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Who Does the "Heavy Lifting" on the Reservation?



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Winter's Most Exciting Sport

FLAGSTAFF-SEDONA DOG MAGAZINE

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1. Email your entry to: info@reddogpublishing.net (Don't forget to attach your photo.)
2. Use the subject line: *Flagstaff-Sedona Dog Cover Dog*.
3. In the body of your email, include your dog's name and age; your address, phone number, and preferred email address.
4. For your entry to be considered for the June/July 2021 edition of Flagstaff-Sedona Dog Magazine, we need to receive your entry by 11:59 pm on April 30, 2021.



June, Our Cover Dog

Name: June

Age: 1

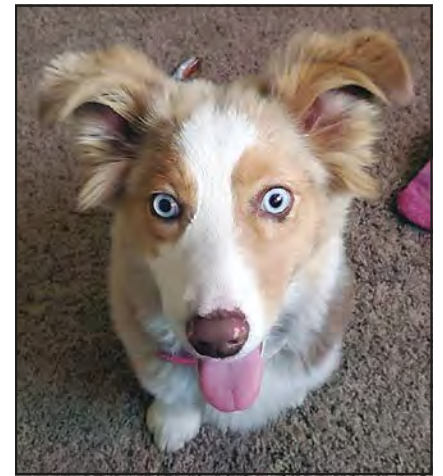
Hometown: Flagstaff

Favorite Brand of Kibble: The one with the picture of my lookalike.... because I know I'll like it then.

Favorite Toy:

Anything I can hide or tear apart. I also love marrow bones.

Favorite Outdoor Activity: Going for walks and chasing balls. I also love playing with any pups that I meet.



Favorite Indoor Activity: I like making my Dad throw the ball for me any chance I get. Belly rubs are my favorite, too.

Favorite Nap Spot: On the bed next to dad or under the bed when I want some alone time.



Perfect Canine Pal: My cousin, Star, who tries to catch the ball before I do, but isn't quite as fast...but she'll get there if she keeps watching me.

My Perfect Day is spending quality time on a hike, going to the dog park for some fetch, or riding up front on a road trip.

How my human found me: My Dad's niece found out about me and told him how happy I would make him. Of course, she was right.



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Tucker's Take

Morning rituals are important to us-on-four of K-9 descent. Well, at least in this pack.

After the last part of my night watch curled at Dad's feet, I feel it's important to confer with him the moment he starts moving about and sits down with his coffee.

Understanding that most mornings, Dad is not quite all there, even though his eyes are open (mostly). I know that the best thing for him in those moments is to let him slowly come to the surface by encouraging him to start massaging my back and hips, even though I want to start right away on the matters at hand and go over the day's planned events.

Well, sacrifices must be made. I am the sheriff of the pack and vigilant patience is an integral tool of the trade.

Even though Hazel and Keira try to muscle in for Dad's limited attention, I have my ways of returning his attention back to me. Keira (like several other Golden Retrievers I have known), will wind herself up into a butt swinging nuisance as she thwacks me broadside, or begin her staccato licking of my face trying to make me turn my head away. When her behavior hits a crescendo, and Dad's face begins to show irritation, I have to stop her.

She knows levity and hi-jinks are not proper when Dad's not fully alert. When I emphatically remind her of this fact, she does the "on her back, it's all good bro routine" with front paws in the air in feigned surrender. The second I turn back to Dad, she jumps up nipping my back legs and telling me I say "funny words".

Now that might be endearing to some of my readers, and honestly, I do have a soft spot in my heart for Keira, but sometimes her spastic outbursts are a bit much. I could say more about the "me-first" behavior of Retrievers in general, but I have been reminded on more than one occasion that I have Retriever blood in my mix, and I probably shouldn't hurl glass houses at rocks. Whatever that two-legged saying means. I'm not sure.

The point being, I'm about to engage in a serious logistical discussion which has pack-wide implications, and that is no time to act like that other word for donkey that begins with the letter "J".

So, as the lights slowly come on in Dad's attic, and the girls of the pack reluctantly settle



down, the payoff of my vigilant patience goes something like this.

Me: There's a few matters we need to go over, Dad, and we probably should start with whether or not you'll be doing the mail run or various errands in the limo (truck) today.

Dad: (Sips coffee...) Well, I have to check with the "jump master" first Tuck.

Me: Assuming jump master is a reference to Mom, I'll continue down the list with the understanding that I'll bring up this matter again at treat time.

Dad: Understood. Continue.

Me: On the matter of our morning treat, it is the consensus of the pack that the timing of said treats has been wandering past the oh-nine-hundred mark by varied degrees and has been a matter of concern for the pack as a whole. There have even been murmurings among unnamed members of the pack that the quantity of these treats should be increased. I want you to know that it is my studied opinion that enacting such a policy may not only heal the past offenses of tardiness, but will undoubtedly calm any unrest that may be brewing in the ranks.

Dad: (Sips coffee again, sighs, then tilts back his head and drains the cup) Tucker...I want you to know, and remember, that the more you sound like a politician, the less I'm inclined to act on anything you say.

Me: It's my professionalism and desire for clarity that I—

Dad: Two treats on Tuesdays.

Me: —after... after ...after all, I've been appointed as sheriff...AND Thursday AND Saturday...

Dad: No belly rubs on Wednesday then.

Me: Upon reflection, I believe Tuesdays

and Thursdays will suffice in keeping the peace. However, there have been rumors of the pack unionizing.

Dad: There has? Under what union?!

Me: Teamsters. Pipe Fitters Union requires opposable thumbs to join.

Dad: Don't dew claws count?

Me: Apparently not.

Dad: Well... (Looking down into his empty cup) If the pack wants to join the Team-

sters, there's not much I can do about it. It'll change a lot of things around here, but I think we can adjust. You know the couches aren't union. They'll become strictly management territory.

Me: I don't think that—

Dad: And, of course, these morning meetings will be conducted with the shop steward, and you won't be participating in that. Oh, and treats—

Me: (Speaking faster) —was fully on board with the idea!

Dad: You'll be donating a percentage of your treats to the union.

Me: (Pressing my right paw against Dad's knee) I think it's best for all involved to table the union idea for now.

Dad: Alright Tuck, if you think that's best.

Me: For now, yes.

Dad: Tuesdays and Thursdays, double treats?

Me: In a timely fashion, yes!

Dad: Duly noted.

Hazel, who had overheard the morning report, raised herself up from the rug by the patio door. After a full body and limb stretch, she wandered towards me. Dad was up to get another cup full, and Hazel waited till Dad was out of ear shot to speak.

