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**Enlighten Me**

**ISSUE**

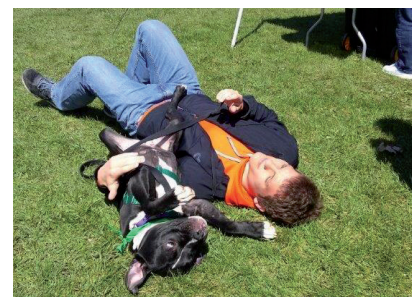




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## SPRING'S LOOK



**E**nlighten Me is a theme that everyone can benefit from. We can all add a little more intellectual and creative flow into our day. And with the anticipation for warmer weather, I thought why not encourage yourself to step out on a limb and explore something new.

The cover photography (by In Focus) beautifully illustrates this theme, and the Australian Cattle Dog is definitely not a breed you see everyday. Of course the setting is our beautiful Lake Michigan revving up for a warm spring season (hopefully).

In this issue, there are a variety of topics that stretch the mind and feed the soul, so go forth and continue to turn each page unlocking a new fun piece.

And remember to let our advertisers know that you saw their ads in FETCH. Because without them, we wouldn't be able to provide you with an outlet for such entertaining stories. More importantly, the local adoptables and rescues wouldn't get the extra attention they so lovingly deserve.



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## FETCH Writer & Distributor



I have always been a big fan of FETCH Magazine. The dog lovers in this area are fortunate to have an informative publication that highlights local organizations. So when help was needed for distribution, I was all for the idea to work off my advertising expenses by brightening the day of those I deliver to. Everyone is always excited when the new issue arrives.

My journey to the dog world is, like many other people, due to having a dog in the house growing up. Our family dog died when I was in college and I said, "This is my turn to pick out a dog". Well, Shanty was like any pup, full of trouble, and soon I realized I needed outside help. I started her in training and my love for training flourished. When I graduated from college, jobs in social work were hard to come by, but I was offered a position as director of the Elmbrook Humane Society. I had volunteered there, and they saw my passion for animal welfare. I had the wonderful experience of being there for 15 years, and it taught me to wear many, many hats. I finally decided to leave to do training on a full-time basis. It isn't always easy to make a living but, after being a trainer for almost 40 years, I still get very excited about learning new sports and ways of training.

I also enjoy being a contributing writer as well as having the "Chef Patti" column. In addition to my work with FETCH, I own For Pet's Sake Dog Training School, founded Bichon & Little Buddies Rescue, am a licensed presenter of Dogs & Storks, an evaluator for Therapy Dogs International, a presenter at Camp Dogwood and a superintendent for the K-9 Sports Arena for the Wisconsin State Fair. I show my dogs in obedience, rally, agility, flyball, treibball, barn hunt, freestyle dance and nose work.

There are so many ways to enjoy the dog world!



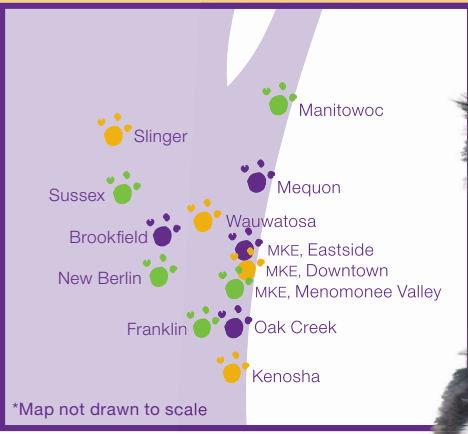
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*In Focus Photography*



**EDITOR'S PAW**



**Dear FETCH Friends:**

To be enlightened is to fully comprehend a situation in which you may possibly receive some spiritual benefit ... or at least that is what enlightenment means to me.

This spring, I have chosen certain topics that I hope will benefit all of you in some way. I find the best way to feel better about a certain situation is to do your research, journal the pros and cons, and make a decision based on the facts in front of you. A good friend of mine recently gave me some wonderful advice based off a poem. The gist of it is to stop falling into the same hole in the sidewalk and instead walk around it. Wow! Simple commonsense yet a powerful realization at the same time. I can choose a path that is better for me and not just let my emotions control every decision I make? Sound easy?

It's not. But it is an enlightening experience within itself. And if you are lucky enough to get into a "flow" of some sort, then the magic can begin to transpire before you. For me the magic is witnessed when a dog kisses my tears away, when my child touches my face, looks into my eyes and says he loves me, and when a reader contacts me with news about how FETCH has helped them in some way. Where does your flow come from? What is a magical experience for you?

To Creating Magic, Developing Flow and Feeding One's Soul,

*N. Putz*

"Petting, scratching, and cuddling a dog could be as soothing to the mind and heart as deep meditation, and almost as good for the soul as prayer."

- Dean Koontz



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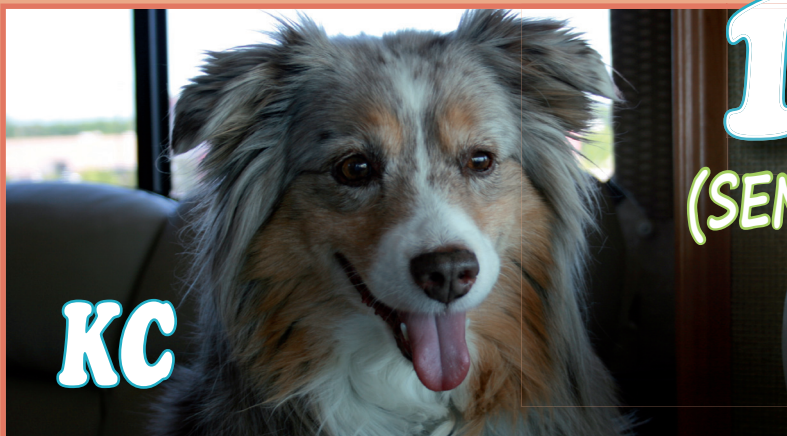
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## AROUND THE WATER BOWL ~Get Enlightened

### HOW TO REPORT ABUSE.

If you suspect animal cruelty or neglect you should contact your local police department. If you want to report a concern about conditions or a situation that has previously or continues to occur, please contact the NON-EMERGENCY number of your local law enforcement agency and make your report.

If you live in the City of Milwaukee, and you feel an animal is not being housed or cared for properly you can also contact the **Department of Neighborhood Services** at 414-286-2268.

MADACC does not investigate mistreatment cases, however, we provide assistance to local law enforcement and will pick up and care for animals that are seized for violations of local and state statutes.

### What constitutes animal mistreatment?

When helping animals in mistreatment situations, it is important to first know and understand what constitutes animal mistreatment under law. Many people have different standards of care for their pets. While someone may not love and care for their pet like you do, it may not be an abuse situation.

Ultimately, it will be up to law enforcement, prosecutors, veterinarians and a judge to determine if a particular case is animal abuse/neglect or not, but the fol-

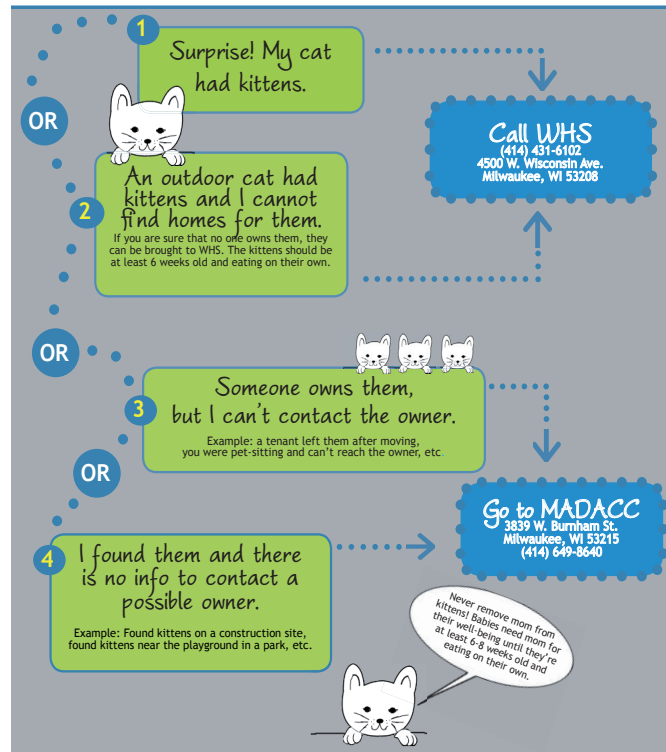
lowing is a basic guideline:

- Animal does not have access to sufficient food and potable water to maintain good health
- Animal does not have necessary shelter to protect it from heat, cold or inclement weather
- Animal is tied or chained on too short of a length of material
- Animal has been abandoned
- Animal is kept in cramped, unsanitary or generally unhealthy conditions
- Animal has a serious injury or life threatening medical condition which remain untreated

### What should I do if I see someone neglecting or abusing an animal?

If you see someone abusing an animal, you may want to run over and tell the person to stop. Unless you know that confronting the person will change their behavior and not risk any harm to yourself, don't do it. You may be putting yourself at risk as well as the animal. Instead take photographs or videotape if you can. This evidence will be invaluable to investigators. In the case of a child or children abusing an animal, the parent(s) may be unaware of the behavior. Animal abuse has been linked with other types of abuse in the home (child abuse, domestic violence). It is better to let law enforcement investigate. Remember, it's important to report animal abuse/neglect. If you don't, who will? Helpless animals depend on you. (Madacc.org)

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## BREED LABELS: When Guesses Turn Into Predictions

As we travel around the country, having conversations with shelters and rescues about the “pit bull” dogs in their care, we find that there are always a few big a-ha! moments that help people understand that all dogs are individuals just a bit better.

One of the more exciting moments typically happens during our Labels & Language presentation where we discuss the role of breed labeling in shelters and the assumptions we make about dogs based on those labels.

The focus of the talk is to help shelters understand a number of concepts that apply not only to “pit bull” dogs, but to ALL the dogs in their care. This one being of utmost importance:

**How a dog is labeled or how they look on the outside is not an indication of past or future behavior or their suitability for a particular adoption placement.**

Too often we make incorrect assumptions about dogs based on label or appearance.

Thanks to ample research, we know that visual breed identification of dogs is highly inaccurate. One study found that the breed labels assigned to shelter dogs by staff members were wrong at least 75% of the time.

Despite this, shelters continue to use breed labels. This is problematic because the highly inaccurate labels we assign to dogs result in people speculating about how dogs will behave or what kind of family they’ll need.

**We’re using guesses to make predictions.**



This approach leads to significant unintended consequences for all dogs, not just “pit bull” dogs.

Just recently we were at a shelter observing a photo shoot for a dog’s adoption

profile. One person commented that the dog, a mutt, had black spots on his tongue so he was probably a Chow mix. If the speculation had stopped there, it wouldn’t have been much of a problem – maybe the guess was right or maybe not. We can certainly



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share our guesses. There’s nothing wrong with that!

But the guess quickly led to a discussion about how this dog might behave based on that label (independent, aloof) and therefore what kind of family he would need (not a good choice for a first time owner).

Rather than pay attention to the dog in front of us at that moment, who was enjoying getting his photo taken, the conversation took off with assumptions and predictions based on a breed description that may or may not apply to this individual dog.

**A guess turned into a prediction.**

If instead of speculating, we were more present in observing the animal in different situations, like how this dog was relaxed and social during a photo shoot, we’d realize that our assumptions are often way off base.

With nearly 75% of all shelter dogs reported as mixed breed dogs and with a 75% chance that shelter workers will make an incorrect guess at what that breed mix is, it’s clear that we’re making a lot of incorrect assumptions about the dogs in our care.

This is why we advocate for the removal of breed labels in shelters, a trend that’s gaining steam with progressive organizations in 2016.

Maybe you’re still not convinced. It helps to look at the science and research.

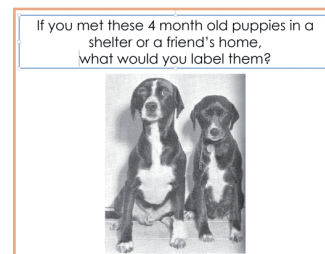
Many of you have seen our infographic All Dogs Are Individuals where we put revealed the science of why breed and appearance alone are not accurate indicators of future behavior.

But in our live presentations we often find that one series of photos really drives the point home that our unreliable breed

guesses aren’t the basis for accurate predictions of future behavior.

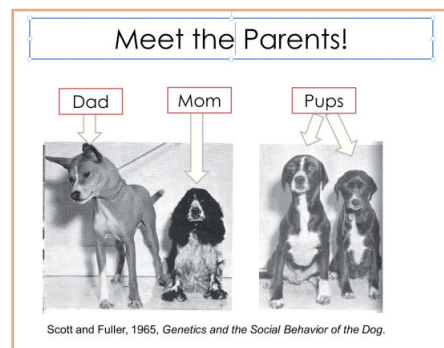
Take a look at the following slides:

In 1965 Scott and Fuller published Genetics and the Social Behavior of the Dog based on their research.



If these dogs came into your shelter, what breed mix would assume these two dogs are? And what assumptions would you make about how they will behave in the future?

Unlike in real life, where we often don’t know the parents of the mixed breed dogs that arrive in our shelters, we do know the genetic makeup of these two pups:



The two black and white puppies are a cross between a purebred Basenji and a purebred Cocker Spaniel!

CONTINUED ON PAGE 29



# The Dog From a Land Down Under

## Australian Cattle Dog

BY PAMELA STACE, FREELANCE WRITER

**L**ong ago, when settlers in the Australian Outback started ranching and farming, they found that the dogs they had brought from Britain just didn't have the stamina that their new environment required. They needed dogs that could withstand temperature and precipitation extremes, rugged terrain and long working hours. They needed dogs that could protect property and herd livestock, as well as become a great companion – the total package! This was the beginning of the Australian Cattle Dog or the ACD.

In the mid nineteenth century, a man in Queensland bred a Dingo, the native canid of Australia, with a Collie type dog. The result was a very sturdy

dog, perfectly suited for the Outback. This new type of dog proved to be a very hard worker, an excellent herder and hugely important to the emerging Australian beef industry. In 1980, the American Kennel Club recognized Australian Cattle Dogs as a breed and part of the Herding Group.

### Protective & Cautious

Drovers in Australia were independent contractors hired by ranchers to get their cattle to market. ACDs guarded humans, their belongings and the cattle along that way. They had to stand their ground against strangers and would-be robbers and rustlers, or they would be gone, essentially left for dead. Today, ACDs are understandably a bit cautious

towards strangers but are not necessarily skittish. Cattle dogs are still friendly and very protective of their human families. They can be stubborn, yet are also highly trustworthy, both essential qualities for taking care of the herd!

### Obedient & Loyal

Because ACDs keep their herds in line by assertively nipping at their heels, they have a natural propensity for biting so training is a necessity. But due to their exceptional level of intelligence, they take to it very well if done with sensitivity and respect.



## Energetic & Brave

ACDs are excellent problem solvers that do not tire easily. They are fast, agile and like a good challenge. They know how to move and control cattle in open and confined spaces. And they have the ability and drive to get back up on their feet and get back to work even if the cattle kick them!

## Home Life

According to Stephanie Govin-Matzat who owns and breeds ACDs, they are very adaptable and do well in either a high energy or a more laid back environment. If you establish yourself as “top dog,” they will follow your lead. They are very loyal and are dedicated to their humans. ACDs are good with kids, although sometimes they will try to herd them!

## Coat & Grooming

ACDs have a double coat and are amazingly soft to the touch. The outer coat is dense, straight and lies flat. This works like a raincoat and makes them pretty water resistant. The undercoat is shed seasonally. ACDs are born all white but in adulthood are either blue or red with tan on their legs. They can be mottled, speckled or masked, but should not have solid colored spots on their bodies. Grooming is minimal. An occasional bath, brushing (which they really enjoy) and nail trimming is all that is needed.

