues. The importance of dental care has become even more apparent in the past few years.

With the spotlight on pet pearly whites, pet retailers have come out with a lot more products to help keep your dog's teeth healthy. Healthy chews, dental sprays, and doggie toothbrushes and pastes have made it easier to care for your pet's teeth. Look for natural chews appropriate to your dog's size and chewing ability, and avoid rawhide, which can be swallowed and cause blockages.

Some dogs will need veterinary tooth cleanings on a regular basis, others less often. Your vet will be able to inspect your pet's teeth during checkups, but you can do a lot at home by keeping an eye on his smile. If your dog has bad breath, difficulty chewing dry food or hard treats, drools, paws at his mouth or doesn't want you to touch his face or mouth, it's time for a vet visit. Dental health affects your dog's overall health, so it's important to keep it top of mind.

Dogs (and their people) just want to have fun!

In the past few decades, dogs have become a much larger part of our everyday lives, and the opportunities for things to do with your dog just keep emerging. Whether you have a registered purebred dog or a mixed breed, you can participate in such competition sports as agility, obedience/rally obedience trials, herding trials, scent work, flyball, dock jumping, lure coursing, and so much more.

If you prefer activities with just you and your dog or a few dog friends, you can hike, run, bike, or swim with your pet. You can teach your dog tricks and earn trick dog titles from novice to advanced.

Whatever you decide to do, remember that time spent with your dog, sometimes with a little friendly competition thrown in, will deepen and cement your bond in amazing ways and give you both a sense of accomplishment.

An online search for "dog sports" will bring up a wealth of ideas for New Year's fun!



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Nikki Blessings

I'm a 63-year-old woman who has been pet-sitting for the last three years, just to have wonderful dogs in my life.

I've been unable for years to have had my own dog, due to high cost of living, and renters not allowing pets. But I had an opportunity to move from the Verde Valley after 20 years and relocate to beautiful Prescott. I've been here a year now, and it's my home!



I was able to get a dog after being here a short time, so I jumped at the chance. A woman I knew from the Verde Valley fosters dogs and finds fur-ever homes. I ran across her post of five chihuahua mixes, and when I saw the six-week-old girl named Cranberry, I knew I had to have her.

So, I got in touch and was discussing her fees, and quickly got sad. The fee was reasonable for all she had done, but I didn't have that kind of money laying around. So, I so sadly

declined.

Within moments, a woman I didn't know and had never met chimed into our conversation and said, "I'd be happy to pay the rehoming fee AND give you an additional \$50 for her healthy food." WOW, what a miracle! That just doesn't happen, but it DID.

My now one-year-old precious girl is so beautiful, and her eyes so amazing, I want to share my girl and story.

The name Cranberry wasn't working for us, so I renamed her Nikki. It fits her so well. She's an amazing little dog who loves people and other dogs. I'm so very grateful to the rescue, and to the human angel who made this all possible.



As we reflect on 2023, we're filled with awe and gratitude for everything our community helped us achieve. In our 20th year, we've expanded in ways we hadn't even dreamed of a few years ago.

When our community faced a lack of affordable spay/neuter resources, our supporters enabled us to establish the UAF Snip n' Go Clinic, which provides low-cost spay/neuter and vaccine services for cats and dogs. This initiative is helping keep community pets healthy and preventing numer-



ous unwanted litters that would have added to the homeless pet population.

When we saw the plight of abandoned pregnant and mom dogs with litters, we were able to triple our capacity for comfortably housing them. Instead of being born into homelessness and creating more homeless litters, pups are socialized, vaccinated, and spayed or neutered before being adopted into loving homes.

When UAF was nominated by Charity Navigator for its Community Choice Awards, your votes made us the nationwide winner in our size category. And because of your endorsements and testimonials, we've earned the Top-Rated Nonprofit award from GreatNonprofits for the fourth consecutive year.

And last but not least, purchases and donations at our new Furr-tastic Finds Rescue Resale thrift store at 510 S. Montezuma Street in Prescott support all our programs, which help both homeless and community pets.

As we look back at all the things you have helped us achieve in 2023, we are immensely grateful and newly energized to accomplish even more in 2024. Thank you for your support!

AARF often gets wonderful photos and updates on our adopted dogs, so we wanted to share this special one with everyone in this New Year!

"He'd make a great shop dog." How did the volunteer know the magic words that my husband longed to hear?

It had been a few months since we lost Wyatt to kidney failure. He'd been the perfect dog for Ron, and it took some time before he felt ready to open his heart to another boy. Our other rescue, Moxie, was mourning for Wyatt. They had been such good friends.

We didn't think we could find a replacement that would be the equivalent of Wyatt. Then we met Luke at DOGtoberfest. He wasn't what we had in mind. We didn't want a puppy, a dog larger than Moxie, or a dog with white fur. Well, you know how that goes. We renamed him Marty, and he accepted the name immediately.

It's funny how dogs take on traits or habits that are reminders. We have chaise lounges on the back porch. Only Wyatt laid on them and slept there.



None of our previous dogs ever did. Well guess who decided it was the perfect sleeping spot. Yep, the new boy!

We weren't sure what puppy behaviors he came with. First, it took him less than five minutes to learn how to run back and forth through the dog door. Next, would he have accidents? After all, he was only around four months old. The first couple of nights he slept in a crate, but after having no accidents in the house we left him to choose where he wanted to sleep.

Would he be food aggressive? He gobbled his food, so we bought a special bowl that slowed him down. After one verbal correction, he knew he couldn't check Moxie's bowl until she was done. Would he get along or be scared of the horse and donkey? They were his friends right away. He did

like to eat toys and dig, but he listened really well, and after trying to chew a shoe and being corrected it was never a problem again. Darn good for a puppy.

He went for his first vet appointment and the doc was impressed with the big boy. Marty went right to Dr. Tryon, laid quietly on his feet, and almost fell asleep. The vet said our pup had been in a really good rescue because he was so well socialized.