"I told you not to let him finish his coffee. We almost lost couch privileges because you let him become fully awake. Timing is everything, Tucker." With that, she wandered off toward the master bedroom.

I counted the morning as a victory, as I looked forward to Tuesday.

~Tucker Oso

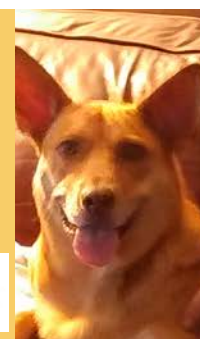


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Casey's Time

By Shannon Auck

Casey captured me with her very first glance – a sideways glance looking up from a pack of dusty dogs that were overwhelming her. We connected instantaneously. She was saying, "Please get me out of here!" I wasted no time and doing precisely that.

She was a dainty, skinny pup about six months old with long, soft hound ears and a gentle spirit. Ginger, my senior hound, welcomed her to our pack. Within a month Ginger passed away, and I broke my ankle.

Recovery entailed increasingly long mountain bike rides from our back door. Casey soon became accustomed to the clicking of bike shoes and helmet straps leading to a trail excursion. Being a long-legged hound, she was especially suited for lengthy runs in the woods. Hounds can purportedly run from dawn 'til dusk according to one resource I consulted, and Casey has logged thousands of miles.

On more than one occasion in the woods, she followed her nose as opposed to the bike. Those led to some anxious waiting at trailheads for her return, sometimes into the darkness. She returned reliably, seemingly satisfied with her untold stories of the chase.

Another favorite activity is snow play. Some of my favorite memories include uphill skiing. We'd start around 4pm and hike up to the top of the Snowbowl. As the temperature dropped and the sky turned



pink, I'd reconfigure my gear. Then we'd rip downhill with Casey in an all-out run, stretched out with flapping ears. Her joy was obvious, and frozen whiskers were a hazard at times. I'm amazed to look back at how hardy she was.

In the spring, we'd take river trips on the melted snow. Casey's been on the Verde, Rio Grande, Chama, San Juan, Little Colorado, and the Colorado. She's also experienced on a paddle board and likes touring around on lakes. Always alert, she relishes the encounters with ducks and loons, coyotes, deer, and even an occasional bear.

Other travels have taken us camping all over, from Montana and Wyoming to Utah and New Mexico. She's flown with me to Kansas and Los Angeles. Last August she got to see the ocean for the very

first time. As the seagulls swirled above us, I felt with mixed emotions. This dog, who has shared so much with me, is taking in the beach for the first and likely last time. I gently considered her mortality, which instilled even more love for her in my heart.

New experiences foster a sense of growth, and I'm sure are a positive part of Casey's longevity. Novelties such as skunks, porcupines, and cactus are hopefully in her past, but just recently she made three new cat friends. Her nuanced personality is gentle and uniquely special, especially with children, babies, and kittens.

These days the picture is a bit different for both of us. Casey embraces walks in the park, intently sniffing each invisible signpost. Squirrels still catch her interest but are largely safe. Curling up by a warm fire is good for both of us. She demonstrates an understanding of her weakness by accepting a boost up or a hand down graciously. I'm awaiting a hip replacement and, in addition to moderating my activity, will also need to learn to accept help.

Casey still loves to get out and take in the world. I'll continue to take her, accommodating whatever she needs. She loves the fresh smell of a running creek and the warmth of the sun on her fur. She sets a perfect example of living in the present and appreciating the moments exactly as they unfold. I can't imagine a more perfect companion.

CASEY'S TIME



Rescue Resources

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| | | | |
|---|---|---|--|
| ANIMAL GUARDIAN NETWORK HEALING RIVER RANCH 2564 N Arena Del Loma, Camp Verde (623) 780-1604, animalguardiannetwork.org | BLACKHAT HUMANE SOCIETY Native American Reservation Animals blackhathumane@gmail.com (928) 245-3890 | HIGH COUNTRY HUMANE 11665 N, US-89, Flagstaff (928) 526-0742, highcountryhumane.org | PETS RETURN HOME petsreturnhome.org info@petsreturnhome.org |
| ARK CAT SANCTUARY (928) 635-5909, arkcatsanctuary.org | BLUE MOON RESCUE & SANCTUARY 1851 E Perkinsville Rd, Chino Valley (928) 925-7724, bluemoonrescue.org | HUMANE SOCIETY OF CENTRAL ARIZONA 605 W. Wilson Ct, Payson (928) 474-5590, HumaneSocietyCentralAZ.org | TUBA CITY HUMANE SOCIETY (928) 793-2364, tubacityhumanesociety.org |
| BETHANY'S GAIT RANCH (928) 499-9442, Prescott | CIRCLE L RANCH ANIMAL RESCUE & SANCTUARY Daytime (928) 925-1926, Prescott Valley | HUMANE SOCIETY OF SEDONA 2115 Shelby Dr (928) 282-4679 humanesocietyofsedona.org | VERDE VALLEY HUMANE SOCIETY 1520 W. Mingus Ave, Cottonwood (928) 634-7387 VerdeValleyHumaneSociety.org |
| BIG LUCK CLUB Navajo Reservation Dog Rescue bigluckclub.org , bigluckclub@gmail.com | COCONINO HUMANE ASSOCIATION 3501 E Butler Ave, Flagstaff (928) 526-1076, coconinohumane.org | NOW THAT I'M SAFE EQUINE RESCUE Facebook: Now That I'm Safe Equine Rescue nowthatimsafe.org | YAVAPAI HUMANE SOCIETY EQUINE CENTER (928) 515-4947, Chino Valley yavapaihumane.org |
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Who Does the "Heavy Lifting" on the Reservations?

By Jacqueline Vaughn

Indian Country – at least in northern Arizona – is like a small nation. The Four Corners region, along with the Zuni Pueblo, Supai, and Hopi lands, has its own languages, customs, roads, law enforcement, and governments.

When it comes to animal control and welfare, the Navajo Nation Animal Control and Navajo Nation Veterinary Management are by all accounts, insufficient to handle the hundreds of thousands of dogs, cats, horses, sheep, and other creatures that roam the vast landscape.

The COVID-19 pandemic, or Dikos Nstaigii-19, has further reduced resources available for services such as spaying and neutering animals, controlling strays, and routine veterinary care. On the Navajo Nation, Emergency Order 2020-04 directed residents, with the exception of essential services, to stay at home to protect public health. The high number of deaths on reservation lands also led to weekend closures and the shutdown of programs or curbside service.

