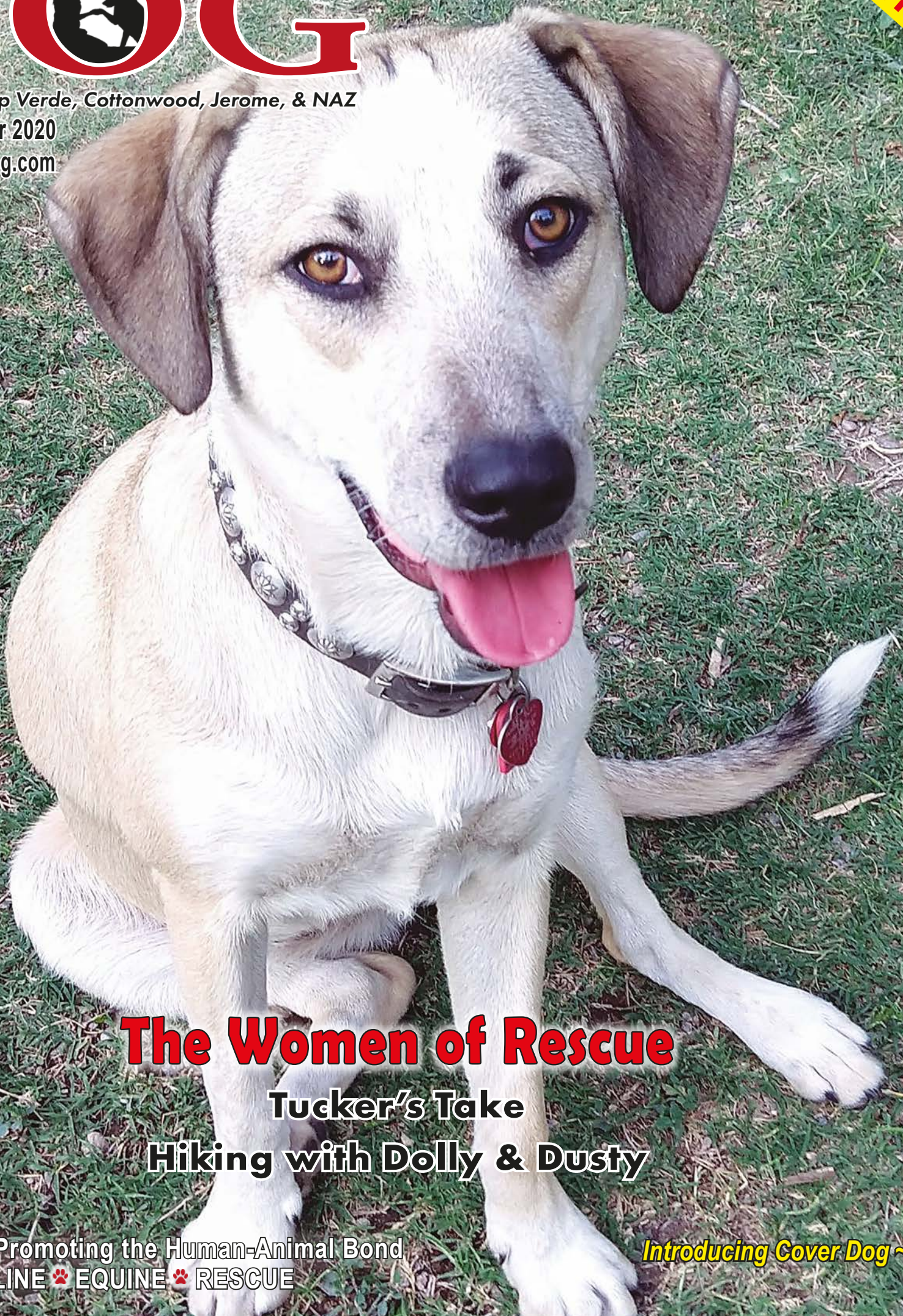


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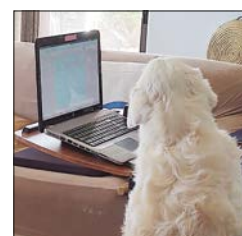


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OUR SINCERE APOLOGY

We neglected to credit Cynde Leshin as the photographer of the beautiful photo of Sir Chase, which was featured on the cover of our June/July edition. *Flagstaff-Sedona Dog Magazine* regrets the error.

FLAGSTAFF-SEDONA DOG MAGAZINE

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Abbie, Our Cover Dog



Name: Abbie

Age: I think I'll be one year old in August.

Hometown: Tuba City, Arizona. My first family couldn't take care of me, so I was left in a Tuba City parking lot when I was about 5 months old which brought me the great opportunity to find my forever family. I'm very grateful to my first family for giving me the chance to

have a great life. I now live in Cottonwood near the Verde River and get to swim frequently.

Favorite brand of kibble: My mom isn't completely crazy about kibble, so I get a variety of healthy food. In a typical week I eat cooked chicken, raw beef, raw eggs, carrots, green beans, Freshpet Select, and Wellness Core canned food. Most days I also get supplements of dehydrated phytoplankton, mushrooms, and organic beef organs.

Favorite people food: Rotisserie chicken, paws down!!

Favorite toy: Anything that squeaks and that my sister will try to take from me by chasing me.

Favorite outdoor activity: Swimming! Whether it's hot or cold outside, it doesn't matter. My mom thinks I'm part fish (and flips out) because I don't think twice about swimming in deep water and then putting my head underwater to see what I can find. I also love to get a running start and make long jumps into the water. My DNA report came back that I'm mostly Australian Cattle Dog, German Shepherd Dog, American Pit Bull Terrier, Boxer, and Collie.

Favorite indoor activity: Chewing on bones and licking the faces of the kitties.

Favorite nap spot: Although I have several dog beds on the floor to choose from, I prefer to nap on my back on mom's bed.

Fitness regimen: In addition to a lot of hard playing in the backyard with my sister, Lily, every day I get to either ride in my Jeep and go on a hike in the desert, swim in the Verde River, or go on a walk on a leash in town and meet new people.

Describe your perfect canine pal: My sister Lily is perfect. She welcomed me into the family immediately. We play together, sleep together, swim together, hike together, and make a total disaster of the house together.

Describe your perfect day: Loading in my Jeep and going on adventures with my family. I love chasing lizards and rabbits in the desert, retrieving sticks from the river, and playing chase with my sister.