## Health

ACDs are generally healthy, although deafness, probably color related, can be

present. The Australian Cattle Dog Club of America is working with other breed clubs to fund research to locate the genetic basis for this. Progressive Retinal Atrophy, which is similar to Retinitis Pigmentosa in humans, may also affect ACDs. Responsible breeders have the hearing tested on puppies and genetically test parents before they are bred. Breeders are making rapid progress in eliminating these health issues.

## Activities

Not surprisingly, Australian Cattle Dogs enjoy lots of working and leisure-time activities. They are valuable and efficient workers on farms and ranches but also participate in performance events such as agility, obedience, conformation, herding, rally and tracking. Stephanie has witnessed show cattle at the Minnesota State Fair “stacked” by an Australian Cattle Dog, who “directed” each hoof into place! ACDs are also occasionally used in search and recovery, as cadaver dogs and as therapy dogs.

## Physically Tough, Emotionally Soft

The AKC refers to ACDs as “alert, curious and pleasant”. Stephanie says they are “physically tough but emotionally soft.” So regardless of the characteristics one chooses to highlight, it is clear that the Australian Cattle Dog is a unique and remarkably gifted breed that can fit in almost anywhere!

CONTINUED ON PAGE 19



# PRESENCE, ACCEPTANCE & TRUST

## Connecting With Your Four-Legged Soul Mate, Paws & All

BY KATHLEEN HUNTER, FREELANCE WRITER

If you read the autumn issue of *FETCH Magazine*, you already know I have two dogs, Tsavo - a Rhodesian Ridgeback and Abby - a Great Dane-English Pointer mix. I have had Tsavo since she was 7 weeks old. Two years later Abby found me. Our paths crossed at a time when I had a void in my life. From the first day she came to our home I felt as if she had always been in my life. She was my soul mate. Or so I thought. But first let's learn what defines a soul mate.

### What Is a Soul Mate?

The burning question to be answered is, "What is a soul mate?" I had the opportunity to interview Neave, an animal communicator in Seattle, Wash. Before our conversation began, she had set up her working mesa. This is a surface with crystals, stones, buffalo hide, horsehair, various figurines - an elephant, bunnies and stuffed animals (representing surrogates for the different

animals that are willing to work with her). Neave called into the animal beings she knows and asked, "What does a soul mate mean to them?" They replied that being present or embodied with intention is what constitutes a soul mate. Neave went on to say it is when your animal "hold[s] a loving compassionate space for you, unconditionally. They are witnessing, not judging." There are three words at the heart and soul of being a soul mate, whether you are your dog's soul mate or he is yours. Presence, acceptance and trust.

Neave goes on to explain that to have presence or to be present "is to be alive with what is there in the moment" and when you are present to this degree, then you have total, one hundred percent, unconditional acceptance. You accept your pooch

when he has bad breath, a matted coat, kennel cough or less than optimal behavior equally as much as when he smells like the new downy fur of a puppy, is at the peak of his game and has the manners of an English aristocrat. Our dogs seemingly accept their humans unconditionally as an innate trait, but acceptance is also the willingness to compromise on both ends of the leash. For example, I may want to snuggle with my dog, Tsavo, but she might not want to have anything to do with me at that moment. If I allow her to have her space, then I am accepting her needs and consequently, I am present to what is transpiring in that moment. This scenario can also take place in a reversal of roles with your dog. Tsavo would love nothing more than to lollygag for hours on our walks through the same neighborhood, but alas, I do not live a life of leisure. Tsavo understands this. She accepts my limitations for excessively leisurely strolls on a daily basis. And I know this because she does not whine, bark or engage in any other undesirable behaviors. Instead, she looks at me, gives a shake-off and then we are on our way. In both of these scenarios, neither dog nor human have forced themselves on the other. We have been present, alive in the moment enough to allow the other to feel what they need. What follows is a symbiotic relationship of trust because presence and acceptance are in motion between human and dog.

According to Neave, "If one is forced on the other, then that is not clean [there is] no free will. It is an energy drain to be forced to do something when the other one does not want to."



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According to Joan Ranquet, animal communicator, author and speaker in Carnation, Wash., the soul mate is “the one that stretches you the most, makes you grow.” This may occur with more than one of your dogs and at various times throughout your time together. And, we don’t need to be monogamous with our soul mates as pertains to animals. For instance, Joan has one dog that was easy to train, one that was impossible and one that was pure joy. However, each has made her a better dog person and a better person. Right now, her oldest dog is stretching her because she needs more of Joan’s care and time. The challenge is to look inward and then determine who your animal is in your world and what is the relationship, how are you connected? For example, is your dog the one who gets you out of the house for exercise? Is he the one who gives you patience? You might learn that the one you thought was your soul mate might not be the one after all.

This is what I discovered. I always thought Abby, my Great Dane/Pointer Mix, was my soul mate because when we rescued her, it was as if I had always known her. We had an immediate and deep connection that grows deeper each day as we encounter new experiences. Tsavo, my Rhodesian Ridgeback, who I’ve had since a puppy, was my first dog. She has a very independent spirit to the point of being stubborn at times. After talking with Joan, I learned that in actuality, Tsavo is my soul mate because she is the one that has stretched me as a dog person. She taught me how to be with dogs. She is the one who erased my fear of dogs that I had been carrying well into my adult life. Abby, however is also my soul mate but in a different way unique to Abby’s personality. She is always by my side providing comfort and understanding. Each holds a unique space in my being. As Joan says, “there is something that is so magical.”

## My Dog is Not My Soul Mate

Perhaps you have a dog that you believe is untrainable, seemingly purposefully doing

the opposite of what you ask. Try as you might to entice your dog to sit, stay or give you a hi-five using various forms of bribery – high value treats, happy-joy-joy exclamations and his favorite toys, all to no avail. Or, he never seems to want to sit by your side for movie marathons. And scratches behind his ears warrant a shake-off as he stares off into the abyss or he might even growl at you. In these situations humans tend to identify their dog with negative nomenclatures saying he’s stubborn, dumb, crazy or weird. It is easy to slip into this way of thinking and believe your dog is not and never will be your soul mate. You may convince yourself that you and your pooch have a mutual understanding of this conclusion.

According to Asia Voight, a professional animal communicator in Madison, Wis., “Every dog is your soul mate but depending on your relationship, they might not be allowed into your soul and you into theirs.”

Neave elaborates on this notion saying that sometimes we put such high expectations on our dogs to fill a need or a void in our own lives. When this happens we are seeing our dog as a tool that will fix something rather than seeing “... the animal as a being.” In this case, Asia says, “a shift needs to happen.” Part of that shift is looking at what you are expecting from your dog. Sounds easier said than done, but don’t despair, it really is easier than you think.

## Becoming Soul Mates

Now that you know what constitutes a “soul mate”, here are some techniques to try out with your dog to pave the way to enlightenment and becoming one with your best friend.

Asia suggests beginning in a quiet, meditative space in order to be better able to connect with your dog. Next, with intention, begin to slow down your breathing. When you first get started simply breathe in and out slowly for a minute and “focus on your

heart and appreciation and love that you have for your animal companion.” Continue to do this for a few minutes. As you become more comfortable then you can increase the length of time you and your dog are breathing together. Eventually, you will notice the pace of your breaths will be in sync.

According to Asia, this “creates an energetic tunnel, a bridge where information can pass between the two of you.” Eventually, after subsequent days of engaging in this breathing exercise you will begin to sense a deeper connection with your dog. You will find that as you become more willing to hear your dog, your dog will be more willing to hear you. A harmonious relationship is then in the making.

Joan also suggests you take a few minutes throughout each day to stare into your dog’s eyes. This allows the love hormones to surface between the two of you. Without forced effort you are creating that magical bond between you and your dog. With this new lens you have created through which to see your dog, take note of the little things that you originally thought were annoying or frustrating in his behavior. Realize they are his behaviors and they are what make him unique and ever so loveable. Now, you are accepting his behaviors as cute, funny, and maybe even quirky. Your dog will feel this acceptance and with continued patience he will begin to let you into his soul just as you have begun to let him into yours. You are building the trust that will lead to a lifelong relationship of being each other’s soul mate.

I never imagined I could have a deeper connection with Tsavo and Abby, but now I communicate with them in a richer and more enlightened form. Whether we are simply enjoying each other’s space or one or the other is vying for a compromise. It’s all good because we accept each other completely.





## DOGGY DECEPTION ~Stay Enlightened

# DO ALL DOGS LIE?

**SOME EXPERTS SAY YES! DECEPTION CAN COME IN ALL FURS**

BY KAREN PILARSKI, FREELANCE WRITER

**D**ogs may be our furry, loveable and loyal family members, but are they also capable liars? Lying is something most of us are all too familiar with in our daily lives, whether we lie to “save face”, make someone else feel better or just simply want ourselves to feel differently about a certain situation. Whatever the underlying reason is for lying, it is in our human nature. Does that also mean it is our canine’s nature as well?

Dog Trainer Janice DeMadona, CTDI believes lies are associated with speech. “If you ask if dogs are deceptive, then the answer is yes,” she says.

For example, DeMadona highlights the following scenario. When training her dogs to use the bathroom quickly while the weather is frigid, the standard is if the dogs go potty she gives them a reward. “My dog knows once she goes, she will get a treat. She will pretend to use the bathroom and run to me for one,” she says. Of course the dog doesn’t realize that the snow is a huge telltale on if she did her business or not. We tend to find our pet’s behavior like this one cute, but it is indeed a lie.

According to DeMadona, another example is when her dogs are playing with the neighbor dog, Rusty. If Rusty decides to take one of her dog Sally’s toys, then all of a sudden Sally really wants the toy because the other dog has it. So in retaliation, she will go to Rusty’s fur-mom/owner and jump on her lap to make Rusty jealous. Rusty will then leave the toy to get Sally off his owner’s lap. After which, Sally easily retrieves control of the beloved toy. “That takes a lot of problem solving and intelligence,” DeMadona notes.

Still not convinced that your dog is a liar at heart? Imagine this scenario. A 1-year-old Border Collie is trained not to put her paws on the kitchen table. However, when her owners are watching television, she sneaks off to the kitchen and licks the table. DeMadona says, “The dog knows her owners are not there, dogs are incredible with how they solve problems.” In her experience as a dog trainer and behaviorist, dogs become skilled problem solvers from being deceptive. “They are figuring things out and may know they can’t be mean to get what they want but can be a bit sneaky.”

### Take the Time to Train

DeMadona says when people spend the time to train their dogs how to learn, this will produce an intelligent dog. She tells her clients that she converses with her dog. They learn basic language all of the time like, “Do you want to go for a walk?” or “Do you have to go potty?” Why stop there? Science has shown us that dogs have the vocabulary of a 2 year old and some dogs know more than that. The more we make learning a positive experience the more they learn to be deceptive.

Thus, DeMadona’s philosophy on scolding is explained by the story of when she started taking piano lessons: “The piano teacher says, ‘I want you to play C cord’, but I make a mistake. Then my teacher curtly scolds, ‘No, I said C!’ Now, I’m getting scared that I’ll make a mistake or that the instructor will yell again. I would be scared to make a mistake and I wouldn’t want to try something new. In this same way, dogs learn to hide the actions that they are afraid of get-

ting scolded for. And it may result in some form of a lie.

### Who is Fooling Who?

Carol Sumbry, certified trainer and owner at Pooch Pedestrian says she doesn’t think dogs are intentionally deceptive in the sense that humans think. “I do think dogs are very smart and able to put together behavior chains that result in a positive outcome for them,” she proclaims.

Based on her expertise, dogs repeat behaviors they learn and know will work in their world. As animal behaviorists are studying dog behavior more, they are learning about the science behind what dogs do and are gaining a better understanding of their world.

On the other side, Sumbry says there have been studies that show dogs know when owners are deceiving them. Who hasn’t faked-out their animal when tossing a ball or tricking them to take a bath? As Sumbry states, dogs put together behavior in their packs and learn how to their own best outcome.

Deception is throughout the entire animal kingdom if you think about it, especially in life or death situations. “There are some studies that show gorillas and even birds can be capable of deception including an animal feigning death when a predator is nearby,” she says.

According to Sumbry, as we continue to see the science behind dog behavior and their emotions, they will continue to amaze us and teach us how to live in a world with them as companions who know and feel so much more than we thought years ago. “This knowledge and understanding will continue to improve our relationship with our canine friends and how we train man’s best friend.” Lying aside.



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## A Furr-Buddy A Day Keeps the Doctor Away

BY KATHLEEN HUNTER, FREELANCE WRITER

As dog owners we are the first to vouch for the fact that our canine friends are more than just our walking buddies. They are also a source of great comfort when our chips are down, whether because of financial hardship, difficult personal relationships or failing health. But how do our children benefit specifically?

Today's researchers are studying the relationship between humans and animals (not just dogs), to substantiate what we have believed to be true all along; Animal Assisted Interactions have and can benefit very young children who are chronically ill, dying or have emotional or developmental challenges.

The Human Animal Bond Research Initiative Foundation conducted a survey in 2014 revealing that 69 percent of doctors have worked with animals in a hospital, medical center or medical practice. Furthermore, 97 percent stated they believed owning a pet provided physical health benefits. Some doctors even went so far as to prescribe a pet the same as one would prescribe any other medication for improved health. The Executive Director at HABRI, Steven Feldman, says dogs are really beneficial for children with autism. A dog provides more sound interaction with a child and helps them connect with others. The dog is focused, patient and calm. Therefore, there is more harmony and less stress in the family. However the benefits of having one are not limited to children with autism. Steven says adults reap the same benefits, too. A note to the consumer: As more physicians are prescribing pets as medically necessary, the costs may be tax deductible. Children & Animals

According to Gail F. Melson, Ph.D., "[One] of the most exciting areas where the 'healing dog' is making a difference is for pediatric patients." A study conducted in Pavia, Italy determined that children who spent as little as 20 minutes per day in the company of a dog recovered better after surgery. And after anesthesia, they were more alert and active before the non-dog session patients. Another study found that child oncology patients had better appetites and engaged in independent active play. Therapists are also finding the benefits of a four-legged co-therapist during their sessions with minor patients. And having an animal present is particularly beneficial with children who are on the autism spectrum.

According to Dr. Melson, children with autism avoid interacting with other humans but might not avoid interacting with animals. In one study children were more responsive to pictures of animals than they were of pictures of humans. A dog may "stimulate the senses" as well as be the social spark that will help a child connect with humans. Dogs also facilitate the sensori-motor skills in a child and provide a calmness in the child. Therefore, the human therapist is able to get to know the patient more authentically because the patient is more relaxed and feels safe in the company of their "best 4-legged friend".



Photos By Jane Cameron



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## HUMAN-ANIMAL BOND

However, co-therapists do not always need to be dogs. Nature's Edge Therapy Center in Rice Lake, Wis., "... combines traditional methods with innovative rehabilitative techniques such as hippotherapy (equine/horse-assisted therapy), horticulture therapy and animal-assisted therapy, all provided by licensed therapists with practical, comprehensive goals in mind." Part of the program at Nature's Edge is Diane's House, a single family duplex where the family and the patient reside in one half of the house while intensive treatment takes place in the other half. This provides a home-like environment for the patient while at the same time allowing the family to integrate fully in a home-like environment. The transition into their own home with their treatment plan in place is then seamless.

Their program accepts children as young as two years old. Diane's House first opened in 2013, and their first patient was Alexis, a 10-year-old girl diagnosed with autism at the age of four. After trying multiple therapies, she and her family tried Diane's House for a week of intensive therapy. Alexis was especially keen on working with the horses, but there were other animals always around and part of her therapy sessions. For Kayleigh, a three-year-old diagnosed with cerebral palsy, she was without any therapies when her mom learned about Nature's Edge and decided to give it a try.

"When we first stepped out of the van we were greeted by Buddy, and Kayleigh fell in love!" Kayleigh's mom goes on to say that the "one-on-one sessions and using the animals as motivation has worked very well."

Whether your animal of choice is big or small, has two legs or four, or maybe even eight, has fur, hair or even scales, the science supports that there truly is much more to be said for the human-animal bond than just having an animal. And as Gail Melson, Ph.D says, "Watch out for side effects, like laughter echoing from the pediatric oncology ward and giggles from the post-operative recovery room." That's the magic taking place.