Moxie didn't want to accept him at first. She watched him with an evil eye and wouldn't let him mount her. She used to not only let Wyatt (who was neutered) mount her, but she mounted him. I think she thought that's how you say I love you.

She did like playing with Marty, but would get up and move if he laid too close to her. Maybe she just wasn't ready. That changed within a couple of weeks. One day I found her trying to mount him. It was love from then on. They gave each other kisses, lay side by side and played morning and night.

Crazy, sweet, loving Marty. He has no concept of how big he is or where his body fits. It makes us laugh when he falls off the bed because he's only half on, or when he thinks he's a lap dog. Marty is here to stay and has already filled our hearts in ways we didn't dare hope for. We are so grateful.

~Adopters Meg & Ron



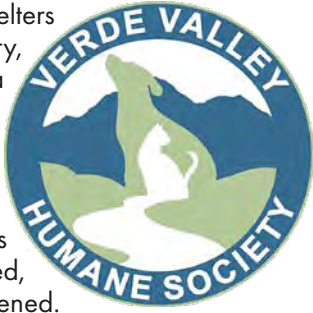


Dogs just need you and love.
That's all.

~Jennifer Westfeldt



Like most shelters throughout the country, 2023 has been a difficult year for us at the Verde Valley Humane Society. More and more dogs and cats come to us unwanted, abandoned, injured, and frightened.



Due to personal and financial problems, housing, and moves to assisted living, even beloved pets end up in our shelter. Sometimes all these strays need is food, shelter, and extra TLC, but often they need more.

During 2023 more animals than ever came to us needing safe loving homes. Almost 1,000 pets filled our shelter, and we worked hard to remain a socially responsible shelter thanks to our great team of staff, volunteers, and fosters.

The story of Maggie and Jezi is one of many sad stories with a happy ending. A senior bonded pair, they became two of our senior residents when one



of our neighbors saw someone let two small dogs out of a car near the shelter.

The little guys began running towards the mountain. The tiny abandoned dogs wouldn't have survived long loose at the base of Mingus. Luckily, the neighbor was able to entice them into her car and bring them to us.

Maggie, a black and tan Chihuahua, was thirteen years old and weighed eleven pounds. Jezi, a

white longish-haired Chihuahua mix, was nine years old and weighed just six pounds. Both seniors were friendly and adorable.

Reva, the adopter of Cashew, one of our shelter dogs, saw Jezi and Maggie on our Facebook page. Jezi reminded her of their dog that had passed unexpectedly not long before. She and her husband fell in love with Jezi and her companion Maggie.

Now Maggie and Jezi are in trial adoption with Reva and her husband, awaiting dental appointments. Reva says the two loveable little dogs settled easily into their new home with their new family, Cashew, and another canine friend. She reported that they love car rides—which probably saved their lives. Jezi has begun behaving like the dog they'd lost, cuddling on laps and bossing the bigger dogs. She's even gaining weight.

Their story is a great reminder that older dogs make great pets and can settle into a new home more easily than pups.

Flaco

Flaco was a street pup struggling to stay alive in the community of Klagehoh several months ago. When a Blackhat volunteer, Gregor, went out to get another injured dog to help a different rescue, he found Flaco in dire straits. Since the other dog was nowhere to be found, he caught Flaco instead.



The other dog, Gray Dog, was eventually also caught and given to the intended rescue by a former Blackhat foster. But here was Flaco, by the luck of the draw...and Blackhat was ready to help.

Flaco stayed with Gregor and his wife Tjasa, where he initially just sat in a corner and shook. He was skin and bones, and so weary from his struggles there was not much to him. As he relaxed, they filled his tummy with good food and heart with much-needed love. Shortly after that, Blackhat foster Marguerite stepped up and agreed to take him in.

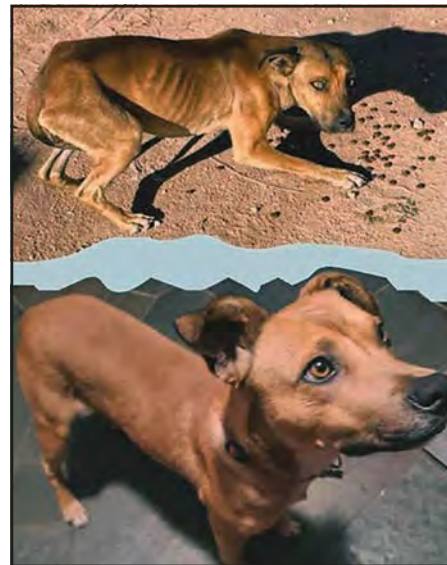
Sadly, his struggles were not over as two days later, he broke with parvo. But Marguerite was steadfast in

her care, and as you can see, his new zest for life is confirmation that he has fully bounced back.

This beautiful boy has gained strength and confidence, and he is now neutered and ready to take on the world with his own family. To add to his accomplishments, he is housebroken, good with dogs and cats and is friendly with people. He is a very active puppy, a far cry from his behavior when he was first found.

With his strong interest in snackies, Marguerite has taught him sit, down, touch, shake, place, leave it, and spin. What a brilliant pup! And when he is feeling especially grateful, he will break out in songs which can cause extreme giggles in return.

What a lucky fluke for dear Flaco, with being an unintended catch and then allowed to thrive into the silly character he is today. Flaco is one of many Black-



hat dogs and cats who has a new lease on life thanks to our supporters and fosters.

The rewards of seeing a companion animal at the breaking point and stepping in to be their knight in shining armor are boundless. There are so many street dogs and cats on the Reservation for whom this vital work is all the hope they have.

It's so easy to get involved, and by checking our website at blackhathumane.org, you can take that first step to get to know us and see where you can help.

Blackhat needs fosters, volunteers, and supporters, and we would love to show you how gratifying it is to be part of this effort.

Please help us help dogs like Flaco and be that knight for them, and you may be surprised to find a knight in them in return.