Tucker's Take

Sisters! Well...more accurately, pack sisters!

Sometimes they get on my last nerve. On the other paw, I barely remember my litter siblings. Our lives went in all different directions in short order.

I do remember one of my litter mates. She was the largest of the eight of us right from birth. She used her girth to maneuver us away from the teats with the most milk, which added rapidly to her overall circumference.

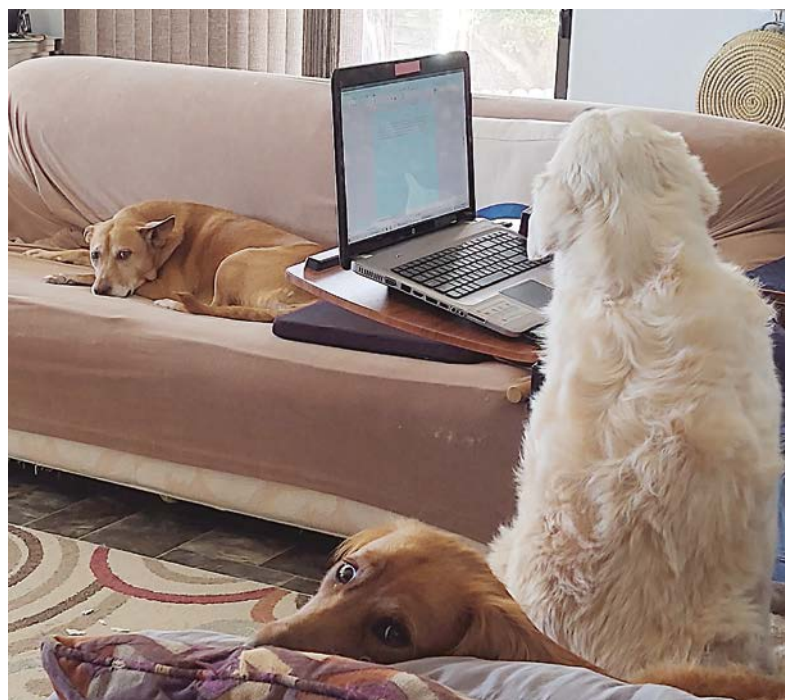
Mom had to rescue me several times from being smothered from my sister's habit of laying on top of us as the tryptophan kicked in. Mom would pull me out from under my sister and up into her ruff. This maneuver would cause "sis" to roll onto another unsuspecting dreamer. I often fell asleep, safe and sound, to the rustling of the rest of the litter sporadically repositioning while muttering and complaining to mom as my sister slowly rolled back and forth like some drunken slow-motion game of bowling that spared no one. Inertia made strikes inevitable.

But, I digress.... Back to my current dilemma with my pack, and more specifically, Hazel. She and I have been together, what... two, no, three years now. She had already been here a few years before I arrived. And it took a couple of days to adjust to each other and define our relationship and rank within the family pack. Over time, with opposite temperaments, we found our rhythm together, and we have each other's back.

Mostly. Allow me to elaborate and you can judge for yourselves.

Last summer, Mom and Dad stumbled upon a YouTube video of the most beautiful dog in the whole world. I am not one to care about the "moron's magnet" and its screen of flashing pictures. The screen shares no scent, which makes it very suspect in my opinion.

One afternoon, while enjoying the gentle wafting of my personal floor fan and dozing lightly, my curiosity was aroused by a soft-spoken voice speaking in gentle tones to a dog. I rolled slightly towards the unscented voice on the screen and beheld a thing of exquisite beauty looking up into her mom's eyes as she spoke.



Her name is Maya (the dog, not the Mom). Maya Polar Bear. She is white and floofy and smart and has costumes and eats chicken and her eyeliner is always perfect and I just know she must have a purple tongue like me, and if she doesn't, that's okay, because she is perfection on paws. Did I mention her mlerms? Her mlerms are mesmerizing.

Now, this is where Hazel comes in (remember, pack sister). She writes a column too, for *Prescott Dog Magazine*, and has been doing it for awhile now. She has a fan base and gets communication from some of them from time to time. She had writers block recently, and Dad told her to just answer some of her letters.

So...I took the opportunity to write my own letter and put it in her mail pile. I figured since she knew so many people and was a well-known columnist in her region, well, maybe she would know how to contact Maya Polar Bear.

I didn't tell Dad any of this, I knew he would casually list all the hurdles, telling me that Maya probably lives in another country, travel would be difficult, passports, vaccines, blah blah blah. I figured I had a better shot if Hazel helped, but I completely miscalculated.

Hazel picked my "anonymous" letter about Maya for her column, but she guessed it was from me and blabbed it to the whole world.

So not only was I embarrassed over this, she didn't have any ideas on how to meet my dream-dog. To top it all off, now Kiera, my other pack-sister, teases me every time I ask Dad to find another Maya episode on YouTube.

I know I'm the sheriff of this pack and as such I should bear this all in stride, but sometimes I could just curse. (Hurry and cover the puppies ears.)

"Burnt Crackers and Dill Pickles!"

There! I said it and I'm not taking it back. Honestly, you would think your own family would take matters of the heart more seriously. Especially a sister you have a history with.

The more I think about it, the more I'm sure I'll never speak to Hazel or give her the time of day again. I'm going to the office and curl up by Mom's feet and just forget the whole world.

This is "sulking" Tucker signing off...

Epilogue

"Hey Tuck, You awake?"

Tucker barely opens his eyes to see Hazel's head peering at him from under Mom's desk. Tucker stays silent and annoyed. Kiera's head appears and pokes through Hazel's front legs.

"C'mon, Dad's throwing burritos together and gravity is in our favor."

Unmoved, Tucker closes his eyes. Hazel tries again.

"C'mon Buddy, cheese and hamburger are hitting the floor this very minute. Let's go!"

Tucker sighs, but still doesn't move.

"Suit yourself, Tuck. Oh, and Dad said you can have an Instagram account to send a message to Maya. I can show you how if you want."

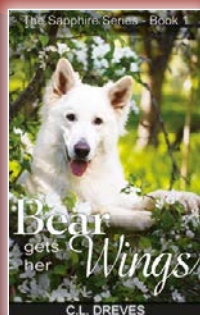
Tucker's head swiftly raises up, and his eyes lock on Hazel in disbelief.

"After all, what are sisters for, Tuck?"

The sound of a semi-full plastic container of food is heard hitting the floor with a faint exclamation from the kitchen.