## Benefits of Having an Autism Service Dog

**T**here are countless benefits of owning an autism service dog for children and families affected by autism. These dogs are faithful companions that assist these children and families with activities of daily living as well as increasing the safety of the child and reducing the stress level of their family. Other advantages of having an Autism Service Dog include:

- **Increased social interaction** – assistance dogs have been proven to improve social skills and social interaction for many children affected by autism. These dogs are naturally interesting which often draws the attention of the autistic child as well as others.
- **Redirection of repetitive behaviors** – dogs can be taught to nudge a child that is performing repetitive behaviors, this touch is often all that is required to redirect the child from these behaviors.
- **Improved independence** – autism service dogs can provide independence by allowing the child to walk with the dog as opposed to constantly holding the hand of a parent or adult. These highly skilled dogs can assist the child while under the direction of the adult.
- **Increased vocabulary** – children with autism are often noticed to have an increase in vocabulary after being paired with an assistance dog. The children seem to be more comfortable in speaking with the dog which transfers to more verbal interaction with people.
- **Improved quality of sleep** – assistance dogs provide a certain level of comfort that can often improve a child's ability to sleep more throughout the night.
- **An overall calmer environment** – when performing everyday tasks, children feel less pressure working with a dog as opposed to their peers. The tactile experience of having a dog as a companion has also been proven to provide calming effects. Autistic children who work with dogs have been documented to feel less anger and experience fewer acts of aggression compared to the time before receiving an autism service dog.
- **Recovery of lost children quickly** – these autism service dogs are taught to track the child in the event that they bolt or become missing. These dogs are capable of locating the child in a variety of environments and terrain. This ability to locate the child quickly, greatly reduces the risk of serious harm.

*From Assistance Dogs For Autism*

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# DOWNWARD, DOG!

## An Ancient Practice Gets a Canine Twist



BY LUCIE M. WINBORNE, FREELANCE WRITER

**H**is your best friend, waiting beside the door at the end of a hard day or your pillow when you wake. She's your running partner on the beach or walking companion on the trail, your tireless Frisbee catcher at the local park.

Still, maybe you're both in a bit of a rut these days. How about a new activity? Something a little less typical?

### Something Like a Doga Class?

Yes, you read that right. "Doga" is simply yoga ... with your dog. Now before you chuckle, be assured it's no gimmick (at least if done properly), but a fun and healthful way of further bonding with your four-legged pal.

"Yoga," a Sanskrit word for joining or uniting, is a mind and body workout dating to ancient India, where it typically incorporates Hindu philosophy. In other countries it's more commonly considered a form of exercise, but the overall benefits, ranging from increased strength and flexibility to improved glandular and heart health, remain much the same. And a little more than a decade ago, this centuries-old discipline went to the dogs, you might say, when professional singer/actress turned yoga instructor Suzi Teitelman noticed that while she was teaching, her puppy, Coali, didn't want to leave the mat.

"There was never happiness like there was when Coali got on the yoga mat with me," Teitelman recalls. "From the day he was brought into my life at 8 weeks till the day he died at 14 years old [in December 2015], he always loved being with his mommy, and he loved to do poses. He started the practice of doga. It was all his idea. He would come and get under me and start doing downward dog and upward dog and every other pose we fell into."

She continues, "We were in love instantly, with each other and with doing yoga together, just being able to share something different and special together. Whether it

was meditation or flowing moves, we were content and peaceful." To honor her beloved pet's memory as well as inspire others, she began writing *An Autobiography of a Dog* last year. "I want to share with everyone the joys of doing yoga with your dog and how it can be a lifetime experience ... like it was for me and Coali."

Underlying the philosophy and practice of doga is the fact that since dogs are pack animals, they're an excellent match for the discipline's principles of unity. And the benefits extend well beyond contentment.

Perhaps the most important is simply the gift of your presence. In our overworked, over-rushed society, where even walking our dogs is often done almost unconsciously while multitasking on a smartphone, one instructor has called doga "45 minutes of undivided attention." The close physical contact involved in a class can also alert pet owners to health changes such as lumps that might otherwise go undiscovered for a while.

Then there's increased relaxation and obedience. Dogs have been found to be more affectionate and laid-back as well as more receptive to direction after a class. One doga student even noted that repeated sessions helped her pet overcome his fear of having his nails clipped.

But doga at its best is about strengthening the bond between animal and human, not just through time spent together, but moving and breathing in sync while your pet picks up on your energy. As author/instructor Mahny Djahanguiri points out, attempting to control or manipulate your pet turns a session into a training rather than nurturing exercise.

So what might you expect from a class? Well, characteristic yoga poses such as the chaturanga, in which your dog will sit with his front paws in the air while you provide support, and the sun salutation (or in doga lingo, "upward paw pose"), which will have you lifting her onto her hind legs. The weight of smaller dogs can help you deepen a triangle pose stretch as you cra-

dle them with your free arm. Pretty much any position you would assume in a human yoga class is adaptable here, even to senior or physically handicapped dogs whose joint stiffness can be relieved by the gentle stretching. A class will also typically include massage and meditation. Some instructors even incorporate canine acupuncture.

### Of Course, There's a Right Way & a Wrong Way to Run a Doga Class

Some potential clients have been put off by seeing pets used merely as weights or coaxed into poses with treats. And it's easy to see how chaos can ensue if participants haven't had a chance to burn off a little natural energy beforehand.

"If one dog starts, it usually starts all of them," says Dawn Celapino, a personal fitness trainer and doga instructor at Leash Your Fitness in San Diego who was introduced to doga by her mentor, international yoga instructor Stacy McCarthy. Noting that a quiet atmosphere is key to a successful class, she does not permit any talking or sudden movements that might distract the animals, and the occasional reporter is only permitted to observe from the back of the room. Handing out treats is another no-no, and prior to each session, Celapino makes sure her clients take their pets on a run and for a bathroom break.

Still, she adds, just as with humans, "Not every exercise class is good for everybody." High-energy breeds, such as Vizslas, border collies and other herding dogs, "will have a hard time sitting still."

Regardless of how smoothly classes are run or even how happy both dog and human seem with the outcome, not everyone is on board with doga. Some critics feel the practice has "trivialized" an ancient discipline by turning it into something of a fad, "but for the one who thinks like that," says Teitelman, "there are 10 who believe and can't wait to do it, too. We aren't 'trivializing,' as



doga is a completely traditional yoga class; we just have our pups with us, much like if we had our baby. I have a four-month-old now, and it's funny how it is so much the same." Others point out that no certification process currently exists for instructors, although teacher training seminars and courses are available and instructors are certified in yoga, and have merely extended their practice to canines.

### Still Others are Doubtful About What Their Pets can Actually Achieve

"Some people tell me, 'My dog can't do that,'" says Celapino. But she has witnessed remarkable personality changes over time, including one woman whose dog was so aggressive that she couldn't take him out in public where he would run the risk of meeting other dogs. Repeated sessions in the "safe environment" of a doga classroom turned him into a much more social, "completely different" animal.

And word is spreading. "Doga is everywhere, it seems. I have sold my DVDs all over the world – Asia, Australia, Europe ... there is nowhere I haven't sent my information or done a story. It is definitely all over the U.S. as well," says Teitelman, whose clients have included celebrities.

"Betty White was my favorite. She really loved it, and she loved telling me stories about the cocker spaniel she had while growing up. She loved working with Coali. They had an instant connection."

Ready to give doga a try? Check local listings and doga websites to see if classes are offered in your neighborhood, then observe and ask questions advises Celapino. One good place to start is Astor Street Studios in Milwaukee (414-213-1856), where co-owner and instructor Chris Jansen's main philosophy is to "Let the dogs enjoy themselves." Chris offers classes on the 2nd Saturday of every month at 12:30 p.m. Participants can register by emailing him or texting at 414-213-1856. Cost is \$15 per individual or \$12 for studio members. Other excellent resources include books such as *Doga: Yoga*

for Dogs by Jennifer Brilliant and William Berloni.

You may even discover you'd like to become an instructor yourself. "As much as [doga] has grown, it still needs to grow more, and we need more teachers," observes Teitelman. "There are always people calling me looking for classes in their area. Soon all yoga studios will have it."

In the end, of course, "It's all about being with your dog," says Celapino, whose pre-doga work and personal fitness schedule usually left her pet alone all day and both of them unhappy. A firm believer in including dogs in recreational activities, she once met a kayaking couple during a ten-week trip to promote her business and inquired as to why they hadn't brought their four-legged companion along.

Not only had they never thought of such a thing, she says, they weren't sure he'd even like the water. He not only took to it like, well, a duck, but "had a blast."

Who knows? Perhaps they'll meet again one day ... in a doga class.



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## World Record Doga Class Benefits Humane Society

**"I thought, 'There is no way I'm ever going to be able to do this. Forget it, I don't have time for this.'"**

Hardly anyone would blame Dawn Celapino for doubting the sanity of an idea that popped into her head while out running. Especially, when that said idea involved setting a world record for the largest-ever doga class. But on January 25, 2015, she did precisely that at the Carmel Valley Recreation Center in San Diego, with no fewer than 265 canines and their humans, plus a team of generous volunteers and promoters that included the San Diego Humane Society.

While the logistics seemed overwhelming, Celapino credits Stacy McCarthy for keeping both dogs and humans calm and quiet throughout the long pre-class wait on a hot winter's day. After that it was surprisingly smooth sailing, with a 20-minute walk, mat time and soothing doggy massage, followed by some well-earned ice cream treats from Paw Pleasers dog bakery. To top it all off, the event earned more than \$2,000 for the San Diego Human Society.

**Well played, dogis and yogis!**

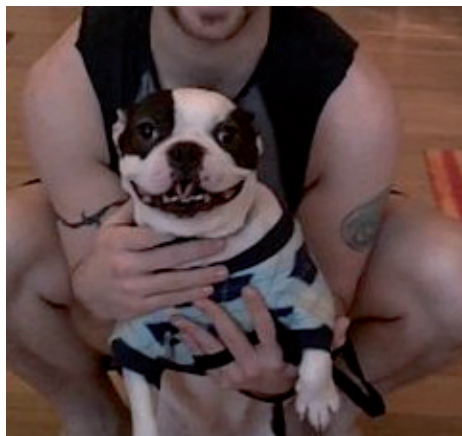


Photo Courtesy of Chris Jansen



## THE VET IS IN

Dogs are so much smarter than we are, in some ways. They may not be able to find the area under the curve, but they know all about unconditional love and the importance of naps. What is more, human scientists occasionally discover (with much research and hard work) things that dogs seem to know instinctively.

“Flow” is a phenomenon studied by psychologists, such as Mihaly Csikszentmihalyi, and sometimes described as the “secret to happiness.” You can think of it as a mental state of complete focus and immersion in what you are doing. It has been much talked about in the past couple of decades as part of the study of happiness. The idea is that when you are completely focused on your task, you forget about everything else, including whatever might be bothering you. It’s a great feeling, but it can be hard for humans to achieve because we are accustomed to paying attention to so many things at once. But dogs know all about flow and always have.

When I throw a toy for my dog, Bonnie, her focus on it is complete. Her eyes, ears and nose are all tuned on that toy. It is as if time has stopped for her; nothing exists but the toy, as I throw it and she leaps after it, tackles it, snaps it up in her mouth and triumphantly brings it back to me, over and over. Normally alert to noises and smells, she becomes so intent on the toy that she doesn’t even seem to notice the neighbor’s dog barking outside or a delicious aroma from the kitchen. She isn’t worried about whether this might be the last time I throw it (as tragic as that would be for her) or if we should be going for a walk instead. Her absorption is complete. If you’ve ever watched a sheepdog herding, a flyball team running or a hound tracking, you’ve seen it.

Flow is a balance between the challenge of the task and your skill level. If what you’re doing is too hard or too easy, it’s not flow. It can be difficult to find the perfect balance, and as humans, we often have trouble concentrating. When I’m knitting, for example, I’m usually not just knitting; I’m waiting for the oven timer to go off, or thinking about the paperwork that I should be working on instead or wondering whether I’ll be able to get this project done in time for somebody’s birthday. I count and recount my stitches in case I have made a mistake. I get bored if the pattern is too easy or frustrated if it is too challenging. But once in a while it lines up perfectly:



## How to Get Your Flow On

Mihaly Csikszentmihalyi became interested in psychology after hearing Carl Jung speak in Switzerland. He then moved to the U.S. to pursue this field of study and eventually became fascinated by what he calls “flow” or a state in which a person may become completely engulfed by one task with the use of intense focus and creativity. Are you in need of some flow after a long day’s work?

Here are his 5 steps (for reference) for creating your own version of flow:

1. Setting goals that have clear and immediate feedback
2. Becoming immersed in the particular activity
3. Paying attention to what is happening in the moment
4. Learning to enjoy immediate experience
5. Proportioning one’s skills to the challenge at hand

I know what I’m doing, I’m making good progress, the project is turning out beautifully and there’s nothing else that needs my attention in that moment. Flow.

Then Bonnie comes and drops her toy in my lap and sits expectantly at my feet, ears pricked, eyes sparkling, tail waving. Obviously she wants me to throw it for her.

I always do. Because the fastest way I know to achieve flow, to really get lost in the moment, is by playing with my dog and letting her enthusiasm carry me away. Dogs may not be able to do calculus, but when it comes to the pursuit of happiness, they are naturals.



**IN THE SPOTLIGHT: SAINT CHARLES**  
LOCAL DOGS AROUND TOWN





## THE PAIN ABOUT PANCREATITIS



BY LINDSEY FOSTER, DVM, MILWAUKEE EMERGENCY CENTER FOR ANIMALS

**N**ow that the holidays are over, it is time to talk about something that could have made your New Year's not so bright. Does Pancreatitis sound familiar? It is a very painful, messy and expensive disease that both dogs and cats can get. Over the last two years, I've seen the number of pancreatitis cases increase substantially.

What's a pancreas? The job of the pancreas is to produce enzymes that help in the breakdown of food. It also produces hormones such as insulin.

Pancreatitis means inflammation of the pancreas. The most common reason for an animal to get pancreatitis is due to a high fat meal. A high fat meal to one dog can be a teaspoon of butter and it can be a Thanksgiving dinner to another. There are a couple of other things known to cause pancreatitis. For some breeds such as miniature schnauzers, miniature poodles, terriers and non-sporting breeds it can be hereditary. A few other possibilities result from drugs (anti-seizure medication, organophosphates, chemotherapy and zinc) and reperfusion injury from a recent surgery (gastric dilatation and volvulus). The latter are much less common but should be kept in mind.

Vomiting and diarrhea are the most common signs associated with pancreatitis. If your animal is stretching (as to stretch the belly out like we would when we arch our back), has pain in the abdomen, or just doesn't want to eat, it could have pancreatitis. This is where the expensive part of pancreatitis comes into play.

It would be wonderful if pancreatitis could be diagnosed with a physical exam. But this is not the case. If your dog comes in for vomiting and diarrhea there are many other things that could be causing these symptoms.

Now imagine you notice that your dog is just "off"; it is easy for you to know your dog is not acting right. However, since they cannot tell us how they are feeling, veterinarians have to put the puzzle pieces together in order to narrow down our very long list of things that could be going on with your animal. Some animals can have vague signs for a very long time and become very sick before show-

ing their owner they need to be evaluated by a veterinarian.

Pancreatitis is a diagnosis of exclusion most of the time. Usually a veterinarian will start out with what is called a minimal database. This consists of bloodwork, radiographs of the abdomen and a urinalysis. This helps veterinarians rule out other things that could be causing the symptoms your dog is exhibiting. It may seem like we're just running tests to run tests, but there is a good reason behind it, I promise. Vomiting, diarrhea and lethargy can be symptoms of many different things from something as simple as gastrointestinal upset (a stomach ache) or something as serious as a gastrointestinal foreign body. After we have run tests to check things off our list we get into the more specific diagnostic tests for pancreatitis.

