

# san diego pets

A Lifestyle Magazine for Pet Lovers

DEC 2008 / JAN 2009

FREE

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# san diego pets

## EDITOR

Julie Mannis Hoisington

## DESIGN DIRECTOR

Casey Dean

## CONTRIBUTING WRITERS

Nicole Sours Larson

Julie Mannis Hoisington

## CONTRIBUTING PHOTOGRAPHERS

Nicole Sours Larson

## PRODUCTION ARTISTS

Casey Dean

Chris Baker

d Davidson

David Ramsey

## ADVERTISING SALES MANAGER

Heather Snyder

heather@sdnews.com

(858) 270-3103 X115

## ADVERTISING SALES

Kristen Silvestri x144

Kim Donaldson x104

## ADVERTISING CONSULTANT

Mike Fahey x117

## EDITOR-IN-CHIEF

Anne Terhune

## PUBLISHERS

David Mannis

Julie Mannis Hoisington

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P.O. Box 9550  
4645 Cass Street  
San Diego, Calif. 92109  
858.270.3103  
858.713.0095 [fax]  
sdnews.com  
sandiegopetsmagazine.com

## DECEMBER 2008–JANUARY 2009

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Photo by Nicole Sours Larson

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



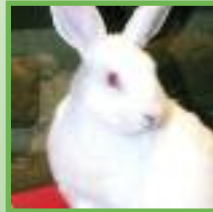
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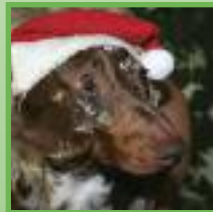
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# A Celebration of Fall



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

If you would like to submit a photo of your pet, email a picture and caption to [julie@sdnews.com](mailto:julie@sdnews.com)



**Photo by Nicole Sours Larson**

Henry the three-legged cat enjoys resting in his outdoor kitty "condo" on the deck of the La Jolla home he shares with his rescuers, Cathy Conheim and Donna Brooks, and his sister, poodle Dollydog. Henry's condo and cat tree were designed by architect Rob Fender, who used charred manzanita branches from his Julian home destroyed in the 2003 Cedar Fire.



# Henry the three-legged cat's 'Just Me Project' extends his healing paw to children and wounded veterans

STORY AND PHOTOS BY NICOLE SOURS LARSON | SAN DIEGO PETS

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

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

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

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

their families.

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

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

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

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

"What's the Matter with Henry?" which Conheim wrote



Cathy Conheim with Henry puppet prototype

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

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

"Henry wants to help teach children how to express their emotions because he's learnt from his moms that dangerous things can happen from unexpressed emotions – physical distress, depression, anger, violence, road rage. Henry legitimizes the conversation to

open the door of how to deal with disappointments, tragedies, challenges, whatever life throws you," Conheim explains.

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

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

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

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

Thanks to generous grants from the Whiteman Foundation and an anonymous donor, the Just Me Project has

been able to distribute 3,000 healing kits, which include "What's the Matter with Henry?" and "Henry's Kibble for Thought" workbook, through military family outreach at Camp Pendleton and through Fisher Houses at military bases.

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

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

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

To purchase Henry's books and other publications and read more about the Just Me Project and Henry's early history and adventures, visit his website at [www.henrysworld.org](http://www.henrysworld.org).



Dollydog, a standard French poodle, enjoys sitting on the sofa of her art-filled La Jolla home, where she was an only pet until an injured and recovering Henry moved in and stole the spotlight.

# SDHS rides to the rescue of Hurricane Ike animal survivors

BY NICOLE SOURS LARSON | SAN DIEGO PETS

Already on alert to activate for hurricane rescue duty, the San Diego Humane Society (SDHS) and the San Diego Society for the Prevention of Cruelty to Animals (SPCA) responded to a Sept. 18 call for help from the Houston SPCA. The organization sent a team of 12 staff and Federal Emergency Management Agency (FEMA)-certified rescue volunteers, plus five fully equipped vehicles, to provide support and assistance to overburdened animal welfare workers in the Houston-Galveston region devastated by Hurricane Ike.

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

After loading their horse trailer and

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

Nancy Ellis, an ARR captain, has been volunteering since 1993 and finds the work emotionally rewarding. "We went to Katrina and did a lot of rescues in and

out of the water. Whatever is needed, we'll do. We might go down there and evacuate and rescue [animals] or clean crates and kennels," Ellis said.

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

By the time they returned home, the crew had logged 1,146 hours and had helped more than 1,000 animals endangered by the storms.

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# Christmas movie release “Marley & Me” celebrates human-animal bond

BY NICOLE SOURS LARSON | SAN DIEGO PETS

When “Marley & Me” hits theaters on Christmas day, few viewers will realize that Marley, the yellow Labrador retriever “star,” was played by not one but 18 dogs.

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

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

The American Humane Association is working with Fox Studios to spread its message and to encourage pet adoptions from shelter and rescue organizations. Jone Bouman, the film and television unit’s director of communications, said these




organizations hope to discourage families from adopting breeds popularized by films, such as Dalmatians, Chihuahuas and Labradors. The dogs’ temperaments, sizes and other traits might make them inappropriate family pets, Bouman explained, adding that many such dogs are later dumped in shelters.