(Rescue News continued page 21)



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STOP THE SCROLL

By Pilar Hemry

"Stop the Scroll." Have you heard that term? Most of us who've ventured into the digital world, probably have. So what makes us stop and look at someone's content on social media?

If you're like me, it's probably the fun and silly animal posts and pages. I follow and like those that bring a smile to my face and make me literally laugh out loud!

I absolutely love the dedication and creativeness of those that have fur-babies and feather-babies with their own Facebook & Instagram feeds. Everything from talking Huskies, laughing Labs & Party'ing Parrots, to just all out cuteness in general.

So down to brass tacks. You want to create your own page or feed for your fur or feather baby and don't have a clue how to start. Here's some basic how to's for Instagram and Facebook.

Name of Page (Username – i.e. @handle)

It can be hard & down right daunting trying to come up with something catchy and fun that also lets folks know what they'll see. Google can be your friend! And you want your page name to be as unique as possible.

Think about how you'd describe your pet, their attitude, looks, and then make a play on words. (Example: if you have a barker, maybe "BarktasticAdventures.")

I have a friend who's a Private Investigator, and her pup's name is

Mannix. So her play on it is "Adventures of Spy-Pup Mannix."

Profile Photo

For this, you need a cute photo of your pet that:

- Is easily identifiable.
- Doesn't have a ton of clutter or background.
- Is a closeup of their face, or is even a caricature image.

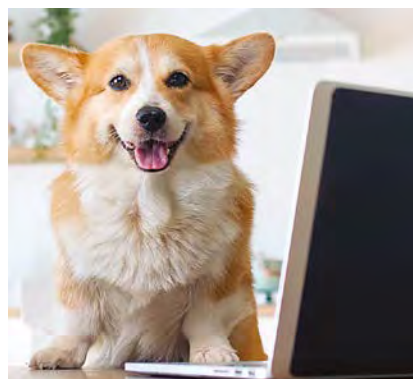
Details (About) Section

Here again, it's all about what your followers can expect and why should they like/follow you. (Example: "Follow precocious & inquisitive Spy-Pup Mannix as he sniffs out clues and leaves no bone unchewed.")

If you're using the name of your pet, what's going to grab someone's attention are things like:



- Noodles The Pooch @NoodlesThePooch



- The Corporate Canine 165 wpm



- Sipper of PawGaritas

Use fun emojis in your details: they give your potential followers the quick at-a-glance that you want to catch their eye.

- Dog emoji – fancy mutt
- Carrot emoji – snack lover
- Dog emoji – face licker
- White heart emoji – your new best friend

Tips & What Works

- Use good, fun & interesting hashtags – from super generic



#InstagramPets to more specific #MyDogGizmo (yes, they still work!)

- **Keep your reels short.** People just don't have that long of an attention span. 10 to 15 seconds are long enough for most, with some videos scattered in at 30 seconds.
- **Sounds.** If you're not speaking for the critters, you can use an existing audio/sound, song, etc.
- If you're placing text within the reel, insert it inside a few **text bubbles.**
- People love **surprises** and love to laugh, so throw in a plot twist.
- Ever wonder **what your pet is thinking and wish they could say?** Let's hear from them.
- **Apps** are fun. I've tried a couple where you can upload a picture of your pet, record a message from them, add a hat, glasses, etc. Just have a blast with it.

Post a lot and have fun with it! Reels, pictures, a day in the life of, and other good stuff!



WELCOME HOME!

"Mom gave me my FURever home. She can help YOU find your FORever home, too!"

-Theo

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BENTLEY: A handsome 1-year-old male Cocker Spaniel mix. For more information, please contact Yavapai Humane Society 928-445-2666.



CAMERON: A 5-month-old male retriever mix puppy. He loves playing with his littermates and stuffed toys and cuddling up to people. He is sweet and smart. Yavapai Humane Trappers yavapaihumanetrappers.org



TITAN: A 2-year-old male Anatolian Shepherd mix. He is a big, sweet boy. For more information, please contact Yavapai Humane Society 928-445-2666.



PEPPER ANN: 4mo female Labrador retriever/Cattle Dog mix. Found w/siblings beneath a cattle guard; all are thriving. Playful, loves playing tug of war w/stuffed toys. Learning basic commands, is crate-trained. BlackHat Humane Society/Didi at 928-856-4338



SNEEZY: An 18-month-old male Pomeranian mix. He is a small, fluffy guy. For more information, please contact Yavapai Humane Society 928-445-2666.



BONBON: Young female Australian Cattle Dog/Blue Heeler mix found on the Rez. Wants to be loved. Good with other dogs, knows basic commands, walks well on & off leash. BlackHat Humane Society/Callie at callijo1879@gmail.com



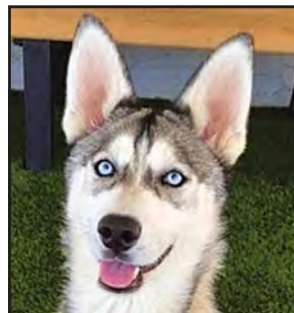
LATTE: A joyful 4-month-old male long-haired Chihuahua, busy exploring new things. Enjoys playing with toys & other dogs. Sleeps quietly in a crate at night and is not a barker. United Animal Friends unitedanimalfriends.org



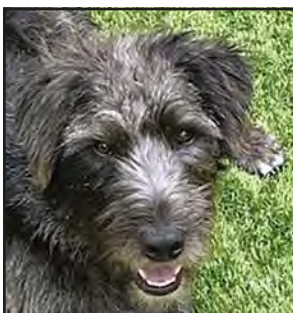
MERLIN: A 3-year-old male pure-bred Pitbull. Loving and laid back. Can be protective of children he knows. Good with other dogs. Is housetrained & can be crated without issue. Petey's Playground at peteysplaground@gmail.com



BENSON: A 4-month-old male Cattle Dog mix. He is gentle, affectionate, with a heart full of love, and a gentle soul. United Animal Friends unitedanimalfriends.org