There is no one specific test to diagnose pancreatitis and most of the time it requires more than one. Great, more tests right? Specific bloodwork (amylase and lipase) can lead us to a good suspicion of pancreatitis, but it is not the most specific test for pancreatitis. These enzymes can be increased with non-pancreatic disease and can also be normal in dogs with pancreatitis. A snap test called a cPLI is widely used to help aid in the diagnosis of pancreatitis. If this test is negative, we can be 80 to 85 percent sure that the symptoms the dog is exhibiting is due to something not related to the pancreas. If it is positive, we usually have to do further testing to make sure the positive result is due to pancreatitis. An abdominal ultrasound (depending on the skill and experience of the veterinarian performing the ultrasound) is a very good diagnostic tool to diagnose pancreatitis and grade the severity. You can see where the diagnosis of pancreatitis is not easy and can become expensive.

Treatment is the next topic of discussion. The main goal of treatment is supportive care and pain management. It seems like it should be an easy fix, stop the inflammation in the pancreas, but it is not. Every time the body gets food or water the pancreas is working hard. In order to "let the pancreas rest" we have to make sure the animal does not eat or drink anything. This also seems like it would be easy but because most of these animals are losing a large amount of fluid by vomiting or having diar-

rhea they get dehydrated easily. Dehydration alone can make an animal (and a person) feel very bad. Most cases of pancreatitis require the animal to be hospitalized and receive intravenous fluids and pain medication. In more severe cases, a tube is placed in the nose and into the stomach to remove the buildup of fluid in the stomach and to feed the animal without it actually having to take any food by mouth. Most of the time animals need to stay in the clinic for 2-3 days until they are eating and drinking on their own without vomiting.

Yes, there are very mild cases of pancreatitis that can be treated as outpatient (at home) and patients do recover well. Most of the cases that are seen in the emergency clinic are typically severe. Once in a great while there is an animal with such severe pancreatitis it becomes necrotizing, meaning the pancreas is so inflamed that it causes fluid in the abdomen and then organs can start shutting down. This is not a normal complication but it lets you know not to take pancreatitis lightly.

Most animals recover well from pancreatitis and do not have long-term complications. If pancreatitis is severe and long lasting, there are three long-term complications that may follow. If a large amount of cells that produce digestive enzymes are destroyed then the animal can develop exocrine pancreatic insufficiency (EPI) requiring enzyme replacements. If a significant number of cells that produce insulin are destroyed, then the animal could develop diabetes. In very rare cases of pancreatitis adhesions between the abdominal organs may occur.

Pancreatitis is becoming something that is diagnosed more frequently. With prompt and aggressive treatment more animals are being diagnosed, treated and feeling better faster.

So the next time food is dropped on the floor and you decide to let the dog clean your plate, or you just want to give your furry friend a snack think twice because their pancreas may not appreciate it as much as their stomach does.

Information taken from vin.com



## STRESSED OUT ~ *Find Your Serenity*



BY KERRI WIEDMEYER, DVM, WISCONSIN VETERINARY REFERRAL CENTER

Just like people, our pets can experience stress on a daily basis. Their bodies can compensate for this stress in a way that we may not even realize, but in some cases long-term stress can start to produce changes to their physiology that can be detrimental to their health.

The causes of stress can be just about anything depending on the individual animal, but some of the more obvious causes tend to be environmental. Loud noises such as storms and fireworks can commonly cause anxiety and stress in dogs. Dogs in particular can also have separation anxiety when an owner leaves. Cats on the other hand do not tend to adapt easily to change in an environment such as moving. Both dogs and cats can become stressed when new members of the family enter the household, whether they are new pets or humans. Other stressful situations, besides the environment, can be ill-

ness, extreme temperatures, changes in diet and trauma to name a few.

As owners, we do not have the luxury of asking our pets if they are stressed and thus we must look for common signs and behaviors to ensure that they remain healthy. Common signs to see in an acutely stressful situation include lip licking, yawning, pinned back ears with a closed mouth, vocalizing/whining, panting, avoidance and dilated pupils. Signs that can be seen acutely and with long-term stress include excessive shedding, decreased appetite or anorexia, diarrhea/vomiting and inappropriate urination or defecation. If you notice these signs occurring, it is important to think of what may be causing the stress and if it reoccurs or is a constant stimulus.

There are other signs that may not be as obvious that can be indicative of stress as well. These include increased heart rate, increased blood

pressure, increased respiratory rate, increased hormone levels, increased incidence of disease and a decreased immune response.

So why is it so important that we recognize these signs in our pets? If prolonged stress occurs, it can start to take its toll on the body. The gastrointestinal system stops functioning as well which can lead to weight loss. The immune system decreases in its efficiency, which can lead to more infections and decreased healing time. The body ends up putting more stress on the cardiovascular system. Dogs and cats can also have reproductive complications. Eventually significant amounts of stress can lead to considerable sickness.

Dogs and cats can also have behavioral changes as a stress response that can ultimately lead to a negative interaction with the owner. Cats typically will avoid or hide if stressed but some cats will inappropriately urinate or defecate or even become aggressive.

Obviously this can put a strain on the relationship between pet and owner. Dogs can also show these behavioral changes but some become destructive or frantic depending on the stress. To prevent behavioral and physiologic health problems caused by stress, your veterinarian should be at the top of your list to help you solve these problems and make appropriate changes in your pets' life.

We want our pets to be as happy and stress free as possible and while it may be impossible to stop or prevent all stressful situations, it is important to recognize when your pet is stressed and do what you can to comfort them or change the situation in order to prevent long term problems.

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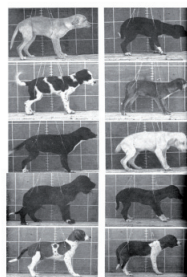
CONTINUED FROM PAGE 11

Clearly, the puppies do not physically resemble either parent. But it doesn't stop there...

When the puppies were backcrossed to either of the parental breeds – a purebred Basenji or a purebred Cocker Spaniel – those litters showed even more variability in physical appearance. See for yourself:

Further mixes get even more complicated!

- ❑ "None of the 72 puppies in the total F2 population showed an exact resemblance to either parent breed."
- ❑ These dogs have only Basenji and Cocker in their backgrounds.



These photos are helpful because they make it crystal clear that our breed guesses, based on visual appearance, are highly inaccurate.

**We make labeling mistakes all the time and those mistakes have real consequences.**

But we don't have to take Scott and Fuller's word for it.

More current research, such as the 2015 study titled Inconsistent identification of pit bull-type dogs by shelter staff, continues to serve as a reminder that breed guesses and labels, even those made by experienced shelter staff and veterinarians, are frequently incorrect. The results of the study revealed that "one in five dogs genetically identified with pit bull heritage breeds were missed by all shelter staff at the time of the study. One in three dogs lacking DNA evidence for pit bull heritage breeds were labeled pit bull-type dogs by at least one shelter staff member."

We're so often wrong when we make guesses about dog breeds. Yet those labels are powerful.

We allow them to influence our perceptions and predict future behavior or suitability for adoption into certain homes. This can lead to poor matches in regards to energy and temperament for adopters, along with more serious consequences, such as restrictions based on breed.

The bottom line is that labels aren't reliable and they don't tell us what we need to know about dogs. Rather than focus on labels and perceived breed, get to know the individual dog in front of you instead!

Article from The Animal Farm Foundation

My label won't change who I am.  
But it might change how you perceive me.

I'm right here in front of you.

Get to know me!

all dogs are individuals

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**COLT!**

**Playful**  
I enjoy running, jumping and playing outside. I would love a doggie friend to play with me!

**Easy Going**  
I'm a laid back boy and a gentleman in the house.

**Snuggly**  
Snuggling is what I do best! I'm looking for a good lap to cuddle up on.

Meet BCBC Adoptable

**HONEY!**

**Smart**  
I love keeping busy with my puzzle games and toys! I am working on crate training and catching on quick!

**Gentle**  
I'm an easy going girl that would do well with children.

**Companion**  
I would enjoy a respectful doggie friend to play with me!

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## HEALTH FEATURE



# FOR THE HEALTH OF IT: The Many Benefits of Having a Pet

BY AMY BEHRENDT, FREELANCE WRITER

**Friend**  
**Loyal family member**  
**Top-notch crumb controller**  
**Foot warmer**  
**Faithful listener (and not one to judge!)**

It's a mile long list: There are so many wonderful benefits to bringing a pet into your life, and many of us know the joy of having a pet.

According to the American Society for the Prevention of Cruelty to Animals website, approximately 37-47 percent of all households in the United States have a dog, and 30-37 percent have a cat.

But did you know that the pet ownership benefits go beyond having that loyal, faithful listener and top-notch crumb controller? There are many health benefits to adding a pet to your family from getting more exercise to lowering blood pressure.

Dr. Brenda Johansen, DVM of Harmony Pet Care in Waukesha says there are many studies showing a variety of physical and mental health improvements that can be strongly associated with pet ownership (when compared to similar, non-pet owners).

"Pet ownership has been linked through scientific studies to reduce resting heart rate, lower blood pressure, lower cortisol (stress hormone) levels, increase post-heart attack survival times, and reduce risk of cardiac/stroke events," Johansen says. "In

the mental health fields, it has been associated with reducing depression, increasing physical activity, increasing self esteem, decreasing loneliness, improving behaviors in dementia patients and reducing aggression."

Adults aren't the only ones to benefit from having a pet in the home. "For children, pets help with stress (often being utilized in hospitals); ADD/ADHD; autism; seizure detection; and by simply existing in the home, they can help reduce allergies and asthma when children are exposed to them at a young age," Johansen confirms.

Angie Poos, a veterinary technician with West Allis Animal Hospital says that people with pets seem to enjoy better health overall. "Researchers know that joy and laughter trigger the release of chemicals in the brain that enhance your immune function. Pets make us smile and laugh with their amusing antics and lovable gestures. Petting something furry is a proven immune boost."

"A Wilkes University study found that stroking a dog for 18 minutes caused a significant increase in secretory immunoglobulin A (IgA), your body's natural antibody against invading germs. Another study found that people with pets make fewer doctor visits, especially for non-serious medical conditions."

The benefits of having a pet isn't just for those in households. "In nursing homes, as

well as in mental and physical therapy settings, studies have shown that even brief interactions with pets can help - fulltime companionship isn't necessary to reap the benefits," Johansen says.

Jim Perry knows first-hand the benefits of pet companionship outside the home. His dogs are registered with Alliance of Therapy Dogs and are with the local group Bark River Therapy Dogs. "There are many articles proving that the presence of a therapy dog lowers blood pressure," Perry says. "From my own experience: Windy, [one of his Whippets], visited a lady in the cardiac unit at Waukesha Memorial Hospital. This lady had had heart surgery and her heart rate was very high. They were monitoring her heart rate every hour. When Windy was lying next to her and they came in to monitor her, her heart rate had dropped 20 points."

Inside or outside the home, there are many benefits to being around companion animals. One of the best benefits to having a furry companion is, no matter how bad a day you are having, it can instantly turn around when you get home and are greeted by your four-legged family member.

"The benefits of de-stressing don't end there: Interaction with pets reduces overall levels of the stress hormone cortisol," Poos says. "A study that recorded the neural activity in seniors while they walked with a dog found that this gave them a boost in parasympathetic nervous system activity, the system that helps calm and rest the body. Less stress equals a longer life."

## IN THE SPOTLIGHT: EVAH LOCAL DOGS AROUND TOWN





BE HAPPY

Don't Worry  
Be Happy

How Your Emotional Stability Affects  
Your Dog...

BY JEAN M. JAHNKE, CPDT-KA, FREELANCE WRITER

In an obedience competition, the judge tells the handler to “call your dog to the front.” The dog takes one look at his nervous handler and bolts out of the ring. At an agility trial, a frustrated competitor loses her way on the course, and her dog starts sniffing and scratching in the middle of the ring. Going through rehabilitation after surgery, a woman moans in pain during in-home physical therapy. From another room, her dog comes running and gives a submissive grin and licks her face to make her laugh. Fact or fiction? Fact – these are just some of the emotional encounters I’ve shared with my dogs!

Mindy Oska, a fellow dog advocate, notes that her dog Haylie, who recently went through orthopedic surgery, “likes her regular vet” but gets really nervous at the surgeon’s office (even though the staff is very friendly and gentle). Mindy then realized that she herself is more nervous at the surgeon’s because of the severity of Haylie’s injury.

Yes, dogs feed off of our emotional energy, from our facial expressions, breathing, stance and sound, to even our sweat. As a Certified Professional Dog Trainer specializing in working with fearful, reactive dogs, I see this emotional connection all the time. A handler with a reactive dog must stay calm herself to keep her dog under threshold around other dogs. Otherwise, the handler’s nervousness will travel almost like electricity down the leash, resulting in a hypervigilant dog.

Why does this happen to our dogs? Dogs have exceptionally keen senses and can read our body language like no one else. After all, body language is their “first” language! So it is not surprising that they use a behavior called “social referencing.”

Psychologists have observed social referencing in young children. By definition, it

describes moments when infants learn how to react to unfamiliar events, people or objects. The caregiver becomes the reference in these situations. Infants learn what is appropriate or safe by watching their caregivers and gradually learn how to behave in various situations.

According to the article, “Your Dog Watches You and Interprets Your Behavior” by Stanley Cohen Ph.D. in *Psychology Today*, dogs study human responses to understand uncertain situations. In the article, he cites the work of a team of psychologists on the Faculty of Medicine at the University of Milan guided by Dr. Sarah Marshall-Pescini. The team concludes from their study that “when our dogs are unsure as to what is going on then, just like human children, they look to us for an interpretation of whether things are good or bad. Furthermore, our dogs adjust their own behavior and emotional responses according to their interpretation of our emotional reaction.” In other words, your dog is watching for your response, interpreting your behavior and then acting accordingly.

Patricia B. McConnell, Ph.D., writes about emotions in dogs and people in *For the Love of a Dog*. She describes how understanding emotion in both species will lead to a more rewarding relationship with our dogs. Her recommendation is to “Be a role model for your dog.” How? McConnell recommends that we “try to behave as you want your dog to behave, not as an expression of how you’re feeling inside.”

It is no wonder, then, that an agitated owner will get nowhere trying to calm an over-excited dog. Or that an overly nervous handler fails to achieve calm, positive results with her show dog. I am oftentimes told that “my dog knew he did wrong” when an owner comes home to a house soiled by the dog. The owner assumes guilt instead of understanding that the dog is just respond-

ing to your anger and not remembering and feeling remorse for the accident she had hours earlier.

I recommend various calming tools and exercises for my clients with fearful, reactive dogs. And some are for the dog and the owner. To just name a few, lavender essential oils, deep breathing exercises and visualization can help you be a better role model in stressful situations.

For me, trying to be a calm, happy role model led to the realization I shared with *Clean Run Magazine* in the May 2012 article “Competing in Agility with a Shy Dog.” In the article I report, “I have to be kinder to myself to be the person I want to be for my dog, KC.” You see, if I get angry at myself for a mistake I make on the course, KC will shut down and think I am angry with her.

So look at your relationship with your dog. If there are “ups and downs,” your emotions may be inadvertently controlling your relationship. Be the role model your dog needs you to be.

## What Does a Happy Dog Look Like?

You can say that a dog will “put on a happy face.” A happy dog has an open, relaxed mouth. Rather than tightly drawn skin, a happy dog’s facial muscles are relaxed. When your dog is happy, her eyes show it too; they become soft and squinty.

Of course, what most people see first is a wagging tail. But a dog can show over-arousal and agitation with her tail. A dog may even bite when her tail is wagging. But, a happy dog’s tail will wag in its normal position and primarily to her right.

It’s important to become “dog-lingual” and learn your dog’s body language so you can be the best advocate and role model for your dog.

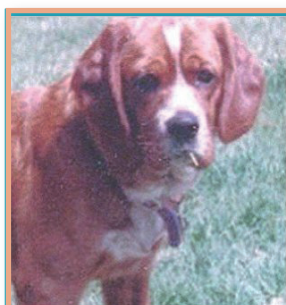
Some resources include the application *Dog-Decoder*, the non-profit organization *Dog Gone Safe*, and Lili Chin’s drawings.