The already limited presence of out-of-area rescue organizations was sometimes actually cut off, with clinics canceled and volunteers taking their chances while breaking tribal curfews. Vehicle travel between adjoining states became more limited with weekend closures, although some rescuers found ways around the new COVID regulations by using back roads and asking their Native American friends for help.

While the pandemic has certainly had an impact on veterinary services, the leaders of the vast Navajo Nation have never seriously prioritized animal welfare. For a number of reasons that are both cultural and economic, tribal officials have opened (and then closed) veterinary clinics, done roundups of stray animals in communities like Kayenta, and, despite the promise of providing "low cost, quality veterinary services to the Navajo People," the Navajo Nation's Animal Control and Veterinary Management Program has been inadequate.

There is really no "adoption program" operated by the tribal government, and

with only a handful of working kennels, animals that are rounded up are almost immediately destroyed.

One 2017 report estimated that an estimated 10,000 animals a year are being destroyed on the Navajo Nation, although it is hard to verify that number. Unfortunately, it is almost impossible to get any accurate statistics on the scope of the pet overpopulation problem in this region. Visits to Navajo Nation websites will often produce unsatisfying results, with out-of-date or incomplete information. Calls, letters, or emails to tribal officials may not be answered or returned.

As a result, out of area organizations have stepped up with different approaches and varying levels of resources to do what Native American leaders have failed to do themselves. The pandemic has sometimes limited travel to many areas within Indian Country and has led some groups in nearby states to consider alternatives to their usual rescue routines.

Without these non-profit organizations stepping up to help animals in need, the numbers killed would be considerably higher.

Soul Dog Rescue

Founded in 2010, Fort Lupton- and Denver-based Soul Dog Rescue travels to rural communities on Native American lands to focus on reducing animal population by conducting mass spay and neuter clinics. The group believes that spaying and neutering will occur only when the service is nearly free or very convenient to local residents and their animals.

The non-profit works with volunteer veterinarians, vet techs, and others at no cost to the public, relying on donations to defray the costs of operating the pop-up clinics, pay for

medications and supplies. The clinics are held in tribal chapter houses, community buildings, and schools, with a suggested donation of \$10-\$15 per animal rather than a set fee.



Soul Dog Rescue, Rock Point Clinic

All animals are sterilized, dewormed, and vaccinated. Over the course of a typical weekend, from 75 to 150 animals will be sterilized, and the group will also take in abandoned, injured, unwanted, and stray animals.

When possible, Soul Dog Rescue works with Navajo National Animal Control to take in healthy, friendly animals that would otherwise be destroyed. In 2021, thirteen clinics have been scheduled from Chinle, Arizona to Monument Valley, Utah, along with small communities like Sanostee, New Mexico and Dilkon, Arizona.

A typical weekend was one in February 2021 in Rock Point, Arizona. Despite bad weather throughout the region, Soul Dog sterilized, vaccinated, and dewormed 115 animals in the small community, a location where the group had never held a clinic before.

The Navajo Lutheran Mission hosted the clinic and workers. The volunteers included a group that had arrived from Washington state, and others from Las Vegas, Prescott, Arizona; Denver, Fort Collins, and Grand Junction, Colorado. They also took



Soul Dog Rescue, Rock Point Clinic

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in 31 animals surrendered by their owners that were then transferred back to Colorado to await new homes.

Soul Dog extends its reach even further by operating a clinic that opened in 2018 in Fort Lupton that offers spaying and neutering, vaccinations, and micro-chipping. It also wears a rescue hat as a temporary home for several hundred dogs and cats. A mobile clinic (actually a retrofitted Airstream Trailer) goes to the most remote areas where it is not feasible to conduct a pop-up clinic.

Each week, Soul Dog helps between 15-80 animals from Ute Mountain and the Navajo Nation on one of its runs to underserved tribal lands. Most of the intake is puppies being surrendered because of the lack of spay and neuter resources. Part of the cost of transport is covered from the proceeds of a thrift shop the group operates in Englewood, Colorado.

Soul Dog Rescue, 1245 Factory Circle, Fort Lupton, CO 80621. (303) 857-6789, soulDog.org

Underdog Animal Rescue and Rehab

With much more limited resources, several small organizations have focused on a variety of rescue and adoption strategies, and a couple of them have been incredibly successful with little fanfare. Underdog Animal Rescue and Rehab, based in Moab, Utah, brings vehicles and crates to communities to round up stray and unwanted animals.

In January 2021, they traveled to Kayenta, Arizona where dozens of dogs and puppies can be found hanging out at gas stations and burger joints begging tourists for food. The animals are brought back to Utah where they are vaccinated and sterilized, and then placed for adoption through their Rescue Ranch.



Underdog Animal Rescue and Rehab, Kayenta gas station rescue

The group attributes the increasing number of stray animals to both a lack of access to veterinary services and money to pay for those services, even if they were available. Their plan is to operate an independent quarterly spay and neu-

ter program for these communities and to encourage those who live outside the Navajo Nation to “Sponsor a Spay” with a \$40 donation. The quarterly clinics will spay and neuter about 120 animals in communities where veterinary services are typically not available.

Back in Moab, the organization offers a “weekend sleepover” program that allows those who are unable to serve as fosters the opportunity to spend time with one of their rescue dogs.

In the sleepover, you check out a dog from their Rescue Ranch and can take it camping, back to your home for additional socialization, out for a hike, to the dog-friendly cafe or have a snuggle buddy. There’s no commitment to adopt – just a promise to give a dog some additional TLC, companionship, and a break from the shelter environment.

Underdog Animal Rescue, (435) 260-8861, underdogrescuemoab.org

Turquoise Paw of New Mexico



Turquoise Paw Rescue

On the eastern side of the rez, Turquoise Paw of New Mexico operates like a more traditional rescue group, only with numbers that would startle those unfamiliar with the scale of the stray problem in this region.

They have a unique relationship with loyal private pilots who use their small airplanes to ferry dogs picked up from remote communities like Lukachukai, Tsalie, Dennehotso and Mexican Water to centralized meeting points in



Turquoise Paw Flight



Turquoise Paw Rescue

Shiprock and Farmington, New Mexico. From there, the pilots fly to Turquoise Paw’s rescue partners in towns like Durango, Cortez, Ridgway, and Montrose, Colorado.

Other volunteers drive the animals that have been picked up as strays to rescue partners in Arizona where it seems there is always a demand for puppies. The numbers though, are staggering.

By mid-February 2021, the group had already rescued 600 animals, including a family of six puppies and their mom living in a small wooden box on unattended property that were sent to a rescue group in Arizona.