"Burnt crackers...!"

Twelve legs scurried in full solidarity and joy.



Bear Gets Her Wings

by C.L. Dreves

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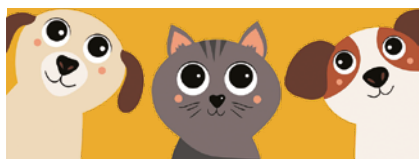
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Rescue Tales



Become a Feline Foster Family

The Humane Society of Sedona continues to care for, adopt, and foster cats and kittens every day, and you can help.

We rely on volunteer foster families to open their hearts and homes for a few weeks to help cats heal and adjust, and to help the tiniest kittens survive.

We can't save lives without our community's support, and it's just a few weeks of commitment to foster a furry feline

or two, but a lifetime for the animals who our foster families save.

The Humane Society of Sedona provides all the food, medicine, and supplies needed and all we ask from our foster families is for their time, their home, and of course the tender love they share with these precious animals.

Throughout the spring and summer months thousands of kittens and puppies are born in communities across the country, and Northern Arizona is no exception.

The Humane Society of Sedona is here to help our community's orphaned kittens and homeless cats as well as provide life-saving support to at-risk kittens and cats at other animal shelters throughout our region, and we can only save these lives with the support of our Feline Foster Families.

If fostering an animal is not for you right now the Humane Society of Sedona offers many other life-saving volunteer opportunities. Please visit www.humanesocietyofsedona.org/ volunteer to learn more.



Dexter's Forever Home with Us

This is our sweet dog, Dexter "Chew wa wa". Ok, not sweet so much as really cute!

After losing our sweet Staffordshire Terrier Jag, we decided we wanted another dog of the same breed and saw a really cute picture on Pet Finder of a dog that was at AARF Animal Rescue.

Everyone there was fabulous. They're not just looking for homes for dogs but the right homes.

When we saw Dexter in person, he won me over the mo-

ment he sat in my lap and gave me doggie kisses.

Turns out he is one-quarter Staffordshire Terrier, one-quarter Australian Shepherd, one-eighth Border Collie, one-eighth Chihuahua and one-quarter undetermined.

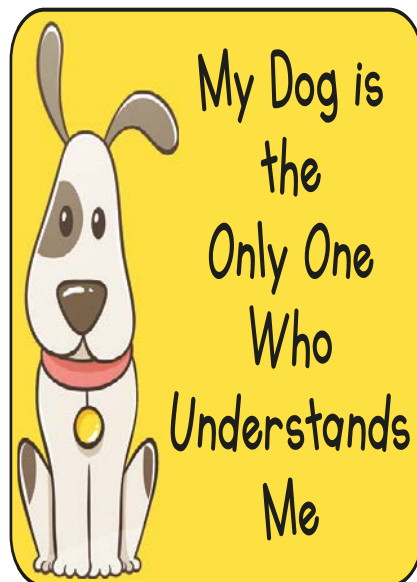
He's all about The Game: let's play ball, let's play with this blanket, let's play with this stick. He is 100% energy, play and spirit, and he loves to chew. He keeps us active as he adores hiking, camping and just about anything that involves *US*.

He is a great addition to our family, and we're very thankful we found him at AARF.

~Cheryl & Ron

If you're looking for a great pet or want a tour, check out AARF on Facebook and give us a call at (928) 925-7219. We are in Mayer, Arizona (not too far).

(Continued on page 18)



Calendar

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

AUGUST EVENTS

HUMANE SOCIETY OF SEDONA & NBC/TELEMUNDO PARTNER TO CLEAR THE SHELTERS

Month of August. We're one of 1,000 shelters across the nation partnering for this adoption drive to find loving, forever homes for homeless animals in need across the U.S. Info: (928) 282-4679 or HumaneSocietyofSedona.org

SOAP & HOPE FUNDRAISER

Month of August. Benefits homeless animals at the Humane Society of Sedona. Sedona Soap Box is donating 40% of their total sales. Shop their handcrafted vegan soap, bath salts, body butter, soul mist and more at arizonasoapbox.com using the special code HSS40. Info: HumaneSocietyofSedona.org

LOW-COST VACCINE CLINICS

August 1 & 15, 9a-11a, High Country Humane Animal Shelter. Vaccines, microchips, licensing & more. No appt necessary. Info & pricing: (928) 526-0742 or highcountryhumane.org

HIGH COUNTRY HUMANE ANIMAL SHELTER - PET FOOD PANTRY

August 22, 1p-3p. Need help feeding your pets? We can help. Applications available at an event or at highcountryhumane.org. Info: (928) 526-0742.

SEPTEMBER EVENTS

LOW-COST VACCINE CLINICS

September 5 & 19, 9a-11a, High Country Humane Animal Shelter. Vaccines, microchips, licensing & more. No appt necessary. Info & pricing: (928) 526-0742 or highcountryhumane.org

HIGH COUNTRY HUMANE ANIMAL SHELTER - PET FOOD PANTRY

September 26, 1p-3p. Need help feeding your pets? We can help. Applications available at an event or at highcountryhumane.org. Info: (928) 526-0742.

HUMANE SOCIETY OF SEDONA PET LOVERS' "ROARING 20s IN 2020" GALA

September 26, 5:30p-7p. Free virtual party to support homeless animals. Fun activities. Info: HumaneSocietyofSedona.org/Gala

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Women Rescuers: The Heart of Northern Arizona Animal Welfare Community

By Jacqueline Vaughn

"My first ever sighting of Rez dogs happened in Chinle, Arizona on the Navajo Nation. It was January and the streets were lined with dirty slush. I saw a snarl of dogs wrestling in a pile on the roadside, fighting for food. As we got closer, one dog raised his head, giving me a glimpse of the hind leg of a puppy in his mouth. I knew then that a part of my life was going to be dedicated to helping the animals in this place."

That's how Tamara Martin describes her entry into the difficult, demanding, and sometimes drama-filled world of animal welfare. Northern Arizona is perhaps more challenging than other parts of the state because of the rural character of the communities and the vast territory that includes the communities of the Navajo Nation, an area the size of West Virginia. Her initial experience with Rez animals and rural strays, like those that have captured the hearts of Mitzi Christian and Tanell Lee, touched the lives of these three women and the small independent rescues they founded.