COUGAR: A 7-month-old female Siberian Husky with the most striking blue eyes. She is an absolute love, affectionate with everyone, and she gets along well with other dogs. Chino Valley Animal Shelter 928-636-4223 Ex. 7



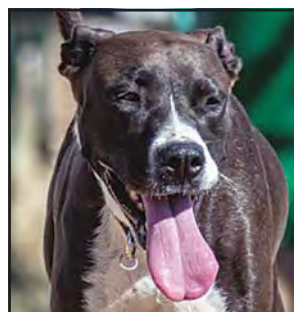
COLE: A 2-year-old terrier mix with the scruffy terrier coat and the build of an Irish Wolfhound, but much smaller at 48 pounds. He is sweet, smart, and knows basic commands. United Animal Friends at unitedanimalfriends@gmail.org



DODGE: A mixed breed male puppy with beautiful eyes. He is a fun-loving puppy who loves to play with people and other dogs. AARF 928-925-7219



DAKOTA: A large 2-year-old female German Shepherd/Catahoula Leopard Dog mix. Weighs ~70 lbs. A bit shy, is fast to warm up & loves to be petted. Good w/other dogs, loves walks. Yavapai Humane Trappers at yavapaihumanetrappers.org



KITTY: A lovely medium-sized black and white female. She is gentle, very affectionate, and wants all the love she can get. She walks well on a leash, is good with other dogs. AARF 928-925-7219



HARLEY (L) & GIZMO (R): These two little House Panthers are female littermates, found in an apartment vent. They are bonded and need to be adopted together. Harley is gentle, playful, affectionate, and sweet. Gizmo is adventurous, silly, affectionate, and sweet. They are very well behaved. Litter trained. Good with other cats, but they love playing with each other. Yavapai Humane Trappers at yavitrapppers@gmail.



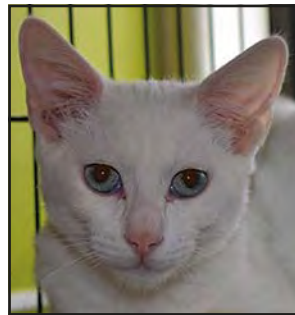
MAZIKEEN: A most handsome 5-year-old grey male shorthair with big golden eyes. For more information, please contact the Yavapai Humane Society 928-445-2666



SASHA: A beautiful 4-year-old longhair dilute tortoiseshell lady. She is a loving lady who enjoys being brushed, petted, played with, cuddled, and kissed. Catty Shack cattyshackrescue@gmail.com



BELLE: A lovely calico 5-month-old female lady with big copper eyes. For more information, please contact the Yavapai Humane Society at 928-445-2666



SUGAR: A most elegant pure white lady with big blue eyes. She is under a year old. A bit shy at first, but very affectionate. Petey's Playhouse Petseysplayground@gmail.com



MAX: A 3-year-old tabby male who is super friendly and loves attention. He is also quite a talker and very sweet. Miss Kitty's Cat House 928-445-5411



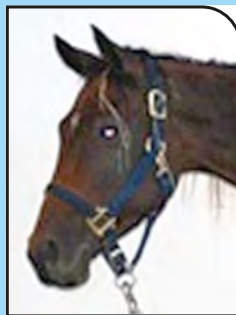
GAGA: A 6-year-old cream male with vivid green eyes and magnificent whiskers. Gentle and affectionate, as well as most handsome! Yavapai Humane Society 928-445-2666



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PATCHES
A 7-year-old bay pinto mare. For further information, please contact the Yavapai Humane Society Equine Center at 928-515-4947.



FEELS LIKE TUESDAY
A 5-year-old bay grade Quarter Horse mare. For more info, please contact the Yavapai Humane Society Equine Center at 928-515-4947.



ALLIE CAT
A 6-month-old bay Arab/Quarter Horse filly who will win your heart with her sweet personality. She is easy to catch, halter, lead, and pick up feet. Yavapai Humane Society Equine Center at 928-515-4947.



VALKYRIE
A 6-year-old palomino Quarter Horse mare. For further information, please contact the Yavapai Humane Society Equine Center at 928-515-4947.



ROSEMARY
An 8-month-old grade Quarter Horse filly. Loves attention & is advancing in ground training. Needs a committed adopter who's ready to continue her training. Yavapai Humane Society Equine Center at 928-515-4947.



JACKIE
An 8-year-old male donkey who is very sweet, but shy. Formerly used for roping, so he requires a gentle hand and some patience. Good with haltering and grooming. Yavapai Humane Society Equine Center 928-515-4947.

LET'S TALK CAT GENETICS!

By Cameron Dexter

I can hear it now. What? Cat genes? Oh yeah! Get ready to buckle up because it gets interesting!

This edition's topic of choice is cat genetics regarding cat coats, paws, and claws! There will be some talk about chromosomes but today we're just gonna try and keep it simple and explain in as simple terms as we can keep it!

That said, we're starting with Tuxedo cats today!

This coloration can happen across all types of different cat breeds. Tuxedo cats can be born at equal rates between male or female genders and when in gestation, a tuxedo embryo will develop pigment cells that, while they're multiplying, move and shift.

During development they don't seem to give any indication on following patterns! This means that the coat and color patterns between parents and offspring are similar but not identical given the natural drifting of the pigment cells during the developmental stages!

The same cannot be said about calicos and orange cats! These two breeds of cat both share characteristics with a genetic marker that dictates gender and coat color but in differing ways compared to the tuxedo!

Calico females and orange male cats are both different genetic compositions on a chromosomal level that tells us the color of the coat and the gender at the same time. It is for this reason that



having a male calico cat is extremely rare! On average, 80% of orange cats are male and 99% of calico cats are female! It's estimated that for every 3,000 female calicos born there is 1 calico male!