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

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

For more information about the film and about the American Humane Association, visit [www.marleyandmemovie.com](http://www.marleyandmemovie.com) and [www.americanhumane.org](http://www.americanhumane.org).



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# Up, Up and Away with Frosty the Flying Dog

BY NICOLE SOURS LARSON | SAN DIEGO PETS

He was only an hour away from his final destiny at a Los Angeles animal shelter when a kindly Jack Russell Rescue volunteer plucked him from death row. He had been a stray in a rough part of L.A., and his face is still scarred from beatings. Now, he's renowned as Frosty the Flying Dog, with his own online video documenting his first aerial adventure.

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

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

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

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

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

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

“Every time I’d leave him, he’d cry. It seemed he wanted to

go. I found out that other dogs fly, and I thought he might like it. And he does,” Poirier said.

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

Frosty and clips securely to Poirier’s flight harness.

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

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

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

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

Certain dogs seem to develop a passion for flying, which Jebb believes is linked to the special relationship they have with their

pilot-owners. The dogs will chase after them and try to follow them off the ridge until waiting for their return.

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

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

For information about Torrey Pines Gliderport, visit [www.fly-torrey.com/cms/](http://www.fly-torrey.com/cms/). To view a video of Frosty’s first flight, go to [www.metacafe.com/watch/789022/frosty\\_the\\_flying\\_dog](http://www.metacafe.com/watch/789022/frosty_the_flying_dog).



Frosty the flying dog awaits take-off with his owner and pilot Douglas Poirier at the Torrey Pines gliderport.



## HOLIDAY TIPS

# Holiday Tips for Keeping Pets Safe and Healthy

BY SINDI SOMERS | SAN DIEGO PETS

It is often implied and almost universally permissible for humans to eat extra helpings and goodies during the holidays. During these times of celebration, it can be equally tempting to extend this overindulgent tendency to our beloved pets. Although it can be fun and an expression of our affection to lavish our pets with additional snacks, it is important to remember that just like us, nutrition is an important consideration year round. More and more of us are including our pets as valuable members of the family. Our challenge is to satisfy our desire to include our pets without getting them too far off their regular diet and nutritional path.

One idea is to feed your pet their meal at the same time you eat so they will be busy with their food for at least part of the time that you are enjoying yours. Giving your pet a new or favorite toy or something healthy to chew on is another option to help deter table-side begging that might be hard to ignore. I find that giving my dog a tendon chew, bully stick or uncooked, raw beef marrow



bone helps keep her occupied while I eat my dinner. This helps her to feel included in my mealtime activity instead of being left out.

If your pet is highly food-obsessed like my dog, you may need to come up with some additional plans of action when snacking. If I am snacking between meals or I don't have a chew or bone for my dog, even a small taste

or treat can help her know that she is not being punished or deprived. It can be helpful to wait until you are done eating so you don't feel the need to give multiple tastings. I am lucky that my dog likes vegetables and some fruit. While I might be eating something with a high caloric intake, I can be giving her cauliflower, green beans, asparagus or other non-starchy vegetables. This adds to the fiber and nutrition of her diet while adding minimal calories.

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

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

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

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

In addition to food made specifically for pets, feeding nutritious "people food," such as the vegetables I feed my dog and the "cooked food" mentioned above, can be a favorable option. Kelly Bolken, Behavior and nutrition consultant and owner of Paw

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# HOLIDAY TIPS



Country, says, in addition to implementing raw food, "the best diet for your pets would be to make them an extra plate of what you are eating, provided you eat a healthy diet." Her experience has revealed that feeding table scraps will not create ill-behaved pets that beg at the table unless they are being fed directly from the table. Kelly continues, "Many table scraps, especially lean meats and cooked vegetables, are actually healthier than the traditional kibble that most of us feed our pets."

Giving unseasoned, freshly cooked or raw meats and vegetables, as well as some fruit will help your pets receive more of the actual nutrition that is eliminated during factory processing.

Although it can be fun and a healthy addition to your pet's diet to feed them what you are eating, there are certain items that should be completely avoided to preserve your pet's health. Chocolate is probably the most well known no-no for pets. However, there are many others that can cause severe illness and even death. Depending on the type of pet you have, it is best to avoid onions, including chives, grapes, raisins, salt, caffeine, certain species of mushrooms, diet products containing the sweetener Xylitol and other artificial sweeteners, macadamia nuts, fat, fried and processed foods including ham and bacon, cooked bones and alcoholic beverages of any kind. Spoiled and moldy foods should never be fed and dairy foods should be given with caution. Although dairy products are not necessarily considered poisonous, they can lead to digestive issues in some pets, especially when fed in large amounts.

I have personally heard both sides of the argument as to whether to allow dogs to consume the vitamin rich avocado. Although there is documented evidence that dogs, as well as cats, birds, cattle, goats, horses and even fish have been harmed and even killed from ingesting some part of the avocado plant, the controversy remains. The avocado holds many beneficial health properties that when given in small amounts may for some outweigh the risk of illness. With its proven toxicity that has led to gastrointestinal distress and more serious complications in some pets, it is important to know that not just the meaty fruit but all parts of the avocado plant are toxic. I would further reintroduce the fact that commercial pet food loses much of its natural characteristics during processing, which although unproven, may help lessen some of the avocado's original toxicity.