Turquoise Paw of New Mexico, (505) 374-4098, turquoisepawofnm@gmail.com

RezDawg Rescue

Colorado-based RezDawg Rescue expects to help over 2,000 animals from the underserved Four Corners area this year. Like most rez dogs, the ones they often pick up as strays or those unwanted by their owners are severely malnourished, sick, and injured.

It’s common for rescuers to bring in dogs suffering from diseases like parvo, those who have borne multiple litters, and others badly hurt after being hit by vehicles on remote reservation roads.

The cost of dealing with this type of animal demographic is extraordinary, even though the group has a cadre of dedicated volunteers willing to drive long distances on the Navajo Nation or the Zuni Pueblo. The animals typically have had no veterinary care and may need expensive treatment far beyond the vaccinate/spay-neuter regimen of animals in urban communities.

As a result of the pandemic, RezDawg Rescue estimates that its donations are down by over a third, while at the same time, animals with complex medical issues are on the rise.

RezDawg Rescue, PO Box 448, Lafayette, CO 80026, www.rezdawgrescue.org

When All-Breed and Breed-Specific Rescues Collaborate, The Animals Win

By Sarah Layton Wallace



Norville

There are far more dogs that need rescuing and/or rehoming than any one organization can possibly take in and rehome.

Budgets are one constraint with the high cost of the veterinary care that almost every dog coming into rescue needs. And although the numbers of dogs in need seems endless, the kennel space in shelters is limited, and the number of available fosters is chronically too few to meet the demand.

The irony is that while humane trapping organizations, all-breed

rescues, and shelters often are overwhelmed by the sheer numbers of dogs that need rescue and rehoming, breed-specific rescues sometimes have the opposite challenge: the huge number of people that want to adopt that specific breed outnumber the dogs of that breed they have available for adoption.

Collaboration within the rescue community can help to address both of these challenges.

By transferring some dogs to breed-specific rescues, the humane trapping organizations, all-breed rescues, and shelters free up space and resources so that they can take in and adopt out more “All American” dogs that don’t have this kind of breed-specific rescue outlet. The breed-specific rescue is able to satisfy another of their approved adopters before they give up on adopting a rescue dog and instead buy from a breeder.

The benefits to animals that need rescue and/or rehoming are huge and impactful:

Dogs transferred to breed-specific organizations benefit from the breed expertise of the volunteers, fosters, veterinarians, trainers, and adopters that serve the dogs that come into that breed-specific rescue.

Space and resources of all-breed rescues and shelters are freed up to rescue and adopt out



Wesley



Banner

the many thousands of dogs that are not candidates for intake to a breed-specific rescue.

When the huge number of interested adopters of specific breeds are able to adopt from a breed-specific rescue, they give a home to a rescue dog instead of creating additional demand for purebred puppies from breeders.

In other words, when the people in rescue organizations collaborate, the animals win.



If Animals Could Talk

It’s a shame that animals can’t talk because they might tell us that 2020 was a banner year for them! Animal adoptions soared during the pandemic, with over 11 million animals in the USA finding their forev-

er homes (source: Wall Street Journal 12/30/20). Sharing sofas during TV binge-watching, taking frequent naps with their previously absent owners, helping type reports on laptops, lying on piles of paper on the kitchen table, photo-bombing work Zoom calls, in addition to getting multiple walks and socializing every day – companion animals had hit the jackpot!

Fortunately, as isolation continued to grow stricter, pet adoption across the world increased while the number of abandoned animals remained about

the same (source: Humanities & Social Sciences Communications 11/24/20). This instinctive desire to have an animal by our side may date back 15,000 years to the first recorded dog found buried with two humans (Janssens et. al, 2016).



Perhaps our ancient DNA whispers to us that we know during difficult times the human-animal bond can help reduce stress, depression, anxiety and improve mental health as multiple recent studies show?

Surprisingly, introducing a companion animal into the home because of loneliness was only the third most popular reason people adopted in 2020 – the top motivation was that they had more time to devote to an animal, followed by wanting to help provide a home for those animals who were given up.

Of course, keeping the kids busy when they were not doing online classes came in fourth, and the fifth most popular reason to adopt was it gave the owner an excuse to leave the house and get some fresh air! (Source: Humanities & Social Sciences Communications 11/24/20)

Regardless of the reason, having any type of animal by our side means we have the ability to give and receive love, kindness and companionship and feel happier (Wall Street Journal 12/30/20) by their presence in our life. That sounds like the best medicine any of us could ask for!

(Rescue Tales continued on page 14)

DAVID A. KOVALIK, DVM

SEDONA ANIMAL CLINIC
(928) 282-4133

100 Posse Ground Road
 Sedona, AZ 86336

www.sedonaanimalclinic.com



ZEPPELIN: A handsome sable 1-year-old boxer/lab mix. He weighs about 37 pounds! He is sweet and gentle, but a bit high energy. Humane Society of Sedona 928-282-4679



O'MALLEY: This is a black-and-tan fluffy female about 2 years old. Her breeding is unknown, but she's about 40 pounds of pure love. High Country Humane 928-526-0742



GALWAY: A sable 8-year-old male Chihuahua mix. He is very, very sweet and loves to be held. He also talks and dances. Humane Society of Sedona 928-282-4679



LAYLA: A very energetic and affectionate mastiff mix who thinks she is a lap dog and has a tail that goes a mile a minute. Coconino Humane Association 928-526-1076



BUFFY: This is a sweet brindle 2-year-old young female pit bull cross. She really loves people and would like an active household. Humane Society of Sedona 928-282-4679



BELLE: A 3-year-old female Australian cattle dog mix. She is sable in color with the most amazing ears. She is smart and affectionate. Coconino Humane Association 928-526-1076



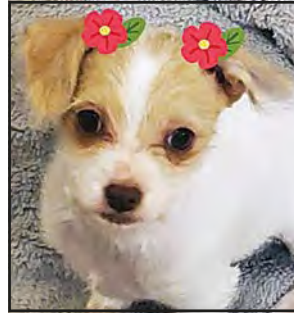
CORKY: A 6-year-old, 9lb. Chihuahua mix boy. He's sable in color and very, very affectionate. He loves snuggling and sitting in laps. Humane Society of Sedona 928-282-4679



ROSE: A pretty Chihuahua mix female puppy. She is black and tan with a longer hair coat. She is funny, affectionate, and loves to snuggle. Verde Valley Humane Society 928-634-7387