Have YOU ever seen a cat with extra toes? These multi-toed kitties named polydactyls after the Greek words poly (many), and dactyls (fingers).

A cat with polydactylism can come in a variety of ways depending on where the toes are on their paws. Those being Postaxial, preaxial, and mesoaxial. Postaxial, post (outside) axial (axis) is when the cat's extra toes are on the outside of the paw. In preaxial, pre (before), axial (axis) polydactyls the cat's extra toes are on the inner side towards the first digit of the paw.

Did you also know that while cats are usually affected by polydactylism on their front paws, that it can be present on hind paws! Most of the time

however it's rare for a cat to have polydactylism on both paws.

Here's another cat fact! I'm sure we've all heard about cats getting stuck in trees. If you've ever wondered why that is, I have the answer for you today! When a cat climbs a tree, their claws curl and point downwards, giving them grip and traction on bark as they scale upright. But!

When a cat is trying to climb down headfirst, their claws would curl and point upwards, thus not giving them any traction or grip! So, in order to get down properly without jumping down the cat would need to back down the tree!

With extra toes comes great responsibility! A cat's paw is much like ours! Their paw pads are like our palms and toes are much like our fingers.

Hold onto your hats for this next tidbit! When you declaw a cat it's the equivalent of taking your finger to the middle knuckle! Please think twice before you get your critter declawed! Bone spurs are a nasty thing for any critter to deal with! Yes, the bone has been known to grow back, and it's extremely uncomfortable for the critter.

This was just the very tip of the iceberg, there is an overwhelming amount of information out there about cat genetics! From multiple designations of fur color to hair size and length! If this was interesting to you, I encourage you to look deeper into what else there is out there!

Dogs have a way of finding the people who need them, and filling an emptiness we didn't ever know we had.

-Thom Jones



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OPT FOR AN OUT-OF-THE-ORDINARY TRAIL AT BUCK ISLAND

Story and photos by Cheryl Hartz

To explore this trail, you won't need hiking boots. Don your swim fins and let's slip into the Caribbean Sea on the Buck Island Underwater Trail!

Obviously, this one takes a little more effort if you live in the Southwest. But St. Croix is one of the U.S. Virgin Islands, so at least you don't need a passport. We did have to get COVID-19 test approval before we could go. That requirement has ended.

Buck Island Reef National Monument, established in 1961 to save "one of the finest marine gardens in the Caribbean Sea," is a little over a mile from the island.

An elkhorn coral reef surrounding two-thirds of Buck Island contains riches of colorful tropical fish and coral, as well as deep grottoes and unusual marine life.

We purchased a snorkeling tour on a boat that picked us up right off the beach of the resort where we had rented a house for the week. The trip on calm seas was short and easy, about 45 minutes, with no seasickness. We even chugged right by "our" house to get a unique perspective for our photo album.

The trip-of-a-lifetime was in celebration of our daughter and son-in-law's 10th anniversary, but I also got to spend a milestone birthday exploring the marked Underwater Trail, which is reserved for snorkelers. (I won't say which birthday, but the clue is Medicare. Snicker.) We went in January and were happy to escape winter for a bit. But any time of year is good in this tropical paradise.

It truly is a small world after all. The plaques on the sea floor trail on the island's east side are the work of talented science illustrator and infographics guru Fiona Morris



Martin, who grew up in Prescott Valley, was my daughter's friend and classmate, and now lives in the Pacific Northwest.

Hurricane Hugo decimated some of the barrier reef in 1989 with 25-foot waves and 200-mph winds. Signs of nature's recovery are evident, but without my glasses, I did not get a really sharp view of what was below me. Still, what an outstanding experience!

SCUBA divers can take on the outer reef, with depths of 15 to 45 feet in two designated areas.

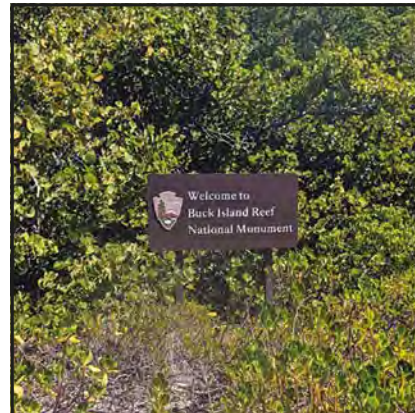
On a half-day charter, we did not have time to traverse the island's overland nature trail, unfortunately. We did get to enjoy Turtle Beach's white sands and swim comfortably in the clear azure water on the west side of the island.

The unprepossessing green mound of an island is only 176 acres, but serves as a preserve for endangered and threatened species, including brown pelicans and hawksbill turtles.

Areas off the beach into the vegetation are protected so the turtles can lay and bury their eggs, and many nesting sites are marked. It is one of the few places in the U.S. that hawksbill turtles still nest.

The U.S. contains only a few underwater trails, but boasts 35 National Water Trails (NWT) on riverways and canals in 25 states. Even on the famed Erie Canal. (Are you singing the Erie Canal song now?) Again, no hiking boots, just kayaks, canoes and camping gear. You can travel anywhere from 4 to 631 miles.

Happy wet trail exploring!



WHOLE DOG JOURNAL: A GREAT NEW YEAR'S RESOURCE FOR DOG LOVERS

By Heidi Dahms Foster

If you have a dog, it's a good bet you are always looking for ways to help your pet stay healthy, happy and free of behavior problems. You might not have time to read a library of books on all things dog, but there is one excellent publication that offers shorter but meaty reads on a number of canine subjects.

Whole Dog Journal is a long-time magazine publication that for many years has offered the latest in-depth news on everything from training and behavior to pet food and health care. Great writing and photos offer practical instruction on basic training – sit, stay, down, walking on a leash, proper behavior around people and other dogs, and the one thing that can literally save your dog's life, a fail-safe recall on command.

Whole Dog Journal doesn't stop there. It examines in-depth such varied subjects as the best dog toys for every kind of dog, the right dog beds, teaching your dog to relax around bees, children and other dogs, and effective habits for dog owners, to name just a few.