Birds seem to be especially sensitive to the avocado's toxic element. Some of the most detrimental effects, including fatalities, have been seen in birds, as well as rabbits, horses and cattle. There is enough evidence of its toxicity in its raw form that has kept me from personally feeding it to my own dog and cat, but I have heard multiple reports that some dogs tolerate it without any visible issues when consumed in small amounts. Consumers may even notice avocado as an ingredient in some FDA-approved pet foods. According to information on the ASPCA Web site, there is not enough data about the avocados used to discourage pet parents from feeding processed pet food that contains avocado.

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

For the most current information on safe foods and those to avoid, you may wish to visit the ASPCA's Animal Poison Control Center on their Web site at [www.aspc.org](http://www.aspc.org).

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

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



Photo by Arteye Productions

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## DECEMBER 2008

### DECEMBER 4th-7th JINGLE BELL HORSE SHOW

8am-5pm COST: FREE to enter and to park. This horse show will take place at Horsepark, located two miles east of the Fairgrounds at the intersection of El Camino Real and Via de la Valle.

**MORE INFO:** Call Horsepark (858)794-1171

### DECEMBER 6th CHRISTMAS TREE LIGHTING AT FRIENDS OF CATS

5- 7pm COST: Please support a kitty by sponsoring an ornament on the tree. We will have beverages, munchies and a good time for all. Location is at shelter at 15587 Olde Highway 80, El Cajon, CA 92021

**MORE INFO:** [www.FriendsofCats.org](http://www.FriendsofCats.org)

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### DECEMBER 7th OCEAN BEACH TOWN COUNCIL DOG BEACH HOLIDAY BEACH PARTY

10am-1pm Ocean Beach Town Council presents Sandy Claws, a Holiday event for the whole family, back by Popular Demand. Bring your dog, your family, and your holiday spirit. Professional photographers will be on site to take your Holiday photo with Santa on the beach. Enter your dog in the Costume Contest. Show off your dog's best tricks and win a cool prize. This event features local vendors, food, family activities, and fun for all ages. Come let us show you a great time at the beach.

**MORE INFO:** [www.obtowncouncil.org](http://www.obtowncouncil.org)

### DECEMBER 12th HOLIDAY DOGGIE CAFE

6-8 p.m COST:\$10 suggested donation Bring your friendly, on-leash dog to socialize with other dogs while you learn how to keep your pooch calm in a distracting, cafe setting. Winter holiday pictures will also be available for a \$5 donation. Plus music will be provided by the jazz band, Forecast. Call (619) 299-7012 x2230 for more info [www.SDHumane.com](http://www.SDHumane.com).

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Our Knowledgeable staff is here **7 days a week** to help answer your questions!

**How about relief from dry, itchy skin? We have a wide variety of Safe, Effective, Natural remedies for all types of skin irritations, including allergies and fleas.**



**DECEMBER 12th**

**POTLUCK AT SD TURTLE & TORTOISE SOCIETY**

7:30pm COST: Bring a dish to share, members free, membership \$25.00 per year, Balboa Park, Casa Del Prado Room 101

**MORE INFO:** [www.SDTurtle.org](http://www.SDTurtle.org)

**DECEMBER 20th**

**SD HOUSE RABBIT SOCIETY HOLIDAY PARTY**

1- 4pm Cost: \$5.00 Donation children under 10 free. Please bring a vegetarian hors d'oeuvre or snack to share. Rabbits are welcome, on a leash or in a carrier. Loomis Auditorium - San Diego Humane Society 5500 Gaines St. , SD 92110 **MORE INFO:** <http://www.SanDiegoRabbit.org> or email [hrs@sandiegorabbits.org](mailto:hrs@sandiegorabbits.org)

**DECEMBER 29th**

**WIENERSCHNITZEL WIENER NATIONALS FINALS RACE AT THE BIG BAY BALLON PARADE AT HARBOR DRIVE**

10am - FREE to watch - Dachshunds from all across the western U.S. will compete as one of the activities at the Big Ballon Parade for the Holiday Bowl. **MORE INFO:** [www.HolidayBowl.com](http://www.HolidayBowl.com) Mark Neville 619-283-5808 ext. 309 or [MNeville@holidaybowl.com](mailto:MNeville@holidaybowl.com)

**DECEMBER TBA**

**AGILITY TRIALS GOLDEN RETRIEVER & SW ROTTWEILER CLUB**

9am COST: FREE to watch, cost to enter. Rohr Park 4548 Sweetwater Road, Bonita, 91902 **MORE INFO:** [www.JumpNFunAgility.net](http://www.JumpNFunAgility.net)

The Ocean Beach Town Council Dog Beach Committee Presents  
**Holiday Beach Party**  
 Sunday, December 7th from 10 am - 1 pm

**Food, Games, Costume Contests and more!**  
 Let's see what your pup can do!  
 Show off his or her tricks for treats and prizes!

**It's a tail waggin' good time for the whole family!**  
 Come have our PROFESSIONAL PHOTOGRAPHERS capture your holiday photo.  
 Take home a special memory for years to come.

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Off Dog Beach - Where holidays don't mean the end of Ocean Beach!  
 The Dog Beach Committee is a sub-committee of the Ocean Beach Town Council.  
 For more information, visit [oceanbeachdogbeach.com](http://oceanbeachdogbeach.com) and @oceanbeachdogbeach.