Tamara Martin: Good Dog Rez-Q

Tamara and her husband Jim moved from Cincinnati, Ohio to Ganado, Arizona where she worked as a nurse at Sage Hospital, in the southeast corner of the Navajo Reservation. There she saw hundreds of stray and abandoned dogs, as well as the bodies of dogs hit by cars on the busy rural highways. She says that the dead dogs averaged about one per mile in populated areas, and there was no shelter where unwanted animals could be taken. Navajo Nation Animal Control periodically performed sweeps of the small communities, rounding up anything they could catch, from puppies, to sick and injured animals, to friendly yard dogs



Tamara Martin

with collars, that they put into a big chicken-wire crate on top of a flatbed trailer. The trailer was then driven to a holding pen in Window Rock, where the animals were killed within 24 hours.

Tamara began by giving free vaccinations to her neighbors' dogs, then fostering the friendliest of the homeless dogs through a non-profit group she and a small group of friends started, Blackhat Humane Society. Her first Rez dog, Popeye, was rescued from Gallup Animal Control in 1998 when he was just 5 weeks old. The dog stayed with her as her co-pilot on transports throughout the region until he passed in 2013. In their first year, Blackhat rescued, rehabilitated, and re-homed 50 dogs, a number that quickly grew to 200-300 rescues a year. Because she and her husband could not buy land on the reservation, they moved to St. Johns, Arizona, best known for being home to the coal-fired Coronado Generating Station and the seat of Apache County.

In 2013, she started another non-profit group, Good Dog Rez-Q. Most of the animals are strays wandering the back roads, although others are deliberately abandoned when their owners

move and leave them behind. Occasionally, they will take in dogs surrendered by their owners, or those unclaimed from the local shelter.

In 2019, the group vaccinated, fostered, and found homes for over 400 unwanted dogs, some with the help of the Arizona Animal Welfare League in Glendale, Arizona. That organization spays and neuters the dogs, reducing the expenses for Martin's group.

Her biggest challenge now is realizing that some dogs will never be rescued, but she feels change is coming. More groups are bringing in mobile veterinary clinics from Phoenix or Denver to spay and neuter animals. Outside groups are now arriving in time to take dogs out of Navajo National Animal Control before it is too late to save them. And she also sees a generational change. "The younger Navajo are better informed regarding animal care due to social media and education in the schools. We are seeing less indifference and more hands-on involvement, and fewer dogs hit by cars on the highways. My dream is to one day see Humane Shelters, run by the Dine' people, on the Navajo Nation."

Mitzie Christian: Central Arizona Animal Search and Rescue (CAASR)

"I think the biggest challenge is getting up each day to see what sad or horrible situation another animal in need is in."

Based in Camp Verde, Mitzie Christian's small facility houses 34 dogs, some of whom will live out their lives there as hospice fosters. CAASR deals with 300-400 animals each year, ranging from dumped puppies, to dogs rescued from shelters, to owners who can no longer afford to care for their pets.

Like Good Dog Rez-Q, Mitzie's



Mitzie Christian

group depends on donations, but they also hold garage and estate sales, have a booth at a local resale store, and sometimes sell donated items online. Her facility includes kennels built by her husband, Alan, gardens and lots of yard art that make the acreage seem more like a real home rather than a sterile facility.

Mitzie became involved in animal welfare by working with a local rescue and participating in searches and trapping lost animals. She gained volunteers and taught them these skills so she could focus on the rescue side. The rewards outweigh the challenges of exhaustion, disgust, and other factors required in working 24/7 and 365 days a year. "Looking into the eyes of a dog that is scared or hurting, and then seeing them fill with love," she notes, and "when they get through their emotional or physical pain they light up and become a whole new dog. I love seeing that. Or getting a lost pet back to their owners—those moments bring lots of happy tears."

One of the dogs that brought out the happy tears Mitzie refers to is Lil Man. He was found in a ditch in Camp Verde, totally unable to use his hind legs, and taken to Anasazi Animal Clinic for help. He was left there with the vet in case



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someone came looking for him. No one knows his story before that or what happened to him. After a few days he needed to go to a shelter because he couldn't stay at the vet office forever, but was turned down by other facilities because he couldn't walk. CAASR was called by the Animal Control Officer to see if Mitzie could help, "and of course he came home with us," she says."

Alan built a wheelchair cart for him and they put him in onesies for infants to protect his legs and off he went. "Several months later with lots of care and love he wagged his tail one day, and I cried happy tears. From there he began walking and then running on his own with all the other dogs. He is still in diapers and wraps but that is okay; he can walk and run and that is the miracle. This is what we strive for at CAASR."

Tanell Lee: Big Luck Club



Tanell Lee with Abbie

As one of the newer rescues in Cottonwood, the group's name stems from an encounter Tanell had while picking up rez dogs one day. As she loaded the animals onto her Jeep, an observer noted that the dogs she had rescued had "big luck" that day. The name struck her as appropriate for her new passion, and her rescue.

Big Luck Club focuses on helping the stray dogs on the Navajo reservation, as well as the overwhelmed Navajo Nation animal assistance organizations, such as Navajo Nation Animal Control and Navajo Nation Puppy Adoption Program. "We are the new kids on the block for reservation rescue groups, and not that long

ago, I had no idea that I would be involved to this degree in dog rescue," she says. "I stumbled by accident onto the rez dog overpopulation problem. I was completely stunned when I learned about its depth and scope."

According to Navajo Nation Animal Control, their shelters have a 91% kill rate and euthanize the animals in their shelters every Friday. Tanell spends much of her time sharing information like this with those unfamiliar with reservation animal welfare, making education as important as rescuing animals. "Considering that the Navajo reservation has a 38% poverty rate, approximately 40% of homes are without running water, the mean travel distance for food is 24 miles, and availability of veterinary services is limited, it really isn't hard to understand why there are so many homeless animals."

She points to Tamara Martin as one of the women who graciously gave of her time, encouragement, and insight into rescuing rez animals and starting a non-profit organization. She refers to Tamara as "The Godmother of Reservation Rescue" and credits her as serving as the catalyst for many of the people currently involved in reservation rescue. "Most people have no idea of the severe struggles of the Navajo residents, the stray animals, and Navajo Nation Animal Control," Tanell notes."

While Tanell does some of the actual rescuing herself, Big Luck Club relies on other groups to find new homes for animals from communities like Chinle and Many Farms. Even before the dogs begin their trip back, they are given their first vaccination, and then immediately begin an extremely healthy diet with nutritional supplements. They receive a veterinary examination, are spayed or neutered, microchipped, and are tested for heartworm, tick diseases, giardia, and intestinal parasites.