The magazine also delves in depth into subjects that deeply concern dog owners, such as the burgeoning problem of cancer, offering information and the latest treatment options. That alone makes the magazine worthwhile, but perhaps the most outstanding thing that makes *Whole Dog Journal* immensely valuable is its information on nutrition, and its annual lists of excellent wet and dry dog foods.

The dog food debate has exploded in the past couple of decades, and that's a good thing.

Dog food has improved, and so has the health of our pets. But navigating the possibilities and making sure pets are getting the best foods can be overwhelming. What's best? Raw, dried, canned, cooked, or dehydrated? If you buy prepared food, which brands are the best, and which ones should you avoid?

Whole Dog Journal does not accept advertising, and has strict criteria to create its list of the healthiest wet and dry goods. Since 1998, *Whole Dog Journal* has published an annual review and rating of dry and wet dog foods.

The lists include what ingredients should be in your dog's food, what ingredients to avoid, cost, and consideration of special needs such as activity level, growth, age, environment, illness, reproduction, altered dogs, and more. The list is new each year, so newer companies that are working to craft the best dog foods are included.

A newer feature of *Whole Dog Journal* is its annual list of the Best Dog Gear. The list for 2024 includes reviews on such items as the Mighty Paw Smart Bell, a housebreaking aid; SeaDent, an oral supplement that aids dental health and fresh breath; the Voyager K9 Winter Coat breed specific dog coats; the Handle, a leash alternative; and the Bully Grip bully stick holder that keeps dogs from swallowing the end of their bully stick, which can be a choking hazard.

Additionally, a subscription to *Whole Dog Journal*, either print or digital, includes short tips emailed to your inbox, access to years of archived articles, and a wealth of information on its website. Treat yourself to a subscription of this excellent resource for \$20 annually at wholedogjournal.com.

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Whole Dog Journal: A Great New Year's Resource for Dog Lovers

CREATURE COMFORTS: TODAY'S EQUINE THERAPIES

By Rita Thompson-Tinsley



Maren administering BEMER treatment to Ravyn.

From hi-tech to hands on, there are a number of equine therapy methods to appease your Appaloosa's every ailment and truly satisfy your insatiable stallion's stiff, sore stifle.

When horse owner Maren Cochran's Arabian, Harry, began displaying serious discomfort, Maren invested in BEMER therapy. BEMER is an acronym for Bio-Electro-Magnetic-Energy Regulation, which uses the principles of, yet another acronym, PEMF, Pulsed Electromagnetic Field. She purchased the MAGNA-WAVE unit to begin Harry's therapy back to better health.

The hi-tech BEMER system is designed to stimulate cellular activity and enhance circulation, initiating the natural process of healing. The PEMF process is designed to improve blood circulation, oxygenation, and cellular metabolism in the body. By stimulating the microcirculation system, BEMER helps to deliver more nutrients and oxygen to cells, while eliminating metabolic waste products.

The therapy is applied via hand-held coils, hands-free horse blankets, cuffs (similar to horse boots), and neck applicators. The hand-held coils can be placed on injured areas for particular

amounts of time, whereas the horse blanket, cuffs or neck piece, can be secured by Velcro closures, and programmed to the unit's timer. The horse blanket that Harry uses (and loves) is great for large-area applications, generating a signal field that encompasses and permeates Harry's body.

This therapy is considered a vascular treatment to improve microcirculation and further enhance improvement of various conditions along with healing injuries and reducing inflammation. And, magically, Maren confides that she also receives a benefit while holding the BEMER coil to her mare's neck area with her hand. Her hand receives relief from her arthritis symptoms.

A newer and similar horse therapy is ArcEquine. This state-of-the-art microcurrent technology is conveniently portable, equine

wearable, and also a non-invasive procedure. ArcEquine supports the body's natural biocurrents by boosting the production of ATP (adenosine triphosphate) within cells. ATP is the energy-providing molecule vital to pain management and tissue repair.

Light therapy has been around for some time and is a staple for many horses as well as humans. Also known as infrared therapy or 'cold laser', this device was developed to increase vascular efficacy by increasing the formation of new capillaries which in turn speed up the healing process. By carrying more oxygen as well as more nutrients needed for healing, light therapies, such as RevitaVet, are also known to stimulate the release of ATP.

With the initial playful partnership of a pony on her great-grandfather's farm, Raelene Paris has surrounded herself with the love of horses since childhood. Now, as an adult, Raelene abandoned a lucrative business career for a dream job which developed into Integrated Therapy Solutions for horses. She expertly performs the Masterson Method, an interactive method of equine bodywork which



Ravyn receiving BEMER treatment by coil.



Emmy receiving ArcEquine leg strap treatment.



Raelene Paris, MMCP, with Andalusian Pirata. Photo courtesy Kirsten Ziegler Photography.

doesn't only relieve years of equine stress and stiffness, but effectively helps to build incredible trust with the horse as well.

With the Masterson Method, she has learned to recognize and use the responses of the horse to find and physically release tension with the right touch. Working with the horse's nervous system, the horse actively participates in the process. As a bodywork practitioner, Raelene Paris, MMCP, utilizes the Masterson Method to focus on the horse's core muscles and key junctions which includes the head, neck and shoulders, and hind portion.

In addition to her full-time work sharing the Masterson Method's Integrated Equine Performance Bodywork with her clients, Raelene is pursuing a 4-year education with the international Vluggen Institute's equine osteopathy program. Her studies require her to commute to Florida 4 times a year and demands plenty of intense studying. She will eventually combine these osteopathy practices with her current bodywork service.

For pleasure and recreation, Raelene enjoys time in the dressage show ring and time on the trail with her beautiful Andalusian mare and her Lusitano gelding.

For 2024, Healthy Horse, Happy Horse, Happy Trails.



Harry donned with his therapeutic BEMER blanket.