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



## DREAMING OF A WHITE CHRISTMAS?

BY JUDITH PIERCE | SAN HOUSE RABBIT SOCIETY

If you're dreaming of "white" this holiday season, do what I did – adopt a big white bunny! Affectionately known as BWB's, big white bunnies include the lovely New Zealand Whites with their pretty pink eyes, gorgeous Californians with a blaze of chocolate brown on their noses and ears, and four dainty feet dipped in chocolate to match their tail! Think of lovely white Angoras with their luxurious fur or the Hotot mixes, with nothing but black rings around their eyes and maybe a dot or two along their back. They come in many varieties and are some of the nicest bunnies to be found.

As a rabbit rescuer, I often hear "we're looking for a small bunny."

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

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

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

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

Right now, shelters and rescues have many beautiful big white bunnies. If you're thinking of adopting, I'm bet-



ting you'll find one who steals your heart and makes your dream of a white Christmas come true. To learn more about big white rabbits available for adoption, visit San Diego HRS at [www.sandiegorabbits.org](http://www.sandiegorabbits.org).

*Mark! Did someone say "presents"?*



The HRS Bunny Supply Store has everything your bunny hopes to find in his Christmas stocking this year... chew toys, treats, toss toys, and much more! The store is open 1st and 3rd Saturday of each month from noon to 3pm. Located at 4805 Mercury Street, Ste. B, in Kearny Mesa

**SAN DIEGO HOUSE RABBIT SOCIETY**  
[www.sandiegorabbits.org](http://www.sandiegorabbits.org)  
[hrrs@sandiegorabbits.org](mailto:hrrs@sandiegorabbits.org)  
 619.718.7777

## BUNNY CALENDAR

### HRS BUNNY SUPPLY STORE

Noon – 4 p.m. First Four Saturdays of every month.  
4805 Mercury Street, Ste B, Kearny Mesa.  
(corner of Mercury & Ronson Rd)  
[www.sandiegorabbits.org/products/index.html](http://www.sandiegorabbits.org/products/index.html)

### HRS FOSTER RABBIT ADOPTIONS

Dec: 7 & 21, Jan: 4 & 18, Feb: 1 & 15  
February is "Adopt a Rescued Rabbit Month"  
To apply, visit [www.sandiegorabbits.org](http://www.sandiegorabbits.org)

### HRS HOLIDAY PARTY

4 – 8 p.m. Saturday, Dec 20.  
HRS Adoption Center  
4805 Mercury Street, Suite C, Kearny Mesa.  
*Bring a vegetarian dish to share*  
Bunnies welcome, on a leash or in a stroller  
Learn more at [www.sandiegorabbits.org](http://www.sandiegorabbits.org)

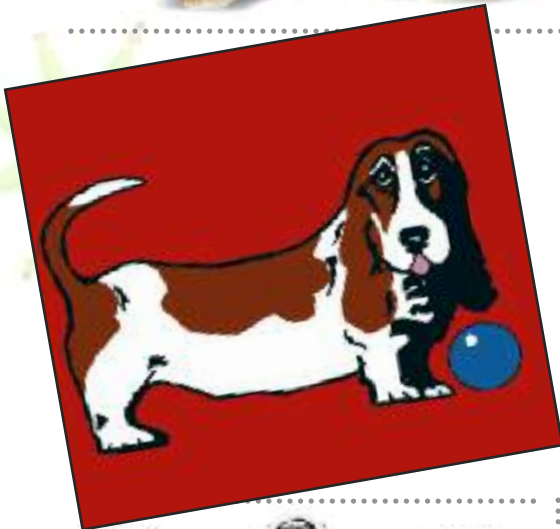
### BUNNYFEST PLANNING MEETING

Help plan and volunteer for our annual Bunnyfest in 2009  
3:30 p.m., Saturday, Jan 24  
HRS Adoption Center,  
4805 Mercury Street, Suite C, Kearny Mesa  
Refreshments, Door Prizes



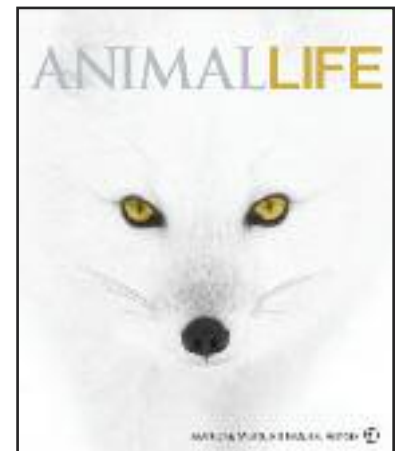
## M.A.X. Tiger Activity Scratcher

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



## Animal Life

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



## POPART

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

## Naughty and Nice Gift Tote

For Dogs by Maine-based companies L.L. Bean and Planet Dog. Retail for \$29.95. The Orbee-Tuff® Snowball is a 2 1/2" winter-white ball that won't melt like your run-of-the-mill snowball. As the seasons turn, it can be frozen to bring back the true feeling of winter and provide a refreshing summer treat. 3-pack is \$19.00. Both available at [www.planetdog.com](http://www.planetdog.com)