Equally important is the process of helping the dogs understand they no longer need to worry

about staying safe or if they will get to eat, a process she refers to as "rewiring" the animal's brain. "They get to relax, discover it's OK to play and have fun, and start learning basic manners for living in a home with a family. They become house-trained, use a doggie door, learn simple commands, get baths, and learn to be part of a team that includes people and other animals."

Tanell works full time, and she uses vacation days to make her runs to the Navajo reservation to retrieve animals. Those runs have been limited by the Covid-19 pandemic and the mandatory shutdowns that have resulted in the closures of Navajo Nation Animal Control shelters.

In late May, she worked with the Chinle Veterinary Clinic and Puppy Luv, a Cave Creek-based rescue, to sponsor a rehoming event where dog owners could voluntarily surrender unwanted dogs and puppies. The majority were transported back to Cave Creek by Puppy Luv, and Tanell took four to the Humane Society of Sedona, keeping one dog to care for herself because "she has been a true community rez dog, is a bit ragged, and may have health as well as socialization issues. So she'll need some extra TLC for a while."

She describes the rewards of her rescue work, which can include hours of driving on dusty roads to try to pick up a dog from an owner who no longer wants it. "Watching a very hungry, dehydrated, medically needy, and frequently fearful dog who has only known days of trying to stay alive start blossoming into a happy, playful, and friendly soul is priceless," she says. "The transformation is not only with their personality, but you also see changes in their appearance. Watching these animals move on to amazing families is of course hugely rewarding, as is receiving follow-up communications from the families with updates on their new family member who has become so important to them. It never gets old and can turn a tough day into a bright one."

Wants and Needs

All three of these women manage rescues that are run on a shoestring budget, and they often cover expenses with their own funds or donations from family and friends. Tanell notes that it is normal for a single dog to require \$500 to \$1,000 to get to a point of being ready for adoption, and as a new rescue group, she still struggles to get enough funds to take care of an animal's basic needs and vet costs.

She also emphasizes the need for transport for rez animals to rescues in Phoenix and surrounding states that would be willing to help find new homes if the transportation logistics were effectively in place. "I would love to see companies in the transportation sector donate small trucks or vans, and even professional drivers, to help move these animals out to rescue groups and humane societies in areas of the country that would love to take them."

CAASR recently received its first grant that the group will use for veterinary bills, which in 2019 totaled about \$28,000, with another \$500 per month needed for food. "Our biggest needs are really funds," Mitzie says. "We are serious about our dogs' health and anything they may need, which may include special food and medication for seniors and disabled animals."

While Tamara relies on Facebook donations for normal expenses, she is in need of supplies such as dry dog and cat food; collars and leashes; blankets, towels and light quilts; dog toys; and lightly used crates, kennels, and animal traps.

More Information

Good Dog Rescue, St. John's, Arizona. (928) 245-2040, Ambrwlf51@yahoo.com

Central Arizona Animal Search and Rescue, Camp Verde, Arizona (520) 921-9974 centralarizonanimalsearchandrescuellc.com

Big Luck Club, Cottonwood, Arizona (928) 202-4449, bigluckclub@gmail.com



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CHANCE: A medium-sized mixed breed dog who looks like a yellow lab. He is 1 year old, gentle, and loves kids! High Country Humane 928-526-0742



ASPEN: A mostly white Border Collie/Heeler mix. She is very sweet, very active, and very smart! She would do well with someone who enjoys training because she loves to learn! Coconino Humane Association 928-526-1076



RANGER: A Catahoula Leopard Dog mix, he is 5 years old and super sweet! He is housebroken and knows basic commands. Loves walks, snow, and of course, treats! High Country Humane 928-526-0742



SKYE: A 2-year-old shepherd mix with amazing blue eyes. She had a rough start to life and is shy. She needs someone who loves her and can show her life is good. Coconino Humane Association 928-526-1076



SOPHIE: A 6-year-old Boxer mix, she is a super-loving lady. She is housetrained and knows basic commands. She is very affectionate and adores people! High Country Humane 928-526-0742



HOMER: A cute, classic short-haired Chihuahua. He's a sweet old man at 10 years old. He is super, super sweet, loves to cuddle, and warms up quickly to people. Humane Society of Sedona 928-282-4679



MAYA: A 1-year-old German Shepherd/Rottweiler mix, she is a gentle lady who can be quite silly and make you laugh. She loves, people, toys, and any attention you could give her! High Country Humane 928-526-0742



GUINNESS: A wonderful 2-year-old Labrador mix. Guinness is super sweet and loves people. He is gentle and walks great on leash. He likes other dogs too. Humane Society of Sedona 928-282-4679



LILY: A 2-year-old black-and-tan hound mix, she is very energetic, sweet, and highly trainable. She is always wiggling and very happy. Coconino Humane Association 928-526-1076



COOPER: A 3-year-old American Blue Heeler. He is honestly just a HUGE puppy at heart -- playful, silly, & kind. He will be a great companion. Humane Society of Sedona 928-282-4679



BRUNO: A 3-year-old Presa Canario. He is a very big, very sweet boy, but he has no manners yet. He loves to give hugs and is a natural guard dog. Coconino Humane Association 928-526-1076



MR. BOJANGLES: A small 2-year-old Chihuahua mix with that classic big dog Chi personality and a big loving heart. He is a cuddler and loves people. Verde Valley Humane Society 928-634-7387

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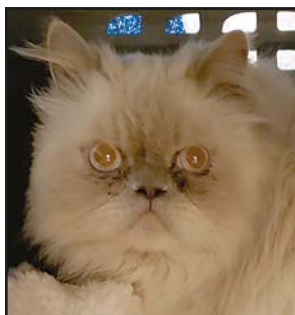
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CHEETAH (L) AND GRACIE (R): These two lovely ladies are bonded sisters who really want to stay together. They are both lovely tabbies, Cheetah with green eyes and Gracie with gold eyes and white trim. They are total love bugs who enjoy people and affection and laps. They really want to be in a home again, and their adoption fee is a 2-for-1 deal. Sedona Humane Society 928-282-4679



MOOSE: A beautiful blue-point Himalayan male, 5 years old. He is handsome, affectionate, and once he settles in, he will be a most loving cuddle bug, which Himalayans are known for. High Country Humane 928-526-0742