(Rescue News continued from page 13)

In August, Petey's Playground began its twelfth year of operation. To think back to what was expected to be a narrowly focused mission to provide short-term foster care for pets of local seniors and realize the far-reaching scope of what we actually do today is really pretty amazing.



In 2019 we purchased a vacant building in the middle of Yarnell. We spent the next two years renovating it, and in March 2024 the Petey's Playground Resource Center will have been open three years.

We have a balloon payment of \$16,000 due in February and so have been very busy with fundraising efforts to meet that obligation without dipping into the account that provides financial assistance to seniors with pets needing unexpected veterinary care.

We've raised about \$9,000 of the \$16,000 needed, and have two more months to go. We really appreciate everyone's support in this effort, and have a few ways you can help between now and the due date.

- We offer Petey's 2024 Calendars, and a free pair of pawprint earrings with each purchase.
- We still have room in our outside pet celebration garden for a memorial brick. These make great gifts and celebrate or memorialize any pet, past or present.
- Wyatt Earp is returning to present his one-act play on Thursday, January 18 at 3 pm at the Yarnell Regional Community Center. Tickets are \$20 and available at our Resource Center located at 22448 State Route 89 in Yarnell, or by calling 928-671-8084 to reserve. We had to postpone this event in October, and we are very excited to have it rescheduled.
- We've created a gift list on Amazon.com for things we regularly need, so when you're shopping, please check

out our list and add an item or two to your order. It's a very easy way to donate.

We have several great cats and kittens at the Resource Center waiting for adoption. We also have a very special dog waiting to be noticed. Her name is Millie. She's a seven-year-old petite girl that was sixth in the order of importance in a family two adults and three kids under the age of five. When the adults split up, Millie was dumped at the shelter.

She's the sweetest girl, but was exposed to very little outside her home, so lots of things make her nervous. She's incredibly attentive, devoted to her people, and would do best with one or two other, balanced dogs that she can hide among or behind.

She also needs patient, compassionate owners who can help her catch up with the life experiences she missed out on when she was younger. Please see our website peteysplayground.org or pefinder.com to learn more about Millie.

WANTED: DOG FOSTER HOMES...

...where dogs can come, sit, and stay until they are adopted.

Arizona Boston Terrier Rescue is an all-volunteer organization. Because of our dedicated volunteers, we have been able to help thousands of dogs get needed care and placement. An essential component of our success is our network of foster homes. We do not have a central facility to house dogs – all our canine guests reside in private homes until a permanent home is ready.



What does a foster home do?

- Share safe, temporary lodging for a dog awaiting adoption. (Fosters may get first-chance.)

- Expose the dog to new skills and experiences, e.g., leash, crate, doggie door, socialization, etc.
- Ensure that health is carefully managed, including prescriptions and recovery from surgery.
- Provide quality dog food; may also choose to donate toys, bedding, supplies, etc.
- May choose to do some of the transport to vet appointments, adoption events, etc.
- Regularly share milestones, questions, quirks, and photo updates.

What you can expect from us:

- Supplies for each dog (crate, collar, leash, harness, ID tag, plus special food, if needed).
- Pre-approved medical care (microchip, immunization, spay/neuter, lab work, etc.).
- Assistance with training or behavior issues.

- Prompt placement as soon as the dog is medically cleared for adoption.

Becoming a Foster:

- Fill-out an application at tinyurl.com/2pvw3dnc
- Participate in a home visit by a Case Manager or other trained volunteer.
- Be responsive when a dog needs placement, even if you can't say 'yes' every time.

Adding new fosters is an ongoing effort, especially as we expand in Yavapai County and surrounding areas. Fosters can participate short- or long-term, seasonally, etc. Without suitable foster homes, we CANNOT achieve our rescue mission.

For more information, check out our website at tinyurl.com/rajd7z9v and/or contact Shasta Guthrie, our case manager / intake coordinator, at shasta@azbtrescue.org.

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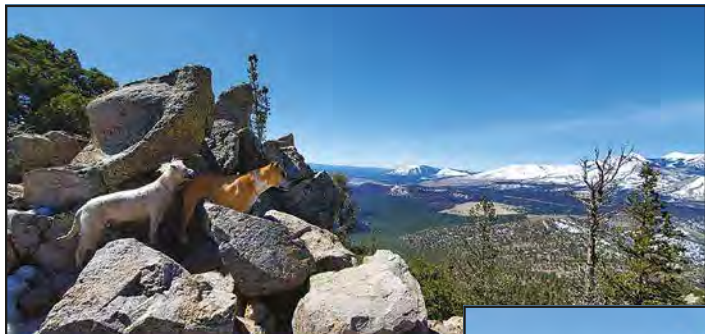
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GIVE PEACE A CHANCE

Grounded Pack Leadership Instead of Aggressive Dictatorships

By Solana Kline



My two pups just had a relationship testing moment. Driving to town in the Tacoma, and these two dorks sit on an exquisitely padded platform where the backseats used to be so that they can see out the windows and catch all the best sniffers whilst we roam on the road.

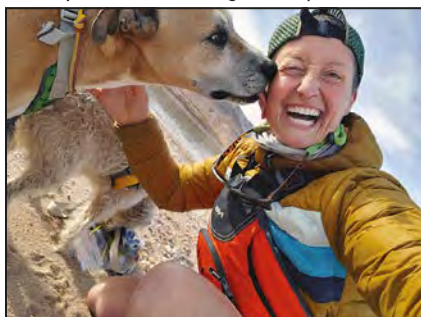
Betty, aka Silver Back Sausage (the 30-lb. ex-street dog terrier) has wedged herself in as close as she can get to my mouth, a mouth which is currently eating a magnificent breakfast burrito, and if she can't have any of the cheesy eggie morsels in her gob, she certainly feels that whiffs of it are a close second.