## IDTAG.com

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



## Dog Lovers Wine Club

Victory Dogs Wine Collection, a two-case set in honor of 22 of the dogs rescued from Michael Vicks' property. Carivintás Winery started the Dog Lovers Wine Club as a place to purchase premium wine and celebrate owners' unique bonds with their dogs. The sale of these wines, as well as custom-labeled wines, and related merchandise will benefit Best Friends Animal Society's initiative to stop dog fighting. [www.doglover-swineclub.com](http://www.doglover-swineclub.com)





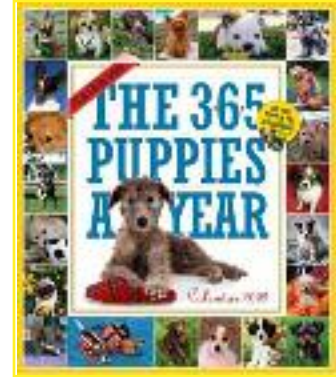
# GIFT GUIDE



### PupLight

Pet Owners love PupLight! This innovative flashlight keeps dogs safe and visible on or off their leash, and makes walking a pet at night enjoyable by illuminating the path ahead. The Puplight consists of three super-bright LED's that light up to 200 feet ahead for protection and security while on a nighttime stroll with your four-legged friend.

Sold at: [www.puplight.com](http://www.puplight.com)  
Retail Price: \$19.99



### Pet Calendars

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

### Start your engines canines

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



### Pet Treats Baking Gift Sets

Each kit includes a 16-ounce package of treat mix with whole-wheat flour, three cookie cutters in animal-appropriate shapes and original recipes packaged in a wooden crate. The mixes need a few ingredients from the pantry.

\$7.99 - \$14.99  
Ann Clark products are available at [www.annclark.com](http://www.annclark.com)



### Chillybuddy Cooling Jacket keeps hot dogs cool!

This new, breathable, lightweight cooling jacket is catching the attention of dog-lovers everywhere. Using a multi-layer approach, the jacket's outer reflective outer layer provides shade, and a cotton mesh inner layer, when dampened, provides evaporative cooling. The combination has been shown to reduce a dog's coat temperature by 40%, and the jacket has already been a favorite of Search & Rescue dogs across the country. Available at [www.chillybuddy.com](http://www.chillybuddy.com)



### To-Go-Bowl by Furry Travelers, Inc.®

For almost 30-million dog owners traveling with their pets, having the right travel products are essential for a safe and pleasant trip. Thanks to the To Go Bowl by Furry Travelers, Inc.®, your four legged companions can stay well-hydrated while on the road without creating a mess. The To Go Bowl is the first travel water bowl designed to conveniently fit into a car's cup holder and it holds both water and treats!

Online at [www.FurryTravelers.com](http://www.FurryTravelers.com)  
Retail Price: \$19.95





## Feline Stress Buster by CatIt

Your cat will love this Senses Play Circuit allows cats to hunt a ball as it rolls through a Peek-a-Boo Track. A green and gray ball with a swirl pattern attracts a cat's attention, moving in and out of sight and making a slight sound, as prey might. Cats are almost color-blind, but blue, the color of the Peek-a-Boo track, is the color that cats perceive most clearly. For other pet interaction toys go to [www.hagen.com](http://www.hagen.com)



## Dice Game People Play with their Cat!

CatFeats can be played by two to four people and one to four cats. It comes with a paw print die, a sand timer, 30 activity cards, a score pad and a pencil. No skill is needed to play. The game is available at select pet boutiques, pet stores, game stores, gift stores, online pet stores and at [darfinc.com](http://darfinc.com).



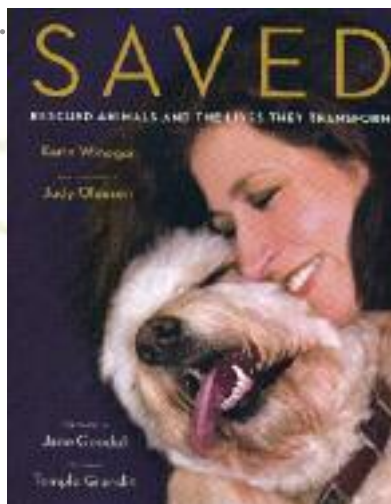
## DDNY ultra chic jewelry

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



## Holiday & Gift Cards

A darling collection of holiday and gift cards by local artist. Puppy Paws Productions card designs on line at [www.puppypawsproductions.com](http://www.puppypawsproductions.com)



## SAVED

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



## Puppermint Chew

\$12.00. Orbee® Tuff Mint. Not only does this new "sweet" toy feature the retro red and white swirls of the real candy treat, it is infused with natural mint oil. Orbee® Tuff material is durable, bouncy, buoyant and 100 percent recyclable. Size: 3.5" dia. [www.Fetchdog holiday collection](http://www.Fetchdog holiday collection)



## LuLu Leash

The world's FIRST fully illuminated leash, is the new must-have pet accessory because its stylish neon lights mean that your dog will always be seen. Battery powered LuLu is a chain leash with neon lights interwoven down its entire length. From \$29.95 [www.LuLuLeash.com](http://www.LuLuLeash.com)

## Chargers' Darren Sproles "Lends a Helping Paw"

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

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

"Home 4 the Holidays began in 1999 when Helen Woodward Animal Center organized 14 animal shelters in San Diego County to work together during the holiday season," says IH4TH spokesman John Van Zante. "Our goals were to find families for orphaned pets, lower the rate of euthanasia, and encourage people to adopt orphaned pets instead of supporting breeders and



puppy mills during their most profitable time of year. During the first drive these 14 shelters reported 2,563 adoptions."