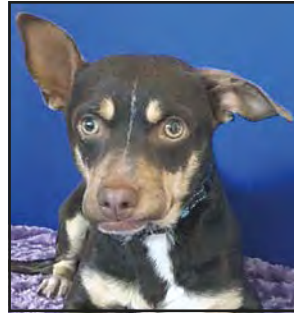
CEVICHE: A super playful three-month-old male puppy, white with black spots. He loves to play all the time and is a bit of a klutz. High Country Humane 928-526-0742



IRIS: A dainty little sable-and-white short-haired Chihuahua mix female. She is charming, affectionate, and loves to be cuddled. Verde Valley Humane Society 928-634-7387



HEDWIG: A sweet, medium-sized fluffy boy who is really very handsome. He is very affectionate and very smart. High Country Humane 928-526-0742



DR. DRE: A small black-and-tan male Chihuahua mix, with white trim on his chest and toes. He loves cuddles and is very active. Verde Valley Humane Society 928-634-7387

See Our Rescue Directory ONLINE flagstaffsedonadog.com

FLAGSTAFF SEDONA DOG MAGAZINE

www.FlagstaffSedonaDog.com 13



Give Them Time to Adjust

Newly adopted dogs need time to adjust to their new homes, and it's important to be prepared for what can sometimes be a time-consuming and stressful process.

Many newly adopted animals are dealing with the stress of being in a new environment with new people, routines, and smells. They are also trying to figure out if they are really "home" or if there is another change coming.

It's important to start training your dog right away by taking them out to where they will be going potty immediately upon coming home.

Spend a good amount of time there with them. Let them roam around and get used to the area. Even if they "do their business" there, be prepared for accidents to happen as they adjust to the new surroundings.

If you will be crating your new dog, show him where the crate is and leave it open so that he can freely go inside if he needs some alone time or to decompress.

For the first couple of days, give your new friend a good amount of one-on-one time so that he can learn your voice, your movements, and can settle in easier. Avoid large crowds or the dog park until they have settled in.

Do some research on different ways to help them adjust and don't expect a dog to immediately feel at home. Some may, but many won't.

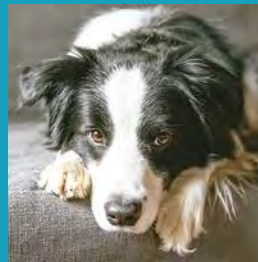
You might not see your new pet's true personality for several weeks or even up to three months. Be patient and understanding and stay on a schedule of feeding, playing, and walking at the same time every day so that they can get in the right routine with you.

You can almost compare this process to starting over at a new school. You need to learn your way around, meet new people, and adjust to new schedules and routines.

By being patient and letting them surely help with their happily ever after in their new furever home!

IT DOESN'T HAPPEN OVERNIGHT

THE 3/3/3 RULE IS A GENERAL GUIDELINE FOR THE ADJUSTMENT PERIOD OF A DOG AFTER ADOPTION. EVERY DOG IS UNIQUE AND WILL ADJUST DIFFERENTLY.



3 DAYS

TO DECOMPRESS

- FEELING OVERWHELMED
- MAY FEEL SCARED/UNSURE OF WHAT'S GOING ON
- NOT COMFORTABLE ENOUGH TO BE "HIMSELF"
- MAY NOT WANT TO EAT OR DRINK
- SHUTS DOWN AND/OR HIDES UNDER FURNITURE
- TESTS THE BOUNDARIES



3 WEEKS

TO LEARN YOUR ROUTINE

- STARTS SETTLING IN
- FEELS MORE COMFORTABLE
- REALIZES THIS COULD BE HIS FOREVER HOME
- FIGURES OUT HIS ENVIRONMENT
- GETS INTO A ROUTINE
- LETS HIS GUARD DOWN. MAY BEGIN TO SHOW HIS TRUE PERSONALITY
- BEHAVIOR ISSUES MAY START TO APPEAR



3 MONTHS

TO START TO FEEL AT HOME

- FINALLY FEELS COMPLETELY COMFORTABLE IN HIS HOME
- BEGINS TO BUILD TRUST AND A TRUE BOND
- GAINS A COMPLETE SENSE OF SECURITY WITH HIS NEW FAMILY
- SETS INTO A ROUTINE

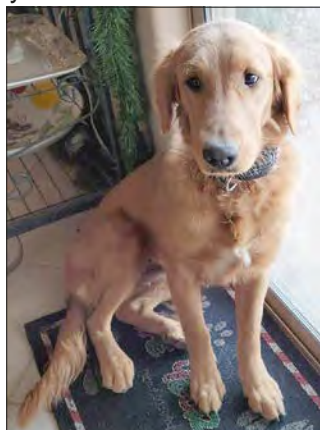
GIVE THEM A CHANCE



Subaru's Share the Love Event Truly DOES "SHARE THE LOVE"

Findlay Subaru has been an incredible partner to Yavapai Humane Society, and their annual Share the Love Event just goes to prove it! In October 2020, we held an adoption event there, and because of that there was truly a happily ever after for a beautiful Golden Retriever named Keena!

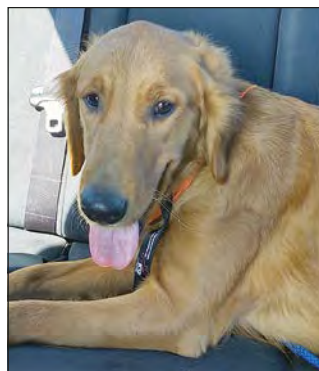
This sweet, beautiful girl was surrendered to us because her family could not take care of her financially due to the pandemic. Everyone at the shelter immediately fell in love with her and her



sweet disposition. You could tell that she was a little freaked out at her new surroundings, but she just seemed to provide a smile and love when you walked by her kennel. She was such a happy girl looking for her furever!!

Ironically, Findlay Subaru was hosting an adoption event for us that weekend, and we decided that Keena needed to go share her love! THAT is exactly what she did.

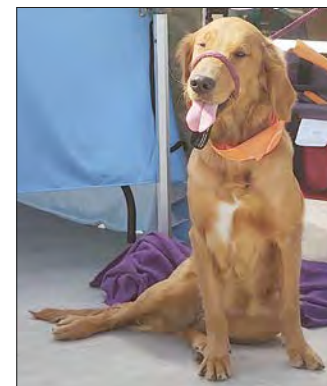
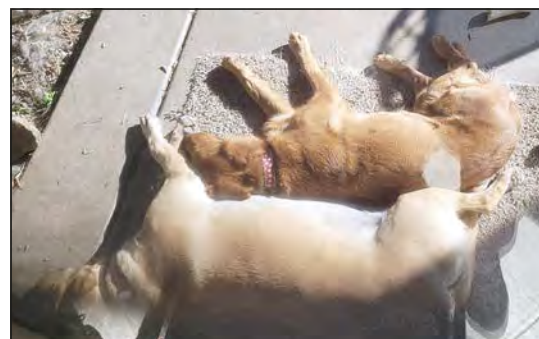
Enter Elizabeth, who heard about the event but really had no intention of getting another dog. She came to our tent, saw Keena, and it was absolutely love at first site!