# Great Reasons to Have a Pet

A Custom WordSearch by Gail Marie Beckman  
(702)869-6416 ccnmore.com

1. Better Quality of Life
2. Builds Bone Strength
3. Calming Presence
4. Heart Health
5. Lowers Blood Pressure
6. Maintain Independence
7. Mood Enhancer
8. More Interaction
9. More Physically Active
10. Reduces Anxiety



The Little Red Hound

Julianne Carlile

Title:  
*The Little Red Hound*

Written By  
Julianne Carlile

Charming and original are the two words that best describe Julianne Carlile's novel, *The Little Red Hound*. Laced with folksy humor, thought provoking wisdom and an array of interesting characters, *The*

*Little Red Hound* is a story within a story told by an unnamed narrator. It ultimately begs to answer the question of whether a mixed breed dog named Sam can compete in a local rabbit hunt with trained purebreds and win the yearly contest fair and square.

When the narrator, a natural born story teller, befriends newcomer, Julian Crane, he becomes involved in a scam that he dislikes. Yet the opportunity to thwart town bully, Crawley, is too alluring. In between mentoring Julian and keeping his wife, Angie, happy, the lovable narrator regales all who care to listen, often at the town's Beulah Vista Bar, with an unending supply of stories, some delightful, some disturbing.

Twice Sam has lost the contest. Will his luck change on his third try? Maybe, with a little underhanded help, this will be the year he takes the prize and the narrator will have a new story to tell that will be hard to top.

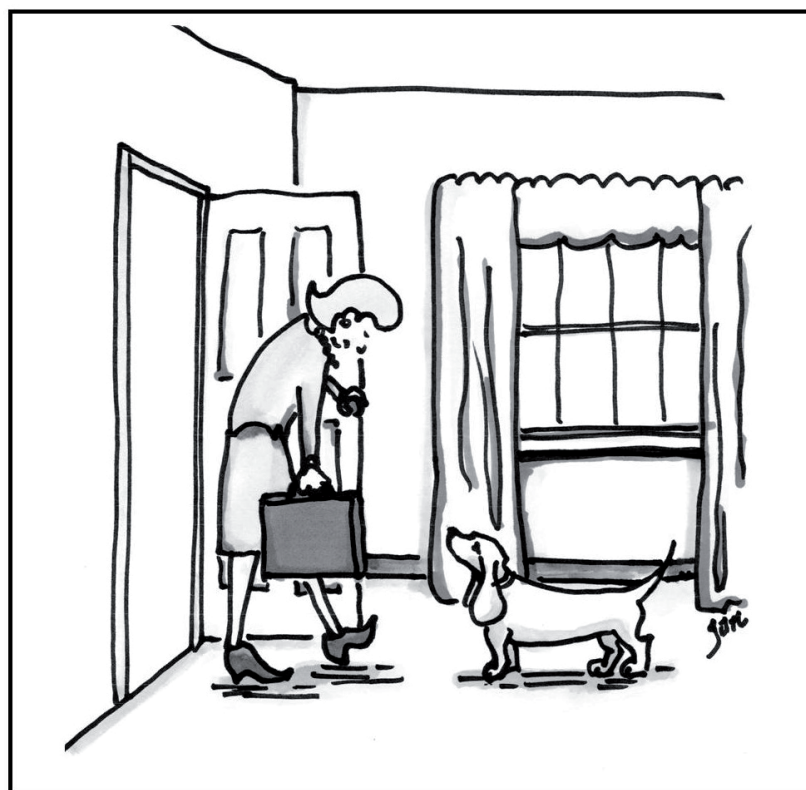
Book Review By Doris Greenberg

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Y	J	U	A	B	E	O	H	R	S	N	X	N

A 6-Directional Puzzle

## Gotta Luv 'Em

By Janice Biniok



She looks like she needs to shred something...



## PAWS 4 THOUGHT

### Make Inner Magic

**DOG:** Chasing squirrels is futile! But watching them can be invigorating. So stand alert.

**HUMAN:** Chasing dreams is not futile, it's exhilarating. Let the magic begin. It's the experience that matters, not the object of your desire. So learn as you go forward empty handed.

**And Breathe Deep!**

### Moderation

**DOG:** Whoa there Nelly! One treat at a time!

**HUMAN:** Live in the present & take it one day at a time. Feel the wind on your face, the dirt between your toes and breathe in the new fresh aroma of the Spring air.

**Just appreciate it as it comes and know when enough is enough.**

### Let Go!

**DOG:** Don't bury all your bones in one hole. In fact, forget the hole all together. Set your sights on higher ground.

**HUMAN:** Envision your future, but don't obsess on the details. And don't keep falling into the same hole. Walk around it this time. And take a new path.

**Your perspective is key to your happiness.**

### Take Charge

**DOG:** Though your instincts are strong, try to avoid sniffing every spot, you miss so much when your head is always buried in the ground.

**HUMAN:** Chant a power phrase over and over until you can't get it out of your head. Then look up at the sky for your next mission.

**Have courage to change what you can and forget about what you can't**



## THE OTHER END OF THE LEASH ~Feed Your Creativity



### WORDS OF WISDOM from the Dog House

Hi Doggy Friends,

I hope you had a fun holiday and a super happy new year. I did. But just when I was looking forward to curling up on my cushy bed in front of my new fireplace in my new living room, my mommy surprised me with a new friend. His name was Jonny and he's a puppy. Except not small like a puppy is supposed to be. Nope. Jonny is big. He's Great Dane big and some other stuff mixed in, too. I don't know what but that doesn't matter because the Dane part was big enough. Anyway, at first I was super excited because I would have a live-in playmate. The first day we played a lot. The second day we played a lot, again. I was having a lot of fun. My mommy said I would lose my winter five. I'm not sure what that means but it has something to do with my size. But after two more days of Jonny, I got super tired of always playing. I wanted to curl up and chase squirrels in my dreams because I was too tired to chase them for real outside. Jonny would come over to me and sniff my ears, nudge my neck with his big nose, and then he would pounce on me like I was a mouse! Even when I was sleeping. And another thing, he took my toys away from me. But that wasn't the worst part. Nope. The worst part was that he took my mommy's time away from me. I started to growl at him. I needed to tell him who was boss. Finally, my mom said Jonny had to leave. He was only visiting because he needed a place to stay for a short while. At first I was happy to see him go. But now, two days later, I miss him. I feel a little bit bad that I was not on my best behavior when he was here. Okay. I feel really bad because I even showed him my teeth. That was not a good thing. He was just a puppy after all. A big one but a puppy all the same.

Have you ever had another dog come visit you? Did you like it? What was the hardest part for you? I hope you have some ideas for me for next time my mom brings home a visitor. I would love to hear from you, so be sure to write to me at my very own email address, [BowserBarks@BowserBarksALot.com](mailto:BowserBarks@BowserBarksALot.com)

**34** Guess what else happened to me? Okay I'll tell you. I got more mail! This letter is from Macaroni from Issaquah, Wash.



Dear Bowser,

*I know it looks like I'm wearing a hat but it's actually my red raincoat! I just like to get reaaaaaly close to the camera when my mom is taking my picture and it makes things look funny. I only pose nicely when someone has a treat for me!*

*I'm almost 9 years old. My birthday is on April Fool's Day and that's no joke! I am a Pembroke Welsh Corgi. That means I don't have a tail like my cousin, the Cardigan Welsh Corgi. I live in Seattle with my mom and dad but I go to work every day with my mom. She works in a law office. I am the official greeter for visitors. I especially like the UPS man. He gives me cookies and scratches behind my ears. He says my ears are 'just right' for me. Bowser, maybe one day you can come visit me, too!*

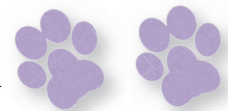
Your friend,  
Macaroni

Hi Macaroni,

You have a very bright red jacket. In fact it is so bright and red that you are the winner of my contest for looking super sharp. My mommy says that all the time when I put on my jacket. At first I thought it was a bad thing like maybe I would get hurt. But no, it's a good thing. It means you look very handsome. Congratulations, Macaroni! Oh, and I will tell my mommy where you live so I can go visit you!

If you have a question or a problem that keeps you lying awake in your dog bed, be sure to write to me. I even have my very own email address – [BowserBarks@BowserBarksALot.com](mailto:BowserBarks@BowserBarksALot.com). And, send a picture of yourself with at least 300 dpi so my publisher can print it in the magazine.

Woof Woof,  
**Bowser**



[BowserBarks@BowserBarksALot.com](mailto:BowserBarks@BowserBarksALot.com)



## TABLE SCRAPS ~Cook With Love

# FUN IN THE KITCHEN

with Chef Patti



## No Cooking Cookies

3/4 cup peanut butter  
1 1/4 cup oats  
1/4 teaspoon cinnamon  
1/2 banana mashed (optional)

- Mix peanut butter, cinnamon, banana and water together vigorously until ingredients are combined. Add extra water if necessary (or if not adding banana) as the batter should be sticky.
- Slowly stir in the oats, 1/4 cup at a time, mashing them into the mixture.
- Scoop out the balls using a fruit scooper or your hands to form 1 inch round treats.
- Place on cookie sheet lined with parchment paper and refrigerate for 1 to 3 hours.
- Store in refrigerator in closed plastic container. Stays good for 2 weeks or up to 2 months in the freezer.

Bananas can be a beneficial addition to your dog's diet. They have vitamin B and C as well as adding fiber and potassium into their diet. Like everything, bananas should be fed in moderation as to not upset the digestive tract.

According to The Good Dog Food Company, a dose of cinnamon each day helps treat arthritis and joint stiffness. Cinnamon can also help regulate blood in dogs that are pre-diabetic or diabetic. It is proven to help relieve pain for dogs suffering from cancer. Furthermore, it can also help to raise energy levels. Moderation is necessary to prevent digestive problems as with bananas.

Oats are high in protein, levels of iron, manganese, zinc and B vitamins. Oats are low in gluten. Another interesting benefit about oats is that they can be calming to a dog's or person's nerves and are used to treat a variety of nervous disorders.

Oats are cholesterol-lowering since they are high in soluble fiber and good for treating a wide variety of diseases in humans and animals, including: inflammatory conditions, mental or physical exhaustion and fevers.

Peanut butter contains Vitamin E which can help your dog's immune system, to help him fight against diseases, illnesses and sickness. Vitamin H helps a lot in keeping your dog's coat shiny, healthy and also helps your dog's skin, just as it does in humans. It can also help in strengthening the nails. The organic and raw peanut butter are usually lower in salt, sugar or any other preservatives.

**CAUTION:** Xylitol is very dangerous to dogs and there are five companies that produce peanut butters that have xylitol in its ingredients. Here are the five companies: (1) Go Nuts, Co., (2) Hank's Protein Plus Peanut Butter, (3) Krush Nutrition, (4) Nuts 'N More, and (5) P28. Be sure to read the list of ingredients in the peanut butter you purchase.

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35  
SPRING 16



# FLO'S Tour of Duty: A Match Made in War

BY MANETTE KOHLER, DVM

**T**his is a story of advanced skills, bravery and most of all, love, for a Marine and his black Labrador Retriever named Flo. It all starts in the summer of 2011, when a young Marine, Cody Crangle, was informed that he was to be his squad's dog handler for their upcoming deployment to Afghanistan. "Each squad designated a Marine for this billet, and we were all sent to North Carolina where we would be paired with our new companions and learn how to use them," says Crangle.

The Taliban was using a very effective weapon, improvised explosive devices (IEDs), to fight U.S. forces and these dogs had gone through extensive bomb detection training. Their purpose, in Afghanistan was to detect IEDs which come in many different shapes and sizes, often containing different types of explosives. With 220 million olfactory receptors, dog's scenting ability is better than other technology available for detecting bombs.

"Some of the dogs had been on multiple deployments," says Crangle, "However this would be a first for both Flo and myself." He and Flo became very close during their month long training. The trainers told him that she was a special dog. Crangle would come to learn that they were right. They were deployed to Afghanistan in August of 2011 for 7 months.

With the mission of providing security to the local villages in which they were operating, Crangle and Flo would conduct continuous foot patrols throughout their area of operations. "She would be on a continuous orbit out in front of the patrol, scanning the area with her nose for any possible IEDs," says Crangle.

"The bond we formed was unbelievable," he says. "Flo was by my side through everything. We ate together, cuddled up at night and slept together, and got shot at together." Crangle loved this dog more than anything in the world and as their deployment came to an end, he knew that meant saying goodbye to Flo for good.

"Saying goodbye to her was one of the most difficult things I've ever had to do," confesses Crangle. Flo went back to the war dog facility in North Carolina. There they did assessments of her physical and mental health in preparation for her next deployment.

Crangle called to check on Flo every day. "I never entertained the idea of being able to adopt her, as I was sure she would be doing another deployment, but I still wanted to call and make sure she was doing okay," says Crangle. After two months of calls, he was notified that she was paired with a new handler and would soon be going back to Afghanistan. "I was devastated," says Crangle. "I didn't want her going back to combat without me by her side."

About a month later he received an email letting him know that she was no longer fit for duty and would be put up for adoption. He was never told the exact reason why she was no longer fit for duty.

"Flo is a very sensitive dog and I just don't think that kind of work was a great fit for her any longer," Crangle says. He immediately filled out all the necessary paperwork to adopt her. They were reunited in Wisconsin on December 27, 2012. She would stay with his family until he got out of the Marine Corps in 2014.

"Transitioning out of the military can be pretty tough, but Flo definitely helped me throughout the process," he says. "She may only be a dog, but she had been through all the tough things I had been through," he adds.

The following spring, while out running, Flo tore her anterior cruciate ligament (ACL) in her knee. "Unlike human retired service members, there is no VA medical support for retired military dogs," says Carol Singer, founder of WAR DOGS-Milwaukee. A member of WAR DOGS-Milwaukee, Jerry Witt, a former dog handler in the Vietnam War, heard of Flo's injury and shared it with WAR DOGS-Milwaukee, a non-profit organization with the mission of promoting awareness of the work that military dogs have done and continue to do and all of the lives they've saved in past wars.

They decided to help by starting the "Flo's Fund" to cover her medical expenses. Support by the public was generous and all of Flo's surgical expenses were covered. She just completed her physical therapy which was donated by Lakeshore Vet Clinic. The fund continues to grow and WAR DOGS-Milwaukee has decided to help other retired military dogs as well as service dogs that are helping Veterans heal from P.T.S.D.

Going on nine years of age this year, Flo is fully recovered from her injury and spends her days hanging around the house with Crangle. She loves to retrieve so Crangle loves to get her out running around as much as possible, just enjoying being a dog.

I think I can speak for all of us in saying, "Thank you Cody Crangle and Flo, and all of the other military men, women and dogs, for bravely putting your own lives in danger to help keep the U.S. and the rest of the world safe against terrorism!"

If you would like to make a donation to Flo's Fund, you can send a check, made out to WAR DOGS, to American Bank, W239N1700 Busse Rd, Waukesha, WI 53188-1160.

For more info on WAR DOGS, go to [war-dogsmilwaukee.com](http://war-dogsmilwaukee.com).



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## RELEASE THE HOUNDS ~Nourish Your Body



# Houndin' It Up

With Holly Lewis, CPDT-KA

## Feeding Your Dog's Soul

**D**ogs love to eat! At least most dogs do and humans, too! There are so many different things to eat and so many good things to eat. How do you know what works for your dog?

The first thing to recognize is comfort food will be different food to each dog and it will likely vary by situation and environment. If you are trying to comfort your dog at home, in a known, quiet environment, you may be able to offer a dry, non-smelly treat. In a more stressful or stimulating environment like the veterinarian's office, training class or anywhere outside, a higher value food like lunchmeat, cheese or freeze-dried food may be more enticing for your dog. Fresh is Best, a local company, offers high quality, freeze-dried meat treats that most dogs are sure to love (I know my dogs do!).

Food provides comfort for dogs and humans for the same reason. Within our bodies, one of the happy chemicals is serotonin. We hear a lot about this chemical when discussing behavior medications, depression or other mental health conditions. Do you know where the largest concentration of serotonin is in the canine body? What's your first guess?