For more information about Iams Home for the Holidays or to locate participating shelters or rescues log on to [www.iamshome4theholidays.com](http://www.iamshome4theholidays.com) or call 800-421-6456.

## Going away for the holidays?

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

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your sitter provides care for them. For dogs, this usually includes a 20-to 30-minute walk, feeding them and giving them fresh water.

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

## San Diego Spaniel Rescue 2008 Holiday Book Wrap

San Diego Spaniel Rescue (SDSR) is well-known throughout the county for the work they do on behalf of homeless Cocker Spaniels. This year, once again in partnership with Barnes and Noble Booksellers, they help the humans of our community during the busy holiday season, offering complimentary gift

wrapping on purchases. This year's wrap will be held on Sunday December 14th from 10 am to 4 pm and again on Thursday December 18th from 4 pm to 9 pm at 7610 Hazard Center Drive, San Diego. You can learn more about them at their website: [sdsr.org](http://sdsr.org).


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

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

## Chained Dogs Suffer as Winter Nears

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

"We encourage people to remember that although it can be hard to take a stand on behalf of neighbor's dog, a concerned neighbor can quite often make the difference between life and death for these animals," Thayne said.




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We can't do anything about the price of gas, but we can help you save! Get an Animal Avenue VIP card for \$5 (normally \$25) & save money on pet sitters, pet food, pet supplies & more. Send this ad along with your application or mention promo code CBKM92 when you apply online.

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For more information, check out [www.AnimalAvenue.net](http://www.AnimalAvenue.net)




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## What happens 'After the Finish Line'

BY DAWN MELLEN | AFTER THE FINISH LINE



ceiving the care she needs to bring her back to full health.

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

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

Unfortunately, too many Thoroughbreds are discarded by those who no longer reap their financial gains. The rescues are having a difficult time due to the downturn in the economy. After the Finish Line can only help as many horses as our funds allow. We can accomplish our goals with your help. This year your donations have benefited countless horses at over twenty rescue organizations in California and across the United States. Each month we are able to give more and more funding to the Thoroughbreds because of your generosity. Remember, ATFL board members are not salaried. All the donations we receive directly benefit the Thoroughbreds.

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

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## Animal Adoption Organizations

**A Passion For Paws Akita Rescue** Cheryl Weatherford (858) 551-7511  
[www.APassionForPaws.org](http://www.APassionForPaws.org)

**Angel Wings Cat Rescue Inc.** Wilma Daubman (760) 744-0764  
[www.AngelWingsCatRescue.com](http://www.AngelWingsCatRescue.com)

**Bat Rescue** Richard Wilkins (858) 679-0211  
[www.batrescue.org](http://www.batrescue.org)

**Chihuahua Rescue of San Diego** Ann Pollack (858) 277-3557  
[www.ChihuahuaRescueofSanDiego.com](http://www.ChihuahuaRescueofSanDiego.com)

**German Shorthaired Pointer Rescue** (760) 726-4813  
[www.GSP-Rescue.org](http://www.GSP-Rescue.org)

**Greyhound Adoption Center** Toll Free 1-877-478-8364  
[www.greyhounddog.org](http://www.greyhounddog.org)

**Greyhound Connection** (619) 286-4739  
[www.GreyhoundConnection.org](http://www.GreyhoundConnection.org)

**Operation Greyhound** Bruce or Bob (619) 588-6611  
[www.OperationGreyhound.com](http://www.OperationGreyhound.com)

**Paws of Coronado** Louise Shirey (619) 435-8247  
[www.PawsOfCoronado.org](http://www.PawsOfCoronado.org)

**Pit Bull Rescue of San Diego** Kate John (858) 361-3592  
[www.PitBullRescueSanDiego.com](http://www.PitBullRescueSanDiego.com)

**Pug Rescue of San Diego County**  
[www.pugbutts.com](http://www.pugbutts.com)

**San Diego House Rabbit Society** Judith Pierce (619) 718-7777  
[www.SanDiegoRabbits.org](http://www.SanDiegoRabbits.org)

**S.D. Turtle & Tortoise Society** (619) 593-2123  
[www.SDTurtle.org](http://www.SDTurtle.org)

**Southwestern Rottweiler Club San Diego**  
Deanna Giller (619) 645-8800 [www.SRCSd.net](http://www.SRCSd.net)

**Westie Rescue of California** (619) 579-6395  
[www.WestieRescueCA.com](http://www.WestieRescueCA.com)

## Animal Welfare Organizations

**Labrador Harbor** Sue Frounfelter (619) 892-0049  
[www.LabradorHarbor.org](http://www.LabradorHarbor.org)

**Lions, Tigers & Bears** Bobbi Brink (619) 659-8078  
[www.LionsTigersandBears.org](http://www.LionsTigersandBears.org)

**Project Wildlife** Caring for sick, injured & orphaned wildlife  
(619) 225-9202 [www.ProjectWildlife.org](http://www.ProjectWildlife.org)