Keena was under the tablecloth and just had her nose sticking out, but she came out to see Liz, and magic happened! Liz has two dogs who are a little bit older, but she felt quite sure that this would be a good fit. So, Liz adopted Keena on the spot!

Liz's two dogs, Lola and Bodie, were both rescues. Keena came into the house and it was as if a family was instantly formed. Lola and Bodie almost became Keena's parents, and the bond was immediate! The snuggling started, the playing together started, and Keena knew she was HOME!

Yes, there were moments of everyone learning their place in the family, but it didn't take long at all!

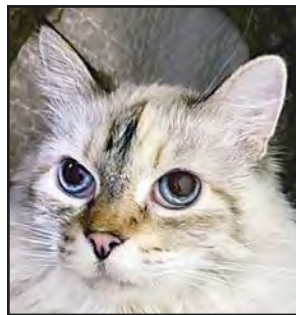


If not for Subaru's Share the Love Event, Keena and Liz might have never met and had this "happily ever after". Keena is now thriving in her new home, with a big yard and brothers and sisters who love her. She's a big ole' cuddle bug to everyone in the house, and has truly settled in.

She probably has no recollection of her life before Liz, and it doesn't matter because she is HOME SWEET HOME thanks to Prescott Subaru and their Share the Love event!



MISTIKAL & MAMA KITTY: Mistikal is a handsome 3-year-old long-haired Russian Blue-looking fellow. Mama Kitty is a gorgeous long-haired dilute calico lady, 4 years old. She's Mistikal's mama, and they are very closely bonded. They are very sweet and affectionate with people, and love each other very much. They need to be adopted together.
Humane Society of Sedona
928-282-4679



GINGER & MACY: These sisters are senior girls and are very sweet and affectionate. They will need to go home together as they are very attached to each other. They would enjoy some sunny spots and lots of love and attention. These "Golden Girls" have a special adoption fee of \$50 for both of them.
High Country Humane
928-526-0742



JESSE & JASMINE: Jesse is a handsome boy and so charming. He loves to purr and snuggle in laps and hang out with people, just like his little sister Jasmine. They love each other and are strongly bonded so they need to go home together. They are the cutest pair!
High Country Humane
928-526-0742



JACK: A 2-year-old black male. I am a playful, bouncy fellow who loves to dash around the house, but also love people.
Humane Society of Sedona
928-282-4679



PEARL: A 1-year-old big orange-and-white tabby female with lovely green eyes. She is very sweet, loves people and cuddles, and even loves kids!
Humane Society of Sedona
928-282-4679



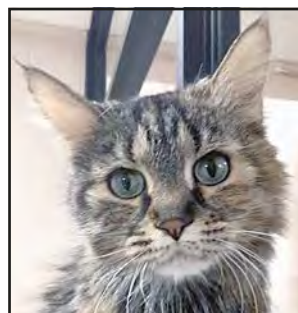
RUFUS: A 6-year-old grey tuxedo male.
Coconino Humane Association
928-526-1076



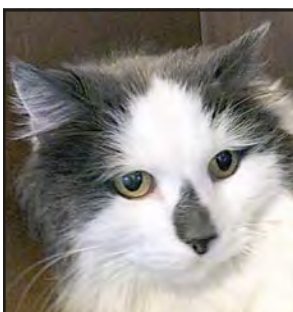
SIA: A 10-year-old sleek black house panther with big golden eyes. She is elegant, quiet, and affectionate.
Coconino Humane Association
928-526-1076



SHERE KHAN: An 8-month-old red fellow with most handsome green eyes. He is adventurous and loves to play, but also loves people.
Coconino Humane Association
928-526-1076



ETHEL: A sweet brown tabby lady with big blue-green eyes and the most magnificent whiskers! And she's polydactyl - extra toes! She loves cuddles, too.
Verde Valley Humane Society
928-634-7387



MISS AIN'T BEHAVIN: A beautiful long-haired tuxedo lady with big gold eyes and the cutest face. She is sweet, affectionate, and loves pets.
Verde Valley Humane Society
928-634-7387



PENELOPE: A most unique short-haired calico lady with white trim and gorgeous green eyes. She is elegant and affectionate.
Verde Valley Humane Society
928-634-7387

What are Constitutions in Your Pet?

By Caroline A. O'Sullivan DVM MS



Have you ever wondered why when a neighbor comes over, some animals greet, some animals snarl, and some animals run away?

It may have something to do with their constitution type. How will their body, mind, and soul respond to stressors?

There are no totally pure constitution types, but identification of the primary type can be very helpful in achieving health and balance.

Constitutions are based on five element theory and include Earth, Metal, Water, Wood, Fire, and Metal.

Identification of constitution type can help a practitioner look to certain organ pairs, make good food, supplements, and nutrition choices, and be proactive in balancing the body.

Identifying constitution types is an extensive process of history, stories, medical records, and most importantly, uninterrupted observation. This can take hours with owner participation and no interference or interruption of pet behaviors. Observing how pets deal with new stressors is key.

Each constitution type is linked to an organ group. This is traditional Chinese medicine, not Western medicine.

I will use my dogs as examples.

Black Labrador: Calm, chubby, couch potato, kind, sweet, everyone's friend.

She is primary Earth constitution, meaning that her stomach, spleen, and pancreas are her Yin/Yang organs.

Having this information may lead traditional Chinese medicine/holistic practitioner to proper diagnostics, acupuncture points, food, and herbal ideas.

Rescue dog with chronic loose stool: She is thin, hyper, can run like a racehorse, and has to be the center of attention when she is not hysterically barking for no reason.

She has a Fire constitution. Heart and small intestine are her Yin/Yang and for her quite out of balance.

Attention is paid to properly diagnosis small intestinal imbalance/parasite, follow by treatment for imbalance, appropriate foods, and supplements, patience, friends, and lots of fresh air and exercise.