The brain? Good guess, but try again. Give up? The largest concentration of serotonin is in the digestive tract! This makes perfect sense when you think about the idea of comfort food. When our emotions are out of whack, we sometimes eat to calm ourselves. Eating causes the release of endorphins. It is hard to know if dogs would comfort eat or stress eat like humans do, as many do not have constant access to food. Most dogs are fed at scheduled times.

So what food will comfort dogs? Meat based foods would be the first choice. Dogs

like meat, in all shapes and forms. Look for food and treats that are meat based, naming a specific protein source. For example, chicken or chicken meal is much better than poultry meal. Whole ingredients are preferred and are of higher quality.

I buy primarily USA made and sourced pet treats. It pays to read the fine print on a label. The US does not have amazing standards for meats, but it is a start and at least I know what the standards are and where the product was made. Other countries may have standards below what we know in the States which can be concerning. I want to feed my dog the best. If you remember the pet food/treat recalls from a few years ago, the ingredients of concern were from outside of the US.

Do you have an anxious dog? There are a number of quality treats on the market that contain calming or relaxing ingredients. Words to look for in the name of the product include relaxing or calming. Wisconsin-based, Isle of Dogs, offers a Chillout treat which contains vanilla, lemon balm

and lavender extract. These are all known as relaxing ingredients.

Pet Naturals of Vermont offers treats with a different component-L-theanine and thiamine. This is a softer, chewier treat.

How do you know what works for your dog? Experiment! Prepare small bags of 5-6 different treats. Start by offering them to your dog in your home environment. If all goes well and he accepts the food, move to just outside your door and offer them again. If your dog accepts the food, move further away from the door, possibly on the sidewalk and offer the food again. Continue in this manner until you have determined your dog's "kryptonite" or "rock star" food. I usually recommend this high value food be saved for stressful or stimuli-filled situations when they are really needed and really valued.

Let me know what works for your dog. I would love to hear your ideas! Hit me up on Facebook at Cold Nose Canine.

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37 SPRING 16



## OFF-THE-LEASH



**With Animal Communicator,  
Psychic Medium,  
Reiki Master Teacher,  
STACY KRAFCZYK**

**P**rior to age 23, Stacy found herself on a dark path plagued by constant migraines and stuck in an unhealthy relationship. She became willing to try anything that would help her find some peace and that was when her career chose her. "It was a very dark night of the soul, where I was suicidal, which led me to seek anything that would help me." Stacy found a psychic teacher that told her she had a gift to talk to animals. Thus, was the beginning of her spiritual quest. "Little by little, I started taking more classes, meditating on a regular basis and my gifts started to awaken." She has been going strong now for roughly nine years.

### When did you begin working with dogs?

I've had dogs my entire life, and I worked at an animal shelter for nine years. Through working with them on a professional level as well as practicing my gifts with them, it has expanded into a business.

### What is animal communication? How does it work? And why is it so popular?

Animal communication is telepathy, which is where pictures, images, feelings or emotions are transferred back and forth between human and animal. For example, if I asked you what a slice of pepperoni pizza looked like, you would already get a mental visual picture of a triangular or rectangular slice of pizza in your mind, and that image would be transferred back and forth. Another example would be thinking of your favorite movie, and in that movie is your favorite clip that you can literally rehearse in your mind word for word, verbatim. So that can be how telepathy works, as a clip, vision, or feeling.

Animal communication is becoming more popular because more people are becoming aware of something their animal is trying to tell them but they

sometimes feel stuck, lost or frustrated that they're unable to understand them. It's becoming more well known, and there is also more of a desire or need for it for animals with health issues, families adding on a new animal companions or any number of situations where understanding your animal companion could be helpful. Animal communication makes it quicker and easier to help the animal understand the human and vice versa. Sometimes training and veterinary care hasn't solved the dog's problem, and people will seek out a communicator to see if that will help.

### Is each session different? If so, why?

Yes, each session is always different based on the animal's needs or feelings that day. I can have repeat clients each month and the animal always tells me something new about their likes or dislikes, health challenges or they have something new to tattle on a friend animal companion about. Animals have the same spectrum of feelings and emotions as humans do, and as their human changes each day, their environment or circumstances may change each day as well. Sometimes a session can be very emotional where people cry or tear up, or there can be a lot of laughter and giggling based on their animal's antics, behaviors and responses.

### Explain one of your best experiences communicating with a dog?

A dog had stopped eating and playing and was quite depressed and sickly. We spoke of its physical pain, what food it would like to eat, what is going on in the household and the plan for the treatment. Shortly after the appointment, about 2 hours, that dog finally ate after 3 days and picked up a toy and started to play.

### What should someone expect during a session?

I encourage people to set their expectations aside first and be open to what their animal companion has to share with them. Having expectations may block the energy or the messages that the animals may have already been sending to the human. I encourage people to be open to what the animal has to say even if it doesn't make sense to them at that time. Most of the time people leave the conversation or appointment and then gain awareness or have epiphanies after they leave, and they then understand what their animal was trying to tell them.

#### Appointment Options:

- The client may bring their dog to a venue that I'm working out of for an appointment.
- The venues that I work out of and the hours

that I'll be there can be found on my website, listed below. Phone appointment, where over 70 percent of my business is done successfully all over the world. Clients can then email me photos of their animal family.

- Come to my office with photos only.

### Are you able to communicate with all dogs or just some?

95 percent of dogs are willing to talk, able to talk and want to talk. The other 5 percent may think that they're in trouble and may not be willing to speak right away. After a few moments of coaxing or reassuring the animal that we're here to help, they tend to open up. Some are a little shy or timid and need to feel comfortable with a stranger talking to them in a way they haven't experienced before. Even if an animal has been naughty or has done inappropriate things, animal communication helps the person understand where their dog's behavior came in.

Some dogs will change their behavior immediately, and sometimes it can take time to change that behavior. 90 percent of the animal's behavioral issues tend to be directly related to something that happened in their home environment or from their person, that caused them to respond or react in that way. Negative attention is attention. Also keep in mind animals do have free will and choice, and they can choose to correct their behavior or they can choose not to. That is nothing that I can force. It is important for the animal and human to compromise and learn to listen and hear each other's points of view. Where there is respect and compromise, that's when miracles can happen.

### Anything else you wish to add?

I understand that animals don't pay bills or mortgages, but animals deserve respect and so do humans. My job is to help them understand the other's individual needs, desires or wants, and I do my best to help them honor each of those requests if possible.

Also, people don't like being called dumb, fat, stupid, or ugly, and neither do animals. I receive lots of complaints from animals being called names or hurtful words. So I recommend to the person that they apologize to the animal just like they would to a human. Then I recommend they do their best to change that behavior, and sometimes the animal will respond quite quickly once the apology is made and there is pure effort from their person.

Lastly, apologizing is crucial in any relationship. You may laugh as you read this but just hear me out. If you think your animal is mad at you or you've possibly hurt their feelings, just try to sincerely apologize to your animal for any miscommunication or misunderstanding that you may have had. Then tell them that you will do your best to change your behavior and ask them to do the same now that it's being acknowledged. What can it hurt, right?

**allspirithealing.com**



## YOUR OPINION ~Have A Voice

### The Hydrant



## Coyote Hunter Kills Beloved Pets.....

**O**n a January night, Dr. Deanna Clark, a Veterinarian, fit her 4 dogs Frannie, Gary, Helmut, and Rufus with reflective vests and strapped a headlamp on her head to hike a trail in Badfish Creek Wildlife area in Dane County. This night hiking with her dogs should have been no different than any other night that she'd done this very same activity in this very same wildlife area; but tragically, it was.

As Deanna neared a corner on the trail where Frannie and Gary had raced ahead, she heard gunshots. Panicked, Deanna ran ahead as Frannie ran towards her, her chest completely shot open; she died minutes later as Deanna literally watched her beloved dog's heart beat its last beat.

Gary, a Mastiff-Husky Mix, ran to the hunter who'd shot him before collapsing, paralyzed. Deanna screamed at the hunter to help her pick him up to get him to emergency care; the hunter helped her carry Gary back to her vehicle and called 911. Gary died four days later due to complications with surgery.

"Definitely the most horrific thing that I've ever seen and been a part of," Deanna says. The hunter believed he was shooting at coyotes.

Deanna was within her legal right to walk her dogs off-leash in the wildlife area, dogs need to be leashed from April 15th through July 31st in most Wisconsin state parks.

The issue isn't whether dogs should be leashed in state parks, but rather, why is hunting – especially at night - allowed in state parks and wildlife areas at all?

According to the Wisconsin DNR, coyote can be hunted at night, 24/7/365 days a year in most state parks and wildlife areas where humans recreate with their children and their pets. The DNR urges pet owners walking their dogs to try to be as visible as

possible, and make some noise.

Yet reflective vests and a headlamp weren't enough to deter two dogs from being shot to death. What if the next tragedy involves a child?

We believe hunting and trapping shouldn't be allowed in any Wisconsin state park or wildlife area, even if it's only for a limited period of time. Some people recreate throughout every season, including winter. There are plenty of areas where people can hunt away from the general public.

Let's change the law and ban hunting in state parks and wildlife areas to prevent the next tragedy.

**By Elizabeth Huntley of the Wisconsin Wolf Front**

## Shelter killing is the leading cause of death for healthy dogs & cats in the US

**I**t doesn't have to be that way. Milwaukee Animal Alliance is a grassroots organization that promotes and encourages transforming Milwaukee County into a no kill community; a place where healthy and treatable animals are not destroyed in our municipal shelter using our tax dollars and resources. There are hundreds of no kill communities across the country where the lives of shelter animals are saved while ensuring public safety and fiscal responsibility. These communities are successful because they proactively implement the eleven steps of the No Kill Equation. One of the eleven steps is Proactive Redemption - returning lost pets to their

homes so that they do not take up kennel space and make room for needier animals.

Shelters that proactively return lost pets back home can see RTO rates (return to owner) of 50 percent or better. MADACC's RTO rate is nowhere near this level. There are still many things that can be done to improve their return to owner rate including using a centralized database, reducing reclaim fees, improving services to owners who do not speak English or who may have physical or mental disabilities that prevent them from visiting the shelter, and posting photos of impounded pets to Facebook where they can be shared and viewed by the public.

Although the sentiment of the Amendment which prevents putting a found pet down until after the 7th day is appreciated, there is still no way to hold our shelters accountable to this. Until we have total transparency of operations including written behavior evaluations and statistics from all Milwaukee County shelters, it is our belief that it will be still too easy for a shelter to deem an animal "dangerous". An owner of an understandably scared lost pet who growls or hisses at a shelter, will have absolutely no recourse when their pet is put down on Day 5.

No kill communities honor the human/animal bond - not only by increasing adoptions, but also by proactively getting lost pets back home where they belong.

**By Milwaukee Animal Alliance**

Got an opinion on a "hot" topic you want to share, send it to [info@fetchmag.com](mailto:info@fetchmag.com).



# A DOG'S LIFE ~Get Active

## Camps/Classes/Seminars

### Friends of HAWS Monthly Meeting

2nd Wed. each month: 7:00pm-8:00pm  
Waukesha 262-542-8851  
HAWS, hawspets.org

### Training Help with Frank Allison III, APDT

Every Thursday evening: 6:30pm-7:30pm  
Every Sunday: 11:00am-12:00pm  
Pet Supplies 'N' More, Muskego  
262-679-6776, petsupplies-n-more.com

### Story Time: Tails and Tales

3rd Thurs. each month: 11:30am-Noon  
WHS, Milwaukee  
414-431-6159, wihumane.org

### Basic Manners & More

Tuesdays: 6:00pm  
Petlicious Dog Bakery  
262-548-0923, poochped@juno.com

### Impulse Control/Focus Classes

Tuesdays: 7:15pm  
Petlicious Dog Bakery  
262-548-0923, poochped@juno.com

### Vaccine Clinic: Racine & Milwaukee

Mar. 3, 31 (Racine): 10:00am-12:00pm  
May 3, 17 (Milwaukee): 9:30am  
WHS, wihumane.org (for more times/days)

### Pet Loss Support Seminar

Mar. 3: 7:00pm-8:00pm  
Apr. 7: 7:00pm  
WHS, Milwaukee  
wihumane.org

### Kids Night Out

Mar. 4: 6:00pm-8:00pm  
May 13: 6:00pm  
WHS, Milwaukee  
wihumane.org  
inowlin@wihumane.org

### Canine Massage Workshop

Mar. 10: 6:30pm-8:30pm  
WHS, Milwaukee  
wihumane.org

### Canine Body Language

Mar. 10: 6:30pm-8:00pm  
HAWS, Waukesha  
wihumane.org

### Camp Paw Print For Kids

Mar. 18, 21, 22, 23, 24, 25, 28: 9:00am-5:00pm  
Dane County Humane Society, Madison  
608-838-0413, Giveshelter.org

## Fundraisers/Gatherings

### Shelter from the Storm Adoption Event

Every Saturday, 10:00am-2:00pm  
PetSmart Madison East

### Greyhound Meet 'n' Greet

4th Saturday of each month 1:00pm-3:00pm  
HAWS, Waukesha  
262-542-8851, Hawspet.org

### Doga Classes

2nd Saturday of each month 12:30pm  
Astor Street Studios, Milwaukee  
414-213-1856, astorstretdance.com

### Canine Cupids

3rd Sunday of each month 11:00am-2:00pm  
Greenfield PetSmart  
caninecupids.org

### Toto's Gala for Dane Co. Humane Society

Mar. 5: 6:00pm  
Madison Masonic Center, Madison  
giveshelter.org

### Canine Cupids' Luck of the Dog

Mar. 5: 6:00pm  
O'Brien's Irish Pub, Milwaukee  
Caninecupids.org

### Spring Gala: There is No Place Like Home

Mar. 12: 5:00pm  
Marriot West, Waukesha  
Ebhs.org

### WBAY-TV Pet Expo

Mar. 18, 19 & 20  
pierpups.com

### Canine Cupids' Pizza for Paws

Mar. 22: 4:00pm  
Cranky Al's, Milwaukee  
Caninecupids.org

### Music for Mutts for Dane Co. Humane Society

Apr. 2: 7:00pm  
Inn on the Park, Madison  
Giveshelter.org

### Carroll Students for Animal Welfare Adoption Event

April 9: 2:00pm-4:00pm  
Camp Bow Wow, Waukesha  
anewton@pio.carrollu.edu

### Brew City Bullies Roaring Twenties Bully Bash

Apr. 9: 6:00pm  
Muellner Building at Hart Park  
alexis@brewcitybullies.org

### Friends of HAWS 33rd Romp 'N Rally Pet Walk

May 7: 10:00am-3:00pm  
Sussex Village Park  
Hawspets.org

## Sporting Activities

### Agility Run Thrus

3rd Friday of the Month, 6:30-7:30 pm  
Obedience Run Thrus  
2nd Friday of the Month, 6:30-8:00 pm  
Cudahy Kennel Club, St. Francis  
414-769-0758  
cudahykennelclub.org

### Barn Hunt Classes

Mondays: 7:40pm-8:40pm  
For Pet's Sake, Mukwonago  
262-363-4529

## Services 4 Dogs

### Nail Trims

Every Wednesday 4:00pm-7:00pm  
Every Saturday 1:00pm-3:00pm  
Pet Supplies 'N' More, Milwaukee  
262-679-6776, petsupplies-and-more.com

### Low-Cost Spay/Neuter

MADACC, Milwaukee  
madacc.org/services, 414-649-8640

### Low-Cost Spay/Neuter

Spay Me Clinic, Madison  
spayme.com, 608-224-1400

### Spay Me Clinic

services offered in Milwaukee  
the 3rd Wed of each month  
spayme.com/Milwaukee\_clinic

### Veterinary Wellness Services (based on income)

Spay Me Clinic, Madison  
spayme.com/wellness\_clinics  
608-224-1400

## Pet Parties/Play Groups

### Playtime at the Playground

Saturdays: 9:00am-Noon  
Oak Creek 414-764-PUPS  
Puppy Playground  
puppyplaygroundwi.com