KACHINA: A lovely dilute calico lady, Kachina is a small and dainty 2 year old. She loves to play, loves people, and will always make you smile! Coconino Humane Association 928-526-1076



SUNSET: A 2-month-old tortoiseshell lady with lovely markings and lots of gold scattered through her dark coat. She is funny, affectionate, and full of kitten playfulness! High Country Humane 928-526-0742



VENUS: An elegant black house panther for your home. She is 2 years old, small and nimble with peridot-green eyes. She is gentle and affectionate. Coconino Humane Association 928-526-1076



KINDLING: A most lovely 2-month-old blue point female kitten. She has the most amazing blue eyes! She's just a baby, but already a people-lover and loves to play. High Country Humane 928-526-0742



WILLIE: Little Willie is just 3 months old, but already a gentleman. He is a grey tabby with white trim and beautiful green eyes. He is playful, funny, and a great companion. Coconino Humane Association 928-526-1076



JUNE: A fancy black-and-white tuxedo lady with striking white whiskers and the most amazing golden eyes! She is 1 year old with the manners of a lady and quite gentle. High Country Humane 928-526-0742



BEAU: A most handsome 6-year-old brown tabby with the cleverest markings -- the front half is white, and the back end has beautiful golden stripes. He is a lovely, affectionate gentleman. Sedona Humane Society 928-282-4679



TINK-TINK: A beautiful brown tabby lady with the cutest face! She is 6 years old, dainty and affectionate. She would love a new family to cuddle with and talk to. Coconino Humane Association 928-526-1076



FERRIS: This is a big black parlor panther. He is elegant with big gold eyes. Ferris has lived with dogs and is good with kids. He is gentle and affectionate. Verde Valley Humane Society 928-634-7387



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MAGAZINE

Prepare Your Pets for Life After Quarantine

Story & Photos by Kristy Meyers

We have all adjusted, no matter how reluctantly, to whatever this “new normal” has become over the last few months. COVID-19 has had many impacts on our social calendars, shopping habits, work environment, lifestyle, and routine. But let’s not forget the impact this has had on our furry family members as well. Their social calendars are also drastically different, and their routines are shaped directly by us.

Some days, it may seem to our pets that we will be staying home forever, whether that means intruding on their afternoon naps, or whether it means more treats and playtime than ever before. I know my Penny girl has happily adjusted to quieter days, longer walks, and much more awkward eye contact lately.

However you may be feeling about leaving the house again, this next phase will be yet another adjustment for our beloved pets. Jumping back into our Pre-COVID lives can be extremely detrimental to those we leave behind. As we return to work and/or school, it is critical to help ease this transition for our loyal companions. Here’s a few tips on preparing for the transition.

Begin the transition now: If you have lost track of your own routine during this season, start reestablishing your sleep schedule, feeding schedule, walk schedule, and so on. Include your pets in this routine building, and start now. Being consistent and starting early can make all the difference in the way your pets respond when you must begin the next step of leaving the house.



Raz Playing at Home

Start small: Even if your pets were perfectly trained for a long workday before, they will need your support re-adjusting to time in the crate, home alone, or away from you.

Start by stepping out of the house for an hour at a time, and then working your way up to a full day away from them. Visit a friend, take a drive, shop at a local business, and find new ways to take care of yourself so that this transition back into the world is smooth for both you and your pets. According to Janelle Metiva, behavior specialist at Best Friends Animal Society, this prep work is extremely important to mitigate separation anxiety.

Be patient: Dogs and cats can respond in a variety of ways when adjusting to being left home alone. You may notice behavioral changes from your bored or lonely pets, including chewing, scratching, urinating or eliminating in the house, escape attempts, barking/whining, drooling, or showing other various symptoms of restlessness and anxiety.

Recognize that these are not signs of a bad dog, but rather a dog in need. Instead of disciplining your dog, go back to basics with their training and routines (see above), or

establish a new positive association with the things that are most triggering for them. For example, Metiva told TODAY that simple things like wearing shoes even when not leaving the house can prevent negative associations and relieve some of the anxiety for your pets.

Remember the basics: When considering a return to work or school after such a long time in the house, the basics are key. As you adjust to post-COVID life remember the essentials of pet care from life before quarantine. Your dog needs to be exercised before being left alone or settling into bed. Your evening rituals are all cues to your pets about what to expect.

It is important to keep your pets stimulated, maintain a regular feeding schedule, and never neglect these beloved companions just because you are FINALLY able to get out of the house again. This leads us to our final point...

Give your pets (and you) something to look forward to: As the community begins to re-open, find ways to make new memories with your pets, whether that means a road trip with them, finding them a new toy from the local pet store, or sharing a fun new park.

This could also be the time to evaluate your pet’s weekday enrichment activities. Do they have enough activities at home? Do you want to invest in a dog walker or doggy day care? Do you have plans for a fun evening with them? Remember why you brought



Daisy at the Verde Valley Humane Society

them into your home in the first place and enjoy the richness they can bring to your life in all seasons!

Our pets are looking to us as we transition to our new lives, and whatever we can do to ease this transition will help them (and us) live happier lives as we come out of this pandemic.

If this pandemic hasn’t helped you see the value in some normalcy yet, perhaps you can see the value of normalcy through your pets’ eyes. When I look at the world through my Penny Girl’s eyes, I am rarely disappointed.



My Penny Girl



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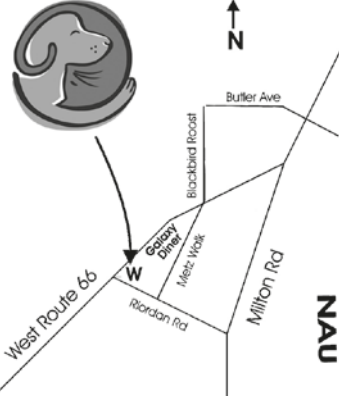
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Hiking with Dolly and Dusty: Flagstaff

By Melissa Bowersock

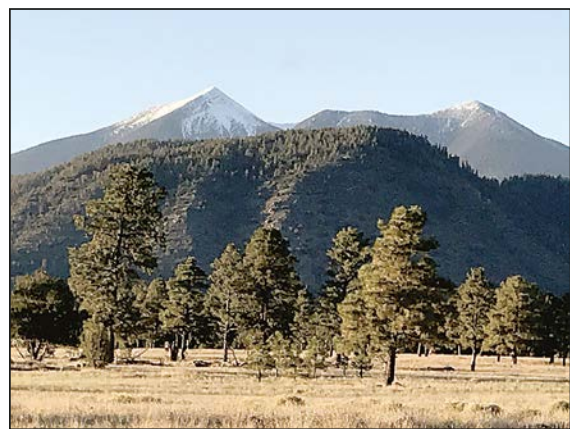
Anyone who's familiar with Flagstaff knows that you can head off in almost any direction out of town and find forest roads and hiking trails in abundance. In Flag, the challenge is not in finding a trail, it's picking one out of the many!