**Zoofari inc. - A partner in preservation** Jackie Navarro (760) 630-9230  
[www.Zoofari.net](http://www.Zoofari.net)

**Maggie's Dog Designs**  
1-866-961-1722  
**Darling Affordable Outfits**  
[www.maggiesdogdesigns.com](http://www.maggiesdogdesigns.com)

## Dog Beaches/Parks

### NO LEASH REQUIRED LOCATIONS

**Coronado Beach** North end of Ocean Blvd., South of Naval base & North of Lifeguard Tower

**South Coronado Cays Park** Coronado Cays Blvd.

**Del Mar North Beach** N. end of 29th Street Sept.15 to June15 only

**Fiesta Island** Sea World Dr. & Fiesta Island Rd.

**Ocean Beach Dog Beach** end of Voltaire St. & W. Point Loma Blvd.

### LEASH REQUIRED LOCATIONS

**Cardiff State Beach** Old Hwy 101, Cardiff lot seaside

**Coronado Tidelands Park** Mullnix Dr. & Glorietta Blvd.

**Del Mar Beach** S. of Powerhouse Park & Ocean Ave.

### Encinitas

San Elijo State Beach, Manchester Ave.

### Imperial Beach

5th St. & Imperial Beach Blvd.

### Oceanside

Oceanside Harbor, Hamor Dr. west to Harbor

**La Jolla Shores Beach** 8200 Camino Del Oro From 6 p.m. to 9 a.m. only

**Mission Beach -The Strand** S. end of Mission Blvd. at channel entrance  
From 6 p.m. to 9 a.m. only

## Dog Clubs

### BREED SPECIFIC DOG CLUBS

**Aztec Doberman Pinscher Club of San Diego** Angie Monteleon  
(619) 443-8944 [www.AztecDPC.com](http://www.AztecDPC.com)

**Irish Setter Club of San Diego** Madelon McGowen (619) 441-7339  
Email - [MadMac646@yahoo.com](mailto:MadMac646@yahoo.com)

**San Diego Whippet Association** Jo Rufing (619) 477-4222  
[www.SanDiegoWhippets.com](http://www.SanDiegoWhippets.com)

### DOG WALKING SOCIAL CLUBS

**San Diego County French Bulldog meet-up**

Robert Goulet (760) 207-0332 [www.FrenchBulldog.meetup.com/41](http://www.FrenchBulldog.meetup.com/41)

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

**All Breed Obedience Club Inc.** (619) 287-2211  
[www.aboci.com](http://www.aboci.com)

**Ballistic Racers Flyball Team** B & J Matsumoto (619) 991-5267

**Catchers on the Fly** Pamela Beane (760) 471-9087  
[www.CatchersOnTheFly.org](http://www.CatchersOnTheFly.org)

**Luratics Lure Coursing & Earth Dog** Pat Bennett (619) 749-0724  
[www.Luratics.com](http://www.Luratics.com)

**Martini's Ranch** - Agility Debby Wheeler (760) 294-4085  
[www.MartinisRanch.com](http://www.MartinisRanch.com)

### HERDING CLUBS

**Action K9 Sports** Terry Parrish (760) 739-8673  
[www.actionk9sports.com](http://www.actionk9sports.com)

## Spay & Neuter Services

**Feral Cat Coalition** (619) 758-9194  
[www.feralcat.com](http://www.feralcat.com)

**Pet Assistance Foundation** Betty Brokaw (619) 469-5008  
[www.orgsites.com/ca/pet-assistance/](http://www.orgsites.com/ca/pet-assistance/)

**SNAP** - Spay Neuter Action Project (619) 525-3047  
[www.Snap-SanDiego.org](http://www.Snap-SanDiego.org)



## She lost her home in the divorce.

Dogs find themselves homeless  
for all sorts of reasons.  
They wait at our 3 County Shelters  
for someone new...  
Maybe someone like you.

Stop by and take a look.  
They wait to share  
their love. Again.

**County of San Diego Animal Shelters**  
5480 Gaines Street, San Diego, CA 92110  
5821 Sweetwater Road, Bonita, CA 91902  
2481 Palomar Airport Road, Carlsbad, CA 92011  
Need more Information? [www.sddac.com](http://www.sddac.com)

## Animal Shelters & Humane Societies

**SHELTERS THAT WILL ACCEPT  
STRAYS & HAVE ADOPTIONS**

### **BAY PARK/MISSION VALLEY**

#### **County Animal Services – Central**

5480 Gaines St., CA 92110 (619) 236-4250

[www.sddac.com](http://www.sddac.com) Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.

### **BONITA**

#### **County Animal Services – South**

5821 Sweetwater Road, CA 91902 (619) 685-6309

[www.sddac.com](http://www.sddac.com) Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.

### **CAMP PENDLETON**

#### **Camp Pendleton Animal Shelter**

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

### **CARLSBAD**

#### **County Animal Services – North**

2481 Palomar Airport Road, CA 92009

(760) 438-2312 or (760) 746-7307

[www.sddac.com](http://www.sddac.com) Hours: Tues-Sat 9:30 a.m. to 5:30 p.m.

### **CHULA VISTA**

#### **City of Chula Vista Animal Shelter**

130 Beyer Way, CA 91911 (619) 691-5123

Hours: M-F 10 a.m. to 5 p.m. Sat. 10 a.m. to 4 p.m.