Metal (possibly sickly): Lung and large intestine

Water (possibly terrified & hiding): kidney and bladder

Wood (possibly a bull): liver and gall bladder

Practicing traditional Chinese medicine and constitutional organ system relationships takes time for observation, study, mentor consultation, along with owner participation and constant contact.

The Information gathered from observation and physical examination, using all of the senses, may lead next to circadian rhythm questions, responses to external changes, and other personality / behavioral questions.

Specific owner concerns may be approached with food

changes and herbals specific for the patient and all of the examination discoveries and constitutional identifications.

This approach to balance is 4,000 years old and has continued to rely on constitutional identification and organ pairs, food, medications, fresh air and exercise, friendship and joyful activities as well as acupuncture (meridian and point of pain techniques), herbals and supplements specific to the patient.

Food for specific constitutions are quite different. The foods work to balance the constitutions effects in the body (hot vs cold, Yin/Yang, excess/deficiency). Food such as barley, millet, beans, apricots, leeks, peas, and mutton – where do you find these? Which one is right?

How do you avoid the toxins and poisons in today's processed foods? ("Let food be thy medicine and medicine be thy food", said Hippocrates, the father of medicine.)

How do you avoid glyphosate? (See petsandgmos.com for more information.)

A good place to start is a consultation with a holistic & traditional Chinese medicine practitioner who has massive hours of study, experience, and a wonderful mentor. Please remember that all changes to a toxic, out-of-balance body must be slow.

Next, there's the pure power of herbals. A practitioner must be well-educated and well-versed in the use of herbals and have a mentor. Stay with products

manufactured and distributed in the USA for the use, advice, and recommendation of medical professionals only.

Many times, herbals are thought of as safe, but what happens when they are mixed with Western medication? What happens when the main condition worsens quickly? How long should a patient stay on herbals? And at what amount?

Please find a medical professional who can answer these questions and tell you how they received this knowledge. In a world of online certificates, experience, and study with reliable products and a mentor's help assure the practice of best medicine.

Here are some closing thoughts on constitutional diagnoses. All of our animals need love in all forms – physical contact, verbal praise, peace and quiet. They also need exercise in the fresh air, and the freedom to move in any way the animal's body sees fit, not what humans think is best. I find that blowing bubbles increases joy across the board.

Thank you and be well.

Author's Note: Special thanks to Dr Cheryl Schwartz DVM for her knowledge and ability to make vast amounts of ideas and information approachable. Thank you for making hundreds of hours of study and thousands of pages of text to make some sense. It works. Never give up your mentors.

Visit Dr. O'Sullivan's site at: droholisticvetservices.com



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Winter's Most Exciting Sport

By Stacey Wittig

"Right!" Jim shouted from the rear of the speeding dog sled. "Right!"

The lead dogs at the head of the sixteen-dog team turned to the right as we reached the intersection of groomed trails at Siberian Outpost near Fond du Lac, Wisconsin. The wooden sled – with me in it – swung into the corner's apex, and then we pop out of the turn, going strong.

I had no idea dog sledding could be such a rush for the person along for the ride. But there I was with cheeks tingling in the subzero wind, dogs kicking up the light snow, and the trees whipping by. My heart pumped with bursts of adrenaline.

"But wait, do you know it takes eight weeks of bootcamp to get soldiers to do that?" My husband Dan interjects as I tell him the story later.

"Do what?" I ask, somewhat exasperated with the interruption.

"To turn right all together when commanded, 'Turn right.' It takes four soldiers in key positions to get the platoon to turn right. You're trying to tell me that dogs know their right from their left?" he asks suspiciously.

Dan spent eight weeks of boot camp at Fort Knox, where evidently young men had trouble knowing their right from their left.

Earlier, Jim Feyen (pronounced 'fine'), who has run Siberian Huskies for the past 27 years, told me that dog mushers typically use the words gee and haw for right and left. "But when I started, I didn't know which was which, so I just used right and left," he laughed. Since those early days, Jim has come a long way, and is now quite a dog sledding expert.

He and his wife Judy rescue Siberian Huskies and train them to work with school kids and families who come to learn about the exciting winter sport of dog sledding. He also takes couples and individuals – like me – who desire an exceptional experience or commemorate a special occasion with a winter adventure.

"We have 16 running and two in retirement," explained Jim. Most of the dogs at Siberian Outpost are rescues or surrenders. "Someone calls me and knows someone else who must get rid of their Siberian or get evicted from their apartment," Jim said. They also work with Wisconsin foster organizations. Jim then trains the rescued or surrendered dogs to be part of the team,



Jim Feyen hitches the team of Siberian Huskies at Siberia Outpost. Photo by Stacey Wittig.

which gives demonstrations to school children and rides to other groups or individuals.

Jim hitched up all 16 dogs to take me out on the run through the Wisconsin countryside.

"They can each pull 100 pounds," he said, "So we could carry 1,600 pounds in the freight sled."

All his dogs were healthy and happy. The kennel area had in-floor heating, and the canines were free to roam from the kennels to the large, meticulously clean paddock area.

Siberian Outpost sits on 37 acres of glacial landscape. Jim has carved over three miles of trails through the woods, across ponds, and over the fields. He maintains the trails with grooming machines in the winter, and during the summer, he hauls gravel. When there is no snow for the sled, he hitches his team to a wheeled cart that guests ride.

Over almost three decades that the Feyen family has worked with Siberian Huskies, they have lost some of their faithful companions. A memorial to those beloved dogs is in the winter warming house, where photos and the dogs' blue soft-nylon harnesses hung on the wall.

"Those are the retired jerseys," Jim said wistfully.

Happy faces of Siberian Huskies peer from the photos with names like Kodi, Juneau, and Buck engraved on the dog-bone-shaped harness hangers above. A plaque on the wall read: "Our dogs have left pawprints on our hearts."

Also in the warm gathering space were displays of dog sledding equipment, including Klondike and Toboggan dog sleds, an antique freight sled, and a fireplace. Posters and information about the Iditarod Trail Sled Dog Race provide useful information about the history of the nearly 1,000-mile race through Alaska.

The 1925 Serum Run

While at Siberian Outpost, I learned that the Iditarod

race commemorates the 1925 Serum Run that saved many in Nome, Alaska, from a rising epidemic. The heroes of the inspiring true story were the 160 dogs and 20 mushers who risked -62F temperatures and blizzard conditions to deliver the diphtheria vaccine.

A previous influenza pandemic called the Spanish Flu, or the 1918 Flu Pandemic, wiped out half of Nome's native population just seven years before. Hence, the people of Alaska thought it critical to get the serum to the snow-bound town.