In doing so, she sardines Mickeyaka, aka Senor Lioness (the 65-lb. ex-fighting Pibble/Boxer), against the rear window. He finally tires of being squished and tries to stand up and turn around. But with the sandbagger Betty cemented to her prime breakie sniffing location, he only makes it halfway, consequently sitting on Betty's head. They linger in this hilarious and heartwarming position for a minute or so, neither bothered or imposed upon by the hilarity of their posturing. I snag a picture, and am filled to the brim with pride over these two being so relaxed around one another.

My pups are both adopted: Betty from Oregon Friends of Shelter Animals (ofosa.org), and Mickey from the Nevada Humane Society in Reno (nevadahumanesociety.org). They each had their fair share of unwarranted abuse from humans and dogs which shaped their social behaviors, just like we as humans learn our social behaviors from the people and events around us. This left both pups very scared and aggressive. And when we first added Mickey to the pack, they fought unpredictable bloody battles to the point that I thought I might have to bring Micks back to the humane society (something I thought I would NEVER do!).

My relationship with Mr. Mickey has completely changed how I live with and train my pups. Mickey had been at the Nevada Humane society for almost two years because he was so shy he couldn't be in the viewing area, and he was also very dog aggressive. Mickey had learned that interacting with humans and dogs meant danger, violence, aggression, starvation, thirst, freezing cold, blazing heat, and overall, a life of suffering. He was lacking love, companionship, trust, and bonding—true elements of pack behavior!

Mickey is an amazing example of how



an extremely dog-aggressive dog can heal from his traumatic past and learn to trust in the safety of play and comradery—to enjoy his life! This is a

big deal because dogs who are aggressive most often get euthanized, especially pit bulls.

According to the ASPCA (tinyurl.com/bddnt-vw4), every year 390,000 dogs are euthanized in the US. This is so many of our potential pack pals sent up to doggie heaven without getting to experience the joy of a warm loving pack and home. So, if Mickey can do it, so can other learned-aggressive pups!



I think what many of us humans don't realize is that true leadership comes from being calm and grounded in our position as pack leader. True leadership does not come from frenetic aggression enacted to assert our dominance, or from anxious fear. A calm, confident, and grounded pack leader sets the tone for the entire pack: our pups learn what to trust and how to

build confidence and relationships from our actions and interactions.

One of the toughest things I see out on the trail is a human screaming frantically that their dog is aggressive. They yank back their dog and very clearly set tone for their pup that the situation is very dangerous! So, of course the dog will respond as such. I am no expert, but in my experience training several extremely aggressive dogs, all it takes is the most minor shift in my thoughts and pheromones for my dog to sense my fear or apprehension, leading them to shift into protective and aggressive behaviors. Our dogs are pack animals!

It is our responsibility as calm confident pack leaders to be aware of where and how our doggies are feeling each day, to be aware of how WE are feeling when we are out with our pups (the second I feel nervous or anxious, my dogs are more aggressive), to look ahead at potential triggers or situations that might set our pups up for failure, and to be in the present moment connecting with our pups when we are helping them learn how and who to be in the world!

Mickey went from literally Jaws attacking dogs from the bushes to being soooo happy and proud of himself every time he is brave and calm enough to waggle his tail and sniff new butts! As we have gone through the years together, we all have learned so much about trust, bonding, play, and safety.

I have learned how ruling a pack through terror akin to that of a South American dictator is the least effective way to lead and train. It's ruling through fear, not trust; no one trusts a violent dictator! Instead, it's been important to provide Mickey with a lot of exercise (essential for all dogs if you want them to behave and bond!), so much love AND space when he needs it (letting him choose his own comfort boundaries with space), and very positive experiences socializing and building his confidence with other dogs.

Micks had zero clue that play was not violence. He didn't understand socializing because he was isolated and

starved until he had to fight, which means his initial interactions with humans or dogs were extremely violent. Over a few years, Betty kept building up little play exercises with Mickey, and we both gave him space and love—space to mess up and try it out. We practiced safe and calm interactions meeting new friends.

I sat with him calmly as doggies walked by and radiated positivity for him to feel that we were safe, and the situation was safe. He eventually stopped being so violent, he safely plays rough with Betty (her favorite!). He just started rolling onto his back for tummy pets (amazing!), and he makes friends everywhere we go!

We can't be certain of other dog or human behaviors in our encounters, but we can best set ourselves and our pups up for success in these situations. We can understand that, just like ourselves and our human experience, our pups have gone through trauma that they don't understand and didn't deserve. They have acquired triggers that need healing, trust, and positive experience.

With Mickey, I was just working with him intuitively, listening to what he needed. This wasn't the most efficient method sometimes, but there are really neat resources now that can help us train our aggressive friends. Maybe it would even work on the disgruntled humans in our lives!

Training with positive reinforcement is the key here. The benefits of this strategy are immense: Building trust and bonds, reducing boredom, building your pups own confidence, and clear understanding of what their pack rules are to be a successful packmate! Check out the benefits of this approach here: tinyurl.com/wju3z5df.

Important here is for us humans to manage our own demeanor. Dogs can immediately sniff out the human who is pretending to be happy and positive to mask their fear or anxiety. Our pups need us to be

grounded and calm in our positive training, and heck, it ain't too bad for us to be this way either! So how do we do it?!

There is a neat approach that I came across recently that can help extreme dog aggression. It's called the Bubble Theory. It is a training approach that slowly minimizes a dog's individual trigger reactivity space bubble. Watch the video in the link here: tinyurl.com/yn4zjdbn.

In the end, it boils down to us paying better attention to our furry farty friends, seeing when they get nervous or anxious, observing when they are happy and relaxed. What and why did they feel anxious versus relaxed and happy? How can we be calm and confident pack leaders where our pups feel safe? Cesar Milan has done much work with this: tinyurl.com/bd7uc2pr.

Our energy becomes indicator to our dogs of how they should respond and interact in all contexts. So, for ourselves and for our four-leggers, lets remain calm! Let's give them and us the peace we all deserve!

Until next time, happy tails and happy trails!



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