Since Flagstaff is notoriously dog-friendly, all of these trails allow dogs, but **on-leash only**. Many of these trails are very popular, so maintaining control of your dogs and cleaning up after them is essential for the safety and consideration of all. Be a good dog and trail steward so everyone enjoys the walk.

Howard and Mary Roth are desert-dwellers, but like many enjoy trading the triple-digit summer heat in the lowlands for the cool pines of Flagstaff whenever they can. Because they always take their two dogs with them, they've made it their goal to find all the dog-friendly hotels, restaurants, and hiking trails in Flagstaff.

Dusty, a small mixed-breed rescue, might not pose much of a challenge when traveling, but 70-pound Dolly, a Great Pyrenees, requires more than simply tucking her underneath an arm. Both dogs have benefited from the Roth's quest for the best canine venues.

Buffalo Park



Buffalo Park

Very close to downtown Flag is Buffalo Park. This is a 215-acre park with a variety of offerings. The loop trail is two miles long through meadow and forest, and provides stunning views of the nearby San Francisco Peaks. From the bright green of spring to the gold colors of fall to the pristine snow of winter, this trail is a year-round favorite, and its close proximity to town makes it very popular with walkers, joggers, and families.

The trail itself is level and easy, but if you crave a bit more exercise, there is a fitness course along the way where you can challenge yourself to a quick workout.

Most wildlife will avoid the heavy-traffic hours when humans and dogs are abundant, but during quieter times, you might see mule deer in the meadows, and birds will flit from tree to tree. Woodpeckers, ravens, and lark sparrows are common.

The park is open all year round, but of course the winter experience can be quite different than the summer one. In addition, the dark skies of Flagstaff offer a unique opportunity to do some stargazing at night. Whatever activities you can combine with dog-walking, Buffalo Park has you covered.

To get there from downtown Flag, head north on N. San Francisco Street 1.2 miles to Forest Avenue. Turn right and go up the hill to Gemini, then turn left and park in the lot. There is usually ample parking available.

Kachina Trail

A bit farther out of town, Kachina Trail offers up more of a mountain hiking experience. This trail is five miles long and includes a 700-foot change in elevation along the way, from 8,800 to 9,500 feet.

The trail meanders through forests of brilliant yellow-gold aspen in the fall, and even crosses a massive lava flow. It's effectively closed during the winter, depending on the snowfall, as the parking lot is often blocked by huge drifts of snow.

Because the trail skirts the San Francisco Peaks and lies within the Kachina Peaks Wilderness area, it's not unusual to see wild animals. Mule deer are common, and elk may be seen, although more rarely. Black bears have been encountered there, and cougars are known to slink through the underbrush although they are more active at night. In the fall, you may encounter bow hunters along the trail.

Keeping your dog leashed and being situationally aware of all the possible activity is of primary importance. This is not the same as walking down a neighborhood sidewalk.



Aspen



Mary with Dusty and Dolly on the Kachina Trail

To get there, take Highway 180 north out of Flagstaff to milepost 223, which is also the turn-off for the Snowbowl. Go 6.5 miles to the parking lot.

Flagstaff Dog Parks

If your dog is high-energy and requires more riotous exercise, there are, of course, off-leash dog parks in Flagstaff as well. Thorpe Park, at 245 N. Thorpe Road, is near downtown and has many amenities beside the dog park. There are picnic grounds, basketball and tennis courts, a pond, and even a disc golf course.

Bushmaster Park is on the east side of town off of Cedar, at 3150 N. Alta Vista Drive. It offers similar options, including a skateboard area, tennis, volleyball and pickle ball courts, and ramadas for picnics. You never have to travel far in Flagstaff to find fun places to go with your dog.

Fun Paths & Patios

In our current situation and these times of social distancing, people may wish to avoid the popular hiking trails. Luckily, there are plenty of opportunities on the sidewalks of whatever area you happen to be in.

There are hidden treasures in every little neighborhood, just waiting to be discovered. The Roths recently found a hidden pine forest trail bordering their own street, and now use the Google Earth app to look for new paths and fun walks close to home without compromising their health.

In addition, the Roths have discovered that many of Flagstaff's restaurants have patio areas that allow dogs, and just about all breweries in town are dog friendly.

For out-of-towners, the Motel 6 in Woodland Village and Sonesta Suites off Country Club Road both allow dogs.

Mary's favorite way to start the morning is to walk Dolly to a nearby convenience store for the morning paper, and the employees love seeing the big, fluffy Pyrenees. Later in the day, there might be a trip to Dairy Queen for a Pup Cup or two.

There's no doubt that Flagstaff really rolls out the red carpets for dog lovers, and Dusty and Dolly have been down most of them!



Mary, Dusty and Dolly on the Mesa Trail near Thorpe Park

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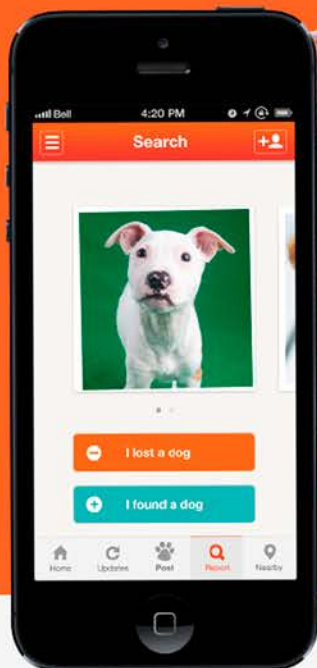
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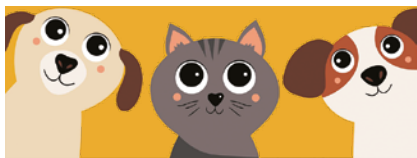
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HumaneSocietyofSedona.org

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Rescue Tales



(Continued from page 8)



It Just Takes the Right One!