### **CORONADO**

#### **Animal Control Facility**

700 Orange Ave, Coronado, CA 92118 (619) 522-7371

Hours: 7 days 8:30 a.m. to 4:30 a.m.

### **EL CAJON**

#### **City of El Cajon Animal Shelter**

1275 N. Marshall Ave., CA 92020 (619) 441-1580

Hours: Tues-Sat 10 am to 5:30 pm

### **ESCONDIDO**

#### **Escondido Humane Society**

3450 E. Valley Parkway, CA 92027 (760) 888-2275

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

Hours: 7 days 9 a.m. to 5 p.m.

### **OCEANSIDE**

#### **North County Humane Society**

2905 San Luis Rey Road, CA 92054 (760) 757-4357

[www.NCHumane.org](http://www.NCHumane.org) Hours: 7 days 10 a.m. to 4:15 p.m.

**THESE SHELTERS ONLY ACCEPT  
OWNER RELINQUISHED ANIMALS.**

### **BAY PARK/MISSION VALLEY**

#### **San Diego Humane Society & SPCA**

5500 Gaines Street, CA 92110 (619) 299-7012

[www.SDHumane.org](http://www.SDHumane.org)

Hours: Mon-Fri 11 a.m.-6 p.m. Sat-Sun 11 a.m.-5 p.m.

### **EL CAJON**

#### **Friends of Cats**

15587 Olde Highway 80, CA, 92021 (619) 561-0361

[www.FriendsofCats.org](http://www.FriendsofCats.org) Hours: Tues-Sun 10 a.m. to 4p.m.

### **ENCINITAS**

#### **Rancho Coastal Humane Society**

389 Requeza Street, CA 92024 (760) 753-6413

[www.RCHumaneSociety.org](http://www.RCHumaneSociety.org)

Hours: 11 a.m.-5 p.m. every day except Tues. 11:30 a.m.-5 p.m.

### **RANCHO SANTA FE**

#### **Helen Woodward Animal Center**

6461 El Apajo Road, CA 92067 (858) 756-4117

[www.AnimalCenter.org](http://www.AnimalCenter.org) Hours: 7 days 11 a.m. to 6 p.m.

### **SPRING VALLEY**

#### **National Cat Protection Society**

9031 Birch Street, CA 91977 (619) 469-8771

[www.NatCat.org](http://www.NatCat.org) Hours: Tue.-Sat. Noon to 5 p.m.

# ANIMAL RESOURCES



## Emergency Hospitals

### BONITA/CHULA VISTA

**South Co. Emergency Animal Clinic** (619) 427-2881  
3438 Bonita Road, Bonita, CA 91902 M-F 6 p.m.-8 a.m. Sat. Sun. Open 24 Hours  
**Pet Emergency & Specialty Center of South County** (619) 591-4802  
885 Canarios Court, #108, Chula Vista, CA 91910 M-F 6 p.m.-8 a.m. Sat. Sun.  
3:30pm-8am [www.PESCSanDiego.com](http://www.PESCSanDiego.com)

### CARLSBAD

**California Veterinary Specialists** (760) 431-2272  
2310 Faraday Ave. Carlsbad, CA 92008 7 days 24 hrs.  
[www.CaliforniaVeterinarySpecialists.com](http://www.CaliforniaVeterinarySpecialists.com)

### ENCINITAS

**VCA North Coast Veterinary & Emergency** (760) 632-1072  
414 Encinitas Blvd. Encinitas, CA 92024 7 Days 24 hrs.  
[www.VCANorthCoast.com](http://www.VCANorthCoast.com)

### ESCONDIDO

**Animal Urgent Care of Escondido** (760) 738-9600  
2430-A S. Escondido Blvd. Escondido, CA 92025 7 Days 24 hrs.  
[www.AUC.US.com](http://www.AUC.US.com)

### KEARNY MESA/CLAIREMONT

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

### LA MESA

**Pet Emergency & Specialty Center** (619) 462-4800  
5232 Jackson Drive #105 La Mesa, CA 91942 7 Days 24 hrs.  
[www.PESCSanDiego.com](http://www.PESCSanDiego.com)

### MISSION VALLEY

**VCA Emergency Animal Hospital & Referral Center**  
(619) 229-2400 2317 Hotel Circle South San Diego, CA 92108 7 Days 24 hrs.  
[www.VCAEmergency.com](http://www.VCAEmergency.com)

### MURRIETA

**California Veterinary Specialists** (951) 600-9803  
25100 Hancock Ave. #116, Murrieta, CA 92562 7 days 24 hrs.  
[www.CaliforniaVeterinarySpecialists.com](http://www.CaliforniaVeterinarySpecialists.com)

### POWAY

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

### SAN MARCOS

**California Veterinary Specialists** (760) 734-4433  
100 N. Rancho Santa Fe Road #133 San Marcos, CA 92069 7 Days 24 hrs.  
[www.CaliforniaVeterinarySpecialists.com](http://www.CaliforniaVeterinarySpecialists.com)

### SORRENTO VALLEY

**Veterinary Specialty Hospital** (858) 875-7500  
10435 Sorrento Valley Rd. San Diego, CA 92121 7 Days 24 hrs.  
[www.VSHSD.com](http://www.VSHSD.com)

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