### Puppy Small Dog Party

Sundays: 11:30am-12:30pm  
Large Adult Dog Play Party  
Saturdays 11:30am-12:30pm  
For Pet's Sake, Mukwonago  
800-581-9070  
forpetsake.cc

### Puppy Social

Sundays: 5:15pm-5:45pm, Hartland  
Half-pint Social  
1st & 3rd Fridays: 6:30-7:30pm,  
Pewaukee 262-369-3935  
Best Paw Forward  
bestpawforward.net

### Puppy Parties

Sundays: 4:45pm-5:15pm  
Waukesha 262-542-8851  
HAWS, hawspets.org





## ANSWERS!

### Spring Pet Holidays

#### MARCH

(Poison Prevention Awareness Month)

**Mar. 3:** If Pets Had Thumbs Day

**Mar. 6-12:** Professional Pet Sitters Week

**Mar. 23:** National Puppy Day

#### APRIL

(Prevention of Cruelty to Animals Month)

**Apr. 8:** National Dog Fight Awareness Day

**Apr. 10-16:** Animal Control Officer Appreciation Week

**Apr. 11:** National Pet Day

**Apr. 17-23:** Animal Cruelty Awareness Week

**Apr. 30:** Adopt A Pet Day

#### MAY

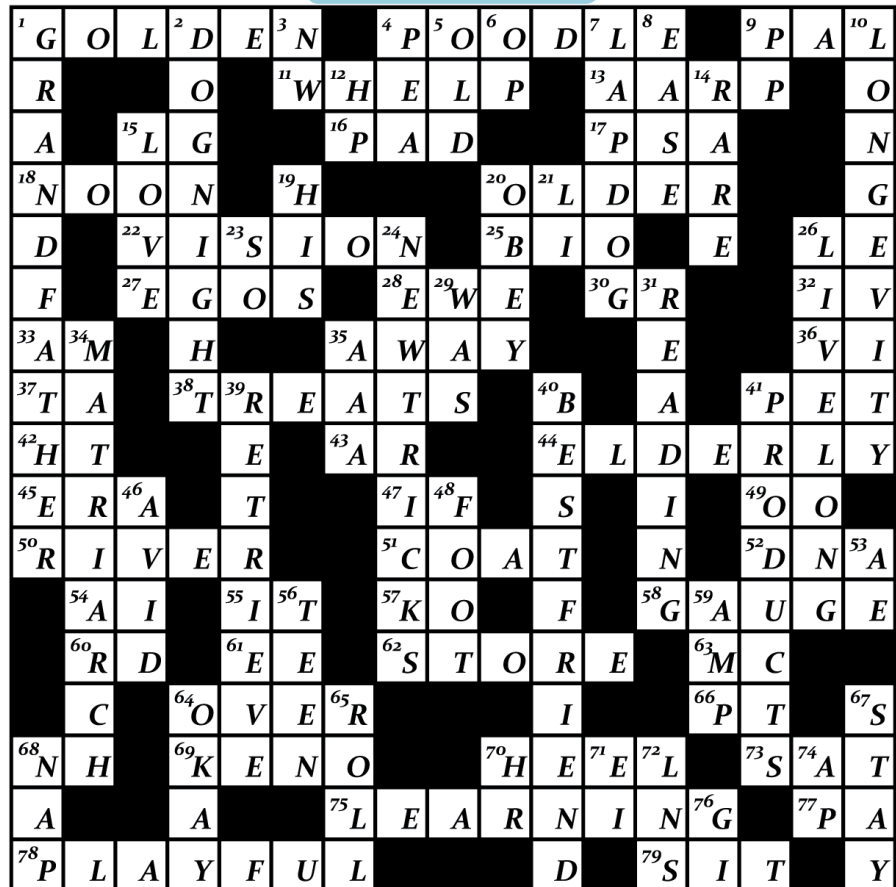
(Responsible Animal Guardian Month)

**May 1-7:** National Pet Week

**May 2-8:** Puppy Mill Action Week

**May 8:** National Animal Disaster Preparedness Day

**May 15-21:** Dog Bite Prevention Week



## Come. Sit. Stay.

Elmbrook Humane Society Presents  
2016 Spring Gala  
There's No Place Like Home

Saturday, March 12, 2016

5:00 PM

Milwaukee Marriott West  
W231 N1600 Corporate Court

An evening of cocktails and  
dinner program

Silent & Live Auction  
Wine & Beer Pull  
Foster Program Fund Appeal  
Dessert Auction

For event and ticket information,  
please visit the Events tab on the EBHS website.  
[www.ebhs.org](http://www.ebhs.org)



[www.fetchmag.com](http://www.fetchmag.com)

41  
SPRING 16



# TO THE RESCUE ~Join a Cause

## AIREDALE TERRIER

**ATRA-Airedale Terrier Rescue & Adoption**  
715-584-5961,  
aire-rescue.com,  
airedale@frontiernet.net

## ALL BREEDS

**Bags for Wags Rescue**  
262-993-2606, bagsforwagsrescue.org,  
bagsforwags@gmail.com

**Bichons & Little Buddies Rescue**  
414-750-0152, bichonrescues.com,  
bichonandlittlebuddies@gmail.com,  
Specializing in Bichons, Poodles, and Shelties

**Canine Cupids**  
caninecupids.org, caninecupids@live.com

**Furever Home Finders Dog Rescue**  
262-495-DOGS, FureverHomeFinders.com,  
info@FureverHomeFinders.com

**Heavenly Hearts Rescue**  
heavenlyheartrescue.org,  
HeavenlyHearts@wi.rr.com

**JR's Pups-N-Stuff**  
414-640-8473, jrpsupnsstuff.org,  
jrpsupnsstuff@yahoo.com

**Loving Fosters K9 Rescue**  
262-605-4073, lovingfostersk9rescue.org,  
lovingfostersk9rescue@gmail.com

**Milwaukee Pets Alive**  
milwaukeekeepsalive.org,  
adopt@milwaukeekeepsalive.org

**Patches Animal Rescue**  
920-344-6637, patchesanimalrescue.org,  
patchesanimalrescue@yahoo.com

**Remember Me Ranch**  
remembermeranch.org,  
remembermeranch@gmail.com

**Tailwaggers 911 Dog Rescue**  
262-617-8052, tailwaggers911.com,  
rescuedogs@tailwaggers911.com

**Underdog Pet Rescue of Wisconsin**  
608-224-0018, underdogpetrescue.org,  
info@underdogpetrescue.org

**Wolf Gang Rescue of Wisconsin**  
woofgangrescue.com,  
Woofgangrescue@gmail.com

**Yellow Brick Road Rescue**  
414-758-6626, yellowbrickroadrescue.com,  
loveqmoment@wi.rr.com

**AMERICAN WATER SPANIEL**  
**American Water Spaniel Rescue, Inc.**  
312-339-4177, awsrescue.com,  
info@awsrescue.com

**AUSTRALIAN SHEPHERD**  
**Australian Shepherd Rescue Midwest (ASRM)**  
FOSTERS NEEDED  
WI, MN, MI, IL, MO  
aussierescuemidwest.org

**BASSET HOUND**  
**Basset Buddies Rescue, Inc.**  
262-347-8823, bbrescue.org,  
info@bbrescue.org

**BEAGLE**  
**BrewBeagle Rescue**  
brewbeagles.org,  
midwest@brewbeagles.org

## BICHON FRISE

**Little Buddies Rescue,**  
1-888-581-9070

## BPB RESCUE

(Bordeaux, Pug, & Boston Terrier)  
262-573-7837, bordeauxdogue@gmail.com

## BORDER COLLIE

**MidAmerica Border Collie Rescue**  
414-449-0888, midamericabcrrescue.com,  
MidAmericaBCRescue@yahoo.com

**Wisconsin Border Collie Rescue**  
Making a difference one dog at a time  
WIBorderCollieRescue.org

## BOSTON TERRIER

**WI Boston Terrier Rescue**  
414-534-2996, wisconsinbostonterrierrescue.  
com, Ollie1022@sbcglobal.net

## BOXER

**Green Acres Boxer Rescue of WI**  
greenacresboxerrescue.com,  
info@greenacresboxerrescue.com

## BRITTANY

**American Brittany Rescue**  
1-866-brit911, americanbrittanyrescue.org,  
info@americanbrittanyrescue.org

**National Brittany Rescue & Adoption Network**  
708-567-2587, nbran.org,  
nsinbran@gmail.com

## CATS

**Happy Endings No Kill Cat Shelter**  
414-744-3287, HappyEndings.us  
info@HappyEndings.us

**Little Orphan's Animal Rescue**  
608-556-6130, littleorphansanimalrescue.org,  
cdcpumpkin@yahoo.com

## CAVALIER KING CHARLES SPANIEL

**Cavalier King Charles Spaniel Rescue Trust**  
262-253-4829, rguarascio@wi.rr.com

## CHESAPEAKE BAY RETRIEVER

920-954-0796, crrw.org

## CHIHUAHUA

**Wisconsin Chihuahua Rescue, Inc.**  
608-219-4044, wischirescue.org  
chigirl1983@gmail.com

## COCKER SPANIEL

**Wisconsin Cocker Rescue**  
262-255-0246, geocities.com/WiCockerRescue,  
WiCockerRescue@Juno.com

**Shorewood Cocker Rescue**  
262-877-3294, cockerrescue.net,  
elaine@cockerrescue

## COLLIE

**Minnesota-Wisconsin Collie Rescue**  
612-869-0480, mwcr.org, collietalk@aol.com

## COONHOUND

**American Black and Tan Coonhound**  
920-779-6307, coonhoundrescue.com,  
sjoch@yahoo.com, jayne23@neo.rr.com

**Coonhound Companions**  
coonhoundcompanions.com

## DACHSHUND

**Badger Dachshund Club,** 847-546-7186

**Oolong Dachshund Rescue**  
oolongdachshundrescue.org,  
sarahdremody@oolongdachshundrescue.org

**MidWest Dachshund Rescue, Inc.**  
mwdr.org, rescue@mwdr.org

## DALMATIAN

**Dal-Savers Dalmatian Rescue Inc.**  
414-297-9210, dalrescue.us,  
loveadal@yahoo.com

## DISASTER RESPONSE TEAM

Operation Bring Animals Home S&R Team  
262-224-1964, obahrescue.com

## DOBERMAN PINSCHER

**Wisconsin Doberman Rescue, Inc.**  
414-536-4477, wi-doberesue.org,  
widoberesue@aol.com

## ENGLISH BULLDOG

**Chicago English Bulldog Rescue, Inc.**  
ebullymatch.com

## ENGLISH SPRINGER

**English Springer Rescue America, Inc.**  
715-845-8716, springerrescue.org,  
kcmcheinking@verizon.net

## FRENCH BULLDOG

**French Bulldog Rescue Network**  
414-744-5717, beemeli@sbcglobal.net

## GERMAN SHEPHERD

**German Shepherd Rescue Alliance of WI**  
414-461-9720, gsraw.com, yur\_rltr@execpc.com  
or gsdrsqr@hotmail.com

**Good Shepherd K-9 Rescue**  
608-868-2050, gsk9r.org,  
pawmeadows@hughes.net

**ARF's German Shepherd Rescue Inc.**  
arfrescue.com, gsd@arfrescue.com

**WhitePaws German Shepherd Rescue**  
920-606-2597, whitepawsgsr.com,  
calspence@aol.com

**Wisconsin German Shepherd Rescue**  
920-731-1690, CFilz@aol.com

**Rescue A German Shepherd (RAGS)**  
414-529-4642, RescueAGermanShepherd.org

**Mit Liebe German Shepherd Rescue**  
920-639-4274, mlgdsr.com  
ccgsds@aol.com

## GERMAN SHORTHAIRED POINTER

**Wisconsin German Shorthaired Pointer Rescue Inc.**  
920-522-3131, wgspr.com, wgspr.petfinder.  
com, wgsprinfo@gmail.com

## GLEN OF IMAAL TERRIER

lakerun@execpc.com

## GOLDEN RETRIEVER

**Golden Rule Rescue & Rehabilitation (GRRR)**  
608-490-GRRR (4777), goldenrulerescue.org,  
info@goldenrulerescue.org

## GRRoW

888-655-4753, GRRoW.org,  
president@grrrow.org

## WAAGR

414-517-7725, waagr.org, president@waagr.org

## GREAT PYRENEES RESCUE OF WISCONSIN, INC.

920-293-8885, greatpyrrescuewi.com,  
wooflodge@yahoo.com

## GREYHOUND

**4 Greyhound Racers, Inc.**  
414-501-3533, 4greyhoundracers.org,  
info@4greyhoundracers.org

**Greyhounds Only Inc., Adoption & Rescue**  
414-559-0445 or 773-297-GREY (4739), greyhoundsonly.com, goinc@aol.com

**Greyhound Pets of America - WI**  
414-299-9473, gpawisconsin.org

## IRISH SETTER

**Irish Setter Club of Milwaukee**  
920-734-6734, muttsgo@aol.com

## IRISH WOLFHOUND

262-968-3421, marussell01@centurytel.net

## ITALIAN GREYHOUNDS

414-559-0445, midwestigrescue.com,  
star279@juno.com

## JAPANESE CHIN

**Luv-A-Chin Rescue**  
605-940-7811, luvachinrescue.org,  
info@luvachinrescue.org

## LABRADOR

**Labrador Education and Rescue Network**  
847-289-PETS (7387), labadoption.org,  
learn dogs@labadoption.org

**The Labrador Connection**  
414-299-9038, labradorconnection.org

**Labs N More**  
414-571-0777, LabsNMoreRescue.petfinder.com,  
LabsNMoreRescue@yahoo.com

## MALTESE

**Northcentral Maltese Rescue Inc.**  
262-633-9371, malteserescue.homestead.com,  
malteserescue@hotmail.com

## MINIATURE PINSCHER

**IMPS (Internet Miniature Pinscher Services)**  
414- FOR-IMPS, minpinrescue.org

## MIXED BREED

Fluffy Dog Rescue, fluffydog.net

## NEAPOLITAN MASTIFF

neorescue.net, mhweglarz@msn.com

## PIT BULL TERRIER

**Helping Pitties in the City**  
remembermeranch.org/pittiesinthecity,  
pittiesinthecitymke@gmail.com

**Brew City Bully Club**  
Adopt@brewcitybullies.org

## POODLE

920-625-3709, poodleclubofamerica.org,  
mj.doege@yahoo.com

## PUG

**NIPRA (Northern IL Pug Rescue & Adopt)**  
northernillinoispugrescue.org,  
nipra@northernillinoispugrescue.org

## Pug Hugs, Inc.

414-764-0795, milwaukeepugfest.com,  
milwaukeepugfest@yahoo.com

## RAT TERRIER

**Wisconsin Rat Terrier Rescue INC.**  
608-697-7274, wrtr@bigfoot.com

## ROTTWEILER

**True Hearts of Rottweiler Rescue (THORR)**  
thorr.org, trueheartrotsrescue@yahoo.com

**Wisconsin Rottweiler Rescue**  
608-224-0272, wirottrescue.org

**MidAmerica Rottweiler Rescue**  
adoptarott.org

## SAINT BERNARD

**AllSaints Rescue**  
414-761-6305, allsaintsrescue.com,  
allsaintsrescue@earthlink.net

**WI St Bernard Rescue**  
414-764-0262, wstresq.com,  
wstresq@jmuch.com

## SHAR PEI

**Shar Pei Savers**, sharpeisavers.com,  
info@sharpeisavers.com

## SHELTIE/SHETLAND SHEEPDOG

**Central Illinois Sheltie Rescue**  
309-824-0107, illinoissheltieresue.com

## SHIH TZU

**New Beginnings Shih Tzu Rescue**  
608-712-8102, nbstr.org,  
nbstr2.board@yahoo.com

## STANDARD SCHNAUZER

**Standard Schnauzer Club of America Rescue**  
standardschnauzer.org, schnauzr@gmail.com

## VIZSLA

**Central Wisconsin Vizsla Rescue Club (CWVC)**  
608-279-4141, CWVC.org/rescue.html,  
WiVizslaRescue@gmail.com

## WEIMARANER

**Great Lakes Weimaraner Rescue**  
877-728-2934, greatlakesweimrescue.com

## WESTIE

**Wisconsin Westie Rescue, Inc.**  
920-882-0382, wisconsinwestieresue.com,  
westies@new.rr.com

## YORKSHIRE TERRIER

**Yorkshire Terrier Rescue of Wisconsin**  
414-747-0879, shyorkiemom@yahoo.com

**Submit Your Rescue  
Online Or Via Email.  
It's Free.**

## IN THE SPOTLIGHT: MILLER LOCAL DOGS AROUND TOWN



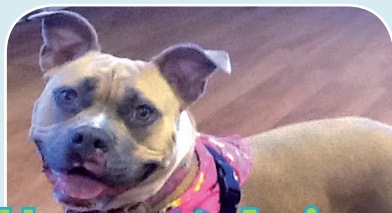
## 10 REASONS TO ADOPT A PET

1. Because you'll save a life
2. Because you'll get a great animal.
3. Because you'll get a great bargain.
4. Because of the bragging rights.
5. Because it's one way to fight puppy mills.
6. Because your decor will thank you.
7. Because all pets are good for your health, but an adopted pet is good for your self-esteem.
8. Because you're environmentally responsible.
9. Because The Shelter Pet Project will make it super-easy.
10. Because you'll change a homeless animal's whole world.