When an animal comes to Yavapai Humane Society we never really know how long they will be here. Sometimes a dog or cat comes on the adoption floor, and they are adopted within a day or two, and sometimes they are here for much longer. There's no rhyme or reason as to why, and our goal is to take care of and love each and every animal until they find the right one!

Just because an animal has been with us for a long time doesn't mean that there is something wrong with them. It just means that perhaps their kennel presence hasn't been the greatest and people tend to overlook them, or they just weren't given a chance to show their true personalities.

Shelter environment doesn't always allow an animal to show you all they can be, which is why we encourage you to take the dogs out to the bark parks and spend some time with them where you can see the possibilities.

That's exactly what happened with some of our long term dogs in the last 12 months. Someone came to the shelter, saw a possibility, and took that dog out for a meet and greet.

All it takes is the right one! Take George, for example. He's a 3½ year old Rottweiler/Australian Cattle Dog mix who had been at the shelter for 5 months. He didn't have a great kennel presence, but



George



Odin



Zeus

the minute he got outside he became an absolute love-bug who would lay his head on your legs, love up on you, give you kisses and play like a puppy. One day, Rebecca came in and saw George and gave him a chance, and they now are living that happily ever after that each animal here wants! George found the right one!

Odin is a 5-year-old Terrier/American Pit Bull Mix who was here for 5 months. No one could understand why he wasn't getting adopted. He loved to play, wanted to love on everyone and was absolutely beautiful. Enter Emerson, who came in one day and met Odin, and it was instant love! Emerson and Odin are now a happy family and again, Odin found the right one!

Zeus is an absolutely beautiful 8½-year-old Golden Retriever/Pit Bull mix who was here for 6 months. Volunteers and staff alike were completely confused as to why no one was taking this boy home. He knew sit, stay, roll over, shake, fetch, and more... he loved to go for walks, hang out and love on everyone. Along comes Barbara, who met Zeus and an instant family was formed. Barbara and Zeus knew immediately that they had each found the right one!

I encourage you to come to Yavapai Humane Society and take a walk through the shelter and meet these pre-

cious animals. Take them out for a meet and greet and see their true personalities shine through. Who knows, you might just be the right one!

Yavapai Humane Society's Equine Center



I recently read a beautiful saying, "Horses carry the wisdom of healing in their hearts and offer it to any humans who possess the humility to listen." Anyone who has ever spent any time with a horse knows the unique gift they give us by just looking in their eyes.

What's better than the unconditional love of a pet? Whether it's a dog, cat, horse or any other pet... the look in their eyes when they see you makes the whole world complete!

Google defines unconditional love like this: Unconditional love is to say that a person loves someone unselfishly, that he or she cares about the happiness of the other person and will do anything to help that person feel happiness without expecting anything in return.

In other words, the definition of unconditional love is "love without conditions." Well, I think if we just replace the word "person" with "animal" that makes it just about the perfect definition!

Yavapai Humane Society's Equine Center, located in Chino Valley at 3731 N Road 1 W,

is an adoption-focused program for horses. Every horse receives health care and training prior to being made available for adoption.

We are a member of the Equine Welfare Data Collective and in 2019 received the Grand Prize in ASPCA's Help A Horse Home Challenge, winning \$35,000.

This nationwide competition for equine rescues and shelters is designed to increase adoptions of equines around the country. Winners were scored based on their increase in adoptions from the previous year, along with the quality of their promotional content and campaigns on social media. More than 170 groups nationwide participated and we are honored to have won the grand prize.

We also hosted a BLM adoption event in April of 2019 where all records were broken for wild horses and burros being adopted during a single adoption event.

YHS's Equine Center thrives itself on the health and welfare of all our horses that we have on property available for adoption. We have staff and volunteers who work with the horses every day to make sure that they are healthy, eating well, getting exercise and safe so that we can find them their perfect home.

If you're looking for unconditional love with a horse... Yavapai Humane Society has a wide variety of amazing horses for you to choose from. Horse adoptions are available by appointment at the Equine Center located at 3731 North Road 1 West in Chino Valley.

Please call 928-515-4947 to schedule a time to come out to see any of the horses available.



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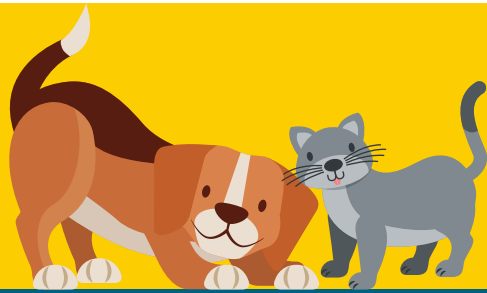
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People Resource Guide



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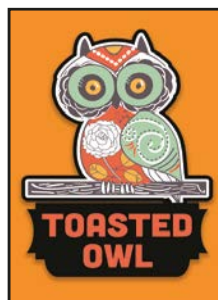


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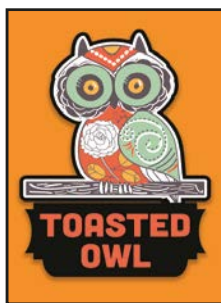
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Bushmaster Park
3150 N Alta Vista Dr, Flagstaff

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Oct. 1 thru April 1: 7am- 7pm

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Dawn to Dusk

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Chase's Corner

I have been very busy giving autographs since I was on the cover of the last issue. The great photo of me was taken by Cyn-de Leshin of Sedona, and thanks to her for capturing me in motion! I think I now have time to write my column again for everyone to read.

This month I am going to learn how to fly! There are two kinds of flying –flying high or flying low. I have included a picture of each type for you to see. Flying high gives you a great view of the earth and everything below, while flying low is used to see things up close and also for coming in for the landing.

These are things I can see from high flying: Houses, grass, trees (cactus in Arizona!), rivers and creeks, cities and towns. From low flying I can see dog parks, dogs on walks, dogs playing with other dogs, and dogs doing obedience and agility exercises with their humans.

It is so much fun learning how to fly, and I think I can put these techniques to good use in my obedience and agility training. When I get to a dog show, I can show them that I know both kinds of flying!

In agility they require you to do a lot of jumps, so it is very necessary to know how to fly high. In obedience you have to do the broad jump, which requires knowing low flying, and then you have to do the high jump which means you better know how to fly high!



Flying High



Flying Low

So you can see that learning how to fly is very important in the dog world. Even if you don't do agility or obedience, but take walks in the woods, you can learn to fly and practice flying over logs and dead trees. It really makes life more interesting and more fun.

Until next time,
~Sir Chase

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