humanesociety.org



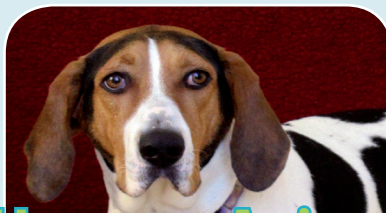
## FETCH ME IF YOU CAN ~Save a Life



**Humane Animal Welfare Society**

262-542-8851 • hawspets.org

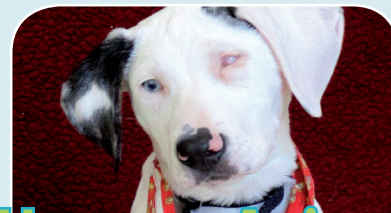
**Bear.** This lovely lady is a 2-year-old Pit Bull Terrier, weighing about 45 pounds. Bear will need an adults-only home; any cats or dogs in the home will need to be confident, polite & calm – just like her ideal humans! Bear is sensitive to new situations, but she just might climb on your lap for attention...& she might try kissing your face, too. She is willing to learn & is mastering basic manners while staying at HAWS!



**Humane Animal Welfare Society**

262-542-8851 • hawspets.org

**Holly.** Holly is a 3-year-old Fox Hound mix. Families with teens & older will be best, due to her strength (she's 77 pounds) & tendency for high startles. She's afraid of cats, and isn't much of a dog fan, either. HAWS' trainers will help Holly's new home set up the right diet & exercise program. She is very much a hound, so previous hound knowledge is a must! Holly is a smart girl who already knows all the basics like sit, stay & wait.



**Humane Animal Welfare Society**

262-542-8851 • hawspets.org

**Popeye.** A growing boy, Popeye is a 4-month-old Catahoula mix. HAWS' trainers will be happy to help his new home adjust to life with a puppy that is partially blind, & answer any questions about home set up & training. Puppy classes are a must for Popeye, but despite his having only one eye he is eager to explore & has good confidence! He enjoys being held & chewing on rawhides, & is learning puppy life skills while staying at HAWS.



**MADACC**

414-649-8640 • madacc.com

**Charlotte** is a year & a half old. She is a sweet gal, a low rider & a great walker. She would love a family of her own & a couch to lounge on. Come meet Charlotte!



**MADACC**

414-649-8640 • madacc.com

**Emily** is a year & a half old. She loves to play & loves toys. She gets along with other dogs & loves people. Emily would love an active home to run & play in.



**MADACC**

414-649-8640 • madacc.com

**Milan** is 1 year & three months old. She is silly & sweet. She knows sit & shake & is a well-trained dog. This girl loves to play & will need lots of toys! You will love this girl!



**ELMBROOK**

262-782-9261 • ebhs.org

**Shiloh** is a curious, fun-loving dog who's ready to find his forever home! He loves to run around outside, nuzzle up to people & enjoys playtime! His favorite thing to do is chase bouncy balls. Shiloh is looking for a loving family who will provide him exercise, training & playtime. Shiloh is a little selective of his dog friends & would do best as your only canine friend. If you're looking for a friendly, active dog to take home to be your forever friend, meet Shiloh today!



**ELMBROOK**

262-782-9261 • ebhs.org

**Kirara** is a super sweet, relaxed cat who's ready to find her forever home! She loves having her face rubbed and enjoys her person's company. She will let you know if she is missing you with her cute meow & when she is able to see you again she will be the happiest girl around. Along with loving being around people, she enjoys playing with her laser light toys & glitter balls. If you're looking for a relaxed, friendly, good looking cat to take home to be your forever friend, meet Kirara today!



**ELMBROOK**

262-782-9261 • ebhs.org

**Willow** is an independent girl who prefers order over a hectic environment. She is such a lovely cat whose personality shines through after you allow her a little time to get to know you. She likely will thrive as an only cat but may do well with a respectful, low key middle-aged feline friend. This lovely girl loves attention once she is able to trust you & she will be attentive to you, too! She's very smart & knows to meow when she wants to have her neck rubbed and receive dedicated petting time. Bring out the laser light & you would think she is a kitten! Meet Willow today if you're looking for a sweet, independent cat to bring a bit of serenity, wisdom, & peacefulness into your home!



## Sheboygan County Humane Society

920-458-2012 • myschs.com

**Gingah.** Here I am, take a look at this sweet face. My name is Gingah & I am super smart & have the most outgoing personality. I have a lot of energy, sure do, after all I am a Bloodhound! Here's the secret to you having the best relationship with the prettiest dog around: give me a home with lots of love & a job to keep my mind entertained. Now, if you can handle that, I have a lifetime of love to offer you!



## Sheboygan County Humane Society

920-458-2012 • myschs.com

**Siracha.** Hi there, I'm Siracha & I heard you're looking for a perfect canine to add to your home. Well, I'm the pooch for you because just look at me. I'm so handsome! I was brought to this shelter as a stray, & now it's my time to shine and pick out my very own forever family. I'm a lovable guy that doesn't ask for much... Just a few toys to play with, someone to snuggle with & a family that will love me till the end of time. If you think that could be you then you should hurry in to see me today. I'll be waiting!



## Sheboygan County Humane Society

920-458-2012 • myschs.com

**Zarah.** Woof to you, I'm Zarah. I'm the cuddliest, cutest & the most affectionate pup that you will meet in this entire building. I've decided it is time for me to pick my forever home, & I have set my eyes on YOU! I'm a playful gal that loves to romp around outside & play with my toys, be pet & just being around my favorite humans. So, if I sound like the pet for you, please come in to meet with me soon.



## Canine Cupids

caninecupids@live.com

**Ada** is a 2-year-old sweet gal who is smart & eager to please. She will follow you around like a shadow, even waiting in the bathroom while you shower! She would prefer to be an only dog but has done fine with some dogs. She is a cuddles & loves car ride.



## Canine Cupids

caninecupids@live.com

**Buddy** is 1.5 years old. I'd love a fenced-in yard where I can roam & sniff but still feel safe & have boundaries. I'm a creature of habit & desire familiarity & company as much as possible; in other words, I'm a homebody. As long as I have my routine & comfort zone, I'm about as mellow as a dog gets.!



## Canine Cupids

caninecupids@live.com

**Kiki.** We think she is a mix of boxer & bulldog, & is like a living cartoon. She has the typical bulldog "pout" & if you see her play you will certainly understand why we think she has some boxer blood in her! She is a silly, sweet girl who is very tolerant even with rude little puppies! She can play fetch for hours but snuggles like a champ!



## Humane Society of Southern WI

608-752-5622 • petsgohome.org

**Amelia.** It's a bird! It's a plane! No! It's Amelia! This adorable girl is soaring with happiness and enthusiasm for EVERYONE she meets. Amelia was found wandering the City of Beloit by a police officer on Christmas day. She loves to play with her toys, especially tennis balls. At just under 50 pounds, this beauty is all muscle & would benefit from some more manners training. Amelia has met with a few dogs & they didn't seem to "click", so we wouldn't recommend a home with other dogs.



## Humane Society of Southern WI

608-752-5622 • petsgohome.org

**Al** is a handsome 7-pound, 4-year-old Chihuahua. He is full of love & will absolutely shower you with affection! He was surrendered by his owner & brought in to the shelter by a Beloit Police Officer. He prefers to spend his day playing & tugging on toys with his human friends. If you're looking for lots of love in a little package, Al is the guy for you!



## Humane Society of Southern WI

608-752-5622 • petsgohome.org

**Astro.** Meet Astro! He is a very active 2 year old who came to the shelter from another shelter down south & weighs just over 50 pounds. Astro is a very friendly dog who loves attention & playtime! He will need a family that can work with his energy level & understand that training will be a priority for him. He is currently in the New Leash on Life Program at the Dane County Jail training for the Canine Good Citizenship Program. Astro is patiently waiting for his new family. Is that you?





## Lakeland Animal Shelter

262-723-1000

[lakelandanimalshelter.org](http://lakelandanimalshelter.org)

**Big Ben.** Handsome Big Ben is a 2-year-old Rott/Shep Mix who loves tennis balls & playing fetch! He walks nicely on a leash and knows some basic commands. A home with older children or just adults is best as Ben needs to learn how to behave better around food. He is very affectionate & loving with people he knows & rolls on his back for tummy rubs! He is very obedient when he trusts & bonds with you. Big Ben would love a best friend out of the shelter who will never give up on him and who will provide exercise, basic obedience, as well as help him with some of his food guarding issues. Come meet Big Ben today, & bring him a tennis ball if you do!



## Lakeland Animal Shelter

262-723-1000

[lakelandanimalshelter.org](http://lakelandanimalshelter.org)

**Kirra** came to us in July after being abandoned outside overnight in our front kennel. No one came to claim her so she has been with us ever since. She is a very sweet girl who can be a little timid of new people at first but quickly opens up and shows affection. She is working on her manners & is getting much better at walking on a leash. She would do best as the only animal in the home so she can give you all of her love. Come meet her today!



## Lakeland Animal Shelter

262-723-1000

[lakelandanimalshelter.org](http://lakelandanimalshelter.org)

**Layla.** Pretty Layla is a playful 2 1/2-year-old Shepherd Mix who is waiting patiently for a home of her own! She is good with other dogs, but may be too much for some. She loves running, keeping busy, playing fetch, & attention. Layla would do best with an active family that understands how much energy she really does have. She is a very sweet and affectionate girl who is doing awesome in our Bright Futures training class! Come meet her today!



## Wisconsin Humane Society

414-264-6257

[wihumane.org](http://wihumane.org)

**Bam Bam** is a 2-year-old American Pit Bull Terrier Mix who came to the Wisconsin Humane Society as a stray from MADACC. He's got a gorgeous white coat & a big, contagious smile. A silly, energetic young fella, Bam Bam is seeking a home where he can get plenty of exercise & love. He's already been neutered, microchipped, & vaccinated, so all he needs now is you!



## Wisconsin Humane Society

414-264-6257

[wihumane.org](http://wihumane.org)

**Olivia** is a 2-year-old Great Pyrenees Mix available for adoption at the Wisconsin Humane Society Milwaukee Campus. From her pretty pink nose to her long, slender legs, she catches the eye of everyone she meets. Olivia likes some dogs more than others, so she'd like to meet any potential canine siblings before adoption to make sure they'll be lifelong buddies. She's already been spayed, microchipped, & vaccinated; stop by WHS to meet her today!



## Wisconsin Humane Society

414-264-6257

[wihumane.org](http://wihumane.org)

**Quincy** is a handsome 3-year-old American Pit Bull Terrier Mix who was transferred to the Wisconsin Humane Society from MADACC & he's excited to find his forever home. He's very smart & loves to work for his treats; food is definitely the way into this guy's heart! Quincy is still learning his manners when he gets excited, so he's seeking a home without kids under 8. He's neutered, microchipped, vaccinated, & ready to start a new chapter in his life with you!



## Washington Cty Humane Society

262-677-4388

[washingtoncountyhumane.org](http://washingtoncountyhumane.org)

**Odie.** My name is Odie & I am what you call a Schipperke Mix. I am a mover & a shaker & am a little busy-body who would love to go on a nice walk every day. I am good with other dogs & very tolerant but if I have dog roommates in my new home we should eat our meals in separate rooms. Because I tend to take treats a bit roughly any children in my new home should be 12 years or older.



## Washington Cty Humane Society

262-677-4388

[washingtoncountyhumane.org](http://washingtoncountyhumane.org)

**Rufus.** Hi there, my name is Rufus. I am very good with other dogs and even cats. I would be great with children over 4 years old. I accept treats very gently and do well with food and other valuable resources. Stop on by and meet me in person and I am sure you will see what a sweetheart I am with so much to give.



## Washington Cty Humane Society

262-677-4388

[washingtoncountyhumane.org](http://washingtoncountyhumane.org)

**Seeko.** Hello - my name is Seeko & I have the trifecta of characteristics. Handsome good looks, brains & an adventurous spirit - I have it all.



# JOY.

It's what they provide without even trying.

## Exceptional Rehabilitation Services

Ensuring the most joyful life possible.

Like physical therapy for humans, physical rehabilitation for your pet helps improve fitness and maximize mobility, comfort, and quality of life. Surgery, injury, old age, certain neurological conditions, and obesity, can make even basic activities challenging and painful. Proper rehabilitation can positively and significantly impact healing time, pain management, movement, and overall wellness. Our certified rehabilitation specialist is here to help get your pet back on their...paws.

### Rehabilitation may help if your pet experiences:

Decrease in strength or muscle tone • Difficulty climbing stairs • Joint stiffness or limping  
Recent surgery or injury • Reduced interest in play • Trouble getting up or down • Weight issues/obesity



VETERINARY SPECIALISTS

*We're never too busy to care.*



**Port Washington**  
207 W. Seven Hills Rd.  
262.268.7800

**Glendale**  
2100 W. Silver Spring Dr.  
414.540.6710

**Oak Creek**  
2400 W. Ryan Rd.  
414.761.6333



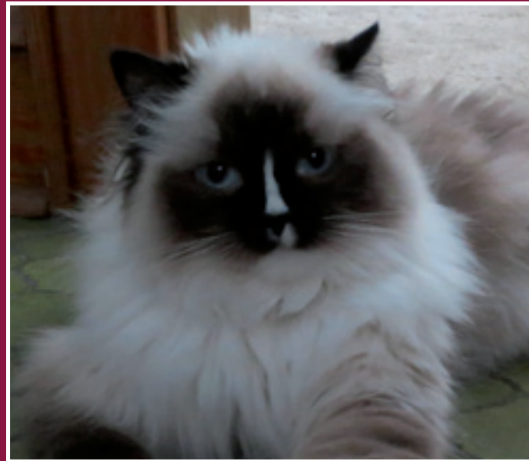
Ask your family veterinarian if a referral to Lakeshore is appropriate for your pet.

[lakeshorevetspecialists.com](http://lakeshorevetspecialists.com)





## Veterinary Neurology



Butters is a beautiful Ragdoll who started having seizures at a young age. The seizures were worsening and becoming less responsive to conventional medical therapy.

Butters' family veterinarian wisely sent her to WVRC. Dr. Bensfield and the neurology team were able to diagnose a specific brain birth defect and customize a medical treatment plan, which resulted in excellent seizure control and quality of life.

When you have a neurological problem with your pet, choose the best.

***Choose WVRC Neurology Service.***

**Board Certified in Neurology  
and Neurosurgery**

**Specialist in medical management  
of neurological diseases  
and conditions**

**Specialist in surgical management  
of brain, neck, and spine conditions**



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