One of those citizens, Leonhard Seppala, a seasoned dog sled racer, knew that the only way to deliver the vaccine was overland by dog sled. He and his lead dog Togo were one of 20 dog sled teams in the six-day relay, which delivered the diphtheria antitoxin serum over 600 miles from Anchorage to Nome. Afterward, Togo and other dogs became nation

al canine celebrities and helped promote inoculation campaigns in the US. Today's Iditarod race follows some of the routes used by the Serum Run dog sled teams. The story seems worth retelling during today's race to distribute COVID-19 vaccines.


The Leonhard Seppala Humanitarian Award that honors excellence in sled dog care is named for the dog driver, who also competed in the 1932 Lake Placid Winter Olympic Games. Disney released a movie about the man and his dog titled Togo in 2019.

Although Jim has not raced his Siberian Huskies in Alaska, he hopes to visit for the Serum Run Centennial in 2025. In fact, Jim does not race his dogs at all. He chose early on to use his hobby to educate people about one of winter's most exciting sports, dog sledding. In that way, he is similar to Leonhard Seppala. They both used the things that they love to help others.

To see more Siberian Outpost photos, please visit FlagstaffSedonaDog.com

The Siberian Outpost
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"Unstoppable Stacey" Wittig writes about travel from her home near Flagstaff. If you enjoyed this story, read more at: tinyurl.com/2t2bhy2u



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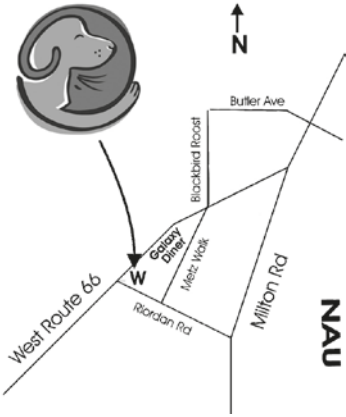
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Hiking with Annie: Kanab, Utah

By Melissa Bowersock

Since moving to Kanab, Utah, late last year, Annie and I have discovered that this is one fabulous hikin' town! There are many named trails, plenty of "official" ones that are marked and mapped, and innumerable social trails that are undesignated but crisscross the landscape. Kanab is a hub for hikers and explorers of all stripes, since it lies 90 minutes or less from Zion National Park, Lake Powell, Bryce Canyon, or the North Rim of the Grand Canyon. Most tourists here to see the big name parks, however, would overlook the smaller trails through and around the surrounding Vermillion Cliffs. Their loss.

For anyone spending a few hours (or days) in Kanab, it's easy to find out about the trails. Many businesses have racks of info sheets about places of interest, places with names like Peekabo Canyon, Belly of the Dragon, and Inchworm Arch. I scarfed up an armload of these things when I first saw them, and I refer to them frequently to figure out my next trek. There is even a Kanab Trails app you can download for information, directions, and maps. Annie can't read, so she's happy to go with whatever I decide.

The first place we went—and the closest, only a mile from my house—is the Bunting Trail. This is a well-traveled and well-marked trail, easy hiking for the most part, but it does go to the top of a ridge and the last half mile or so is pretty steep. Luckily, the lower part makes for a leisurely, peaceful hike through red rocks and green juniper trees, and has a nifty surprise.

About a mile from the trailhead is a short spur that leads to dinosaur tracks. I've learned that there are several places with dino tracks scattered about southern Utah, but this one is practically in my back yard, so of course we had to go there.

The dinosaur tracks are embedded into a large rock that is canted at a steep angle, and do not stand out. If you didn't know they were there, you probably wouldn't see them at all.

In the first picture, one is right next to my hand at the top of the rock.

In the second picture, I've outlined them so they're easier to see. They are large three-toed tracks, probably a foot across. My hand easily fits within the print, with plenty of room to spare. The rock itself fell from higher up on the moun-



tain, and no doubt there could be other tracks still up there, undiscovered, but for now, this will do.

Being a dino-lover and geology nut, I get a thrill from seeing tracks that were made millions of years ago. Annie, however, is not so impressed.

My second favorite trail is called the Roadrunner Loop. This is located on the north end of Kanab, just above Jacob Hamblin Park. It has a couple of steep sections but is primarily pretty level, and passes some drop-dead gorgeous and amazing cliffs.

For this geology nerd, seeing the stories told in the rock layers is fascinating. There are some layers of red sandstone that are taller than a house; others that are only inches high. Due to erosion, some chunks of rock break off periodically and tumble down the hillside; you can see

them scattered about like a giant child's blocks.

They leave hard-edged gaping holes while other places have been rounded and smoothed by rain and wind. There's no end to the shapes and the subtle colors you can find. You can see just a sample in the third picture.

Neither of these trails are long, both under



two miles. On the Bunting Trail, you go up and come back down the same way; Roadrunner is a loop, so you can make the circuit without doubling back. This is important to me because Annie hates to turn back. When we're going forward over fresh ground with new smells, she will go all day. As soon as we turn around and start back, she balks. No—I want to keep going! She's a true explorer, always looking ahead, never back.

And, of course, there is plenty for her to see, smell, and investigate. Deer are common in and around Kanab; we see the tracks on the trails every time we go. We have, on occasion, seen the deer themselves in the distance, but generally they're out at dusk and dawn and not so much later in the day. Other denizens of the dark are coyotes, skunks, porcupines, raccoons, even mountain lions.

Annie will sometimes stop and spend full minutes soaking up all the scents left on a stalk of wild grass. Sometimes I wish I could smell what she does; sometimes not.

During the winter, hiking these trails is a delight with cool temps and only occasional rain or snow. I always take a full bottle of water for Annie because she's a big drinker, even if it's only 20 degrees out.

In the summertime, we'll have to go earlier in the day and pack more water because even at 5,000 feet Kanab is a desert and gets hot.

Annie likes to take frequent shade breaks (only on the way back; never on the way out) because, you know, 30 degrees is just too dang hot.

Both of these trails are popular, and we often see other people and their dogs. Annie has many friends among the trail dogs, and they greet each other with play bows and do zoomies as much as their leashes will allow. After a few minutes of play, however, it's back to the trail.

There's always more to see. For Annie, it's always forward.

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Chase's Corner: What It's Like to Be a Therapy Dog

By Sir Chase and Jan



Being a therapy dog is a very important job, and a very rewarding one. Let me give you a little bit of history about my journey to becoming a certified therapy dog.

When I was only two years old, my mom took me to this place where I had to do a test. She really didn't tell me where we were going or what I was going to do there. First, I had to walk through this group of people who all wanted to pet me. I guess that was okay, even though they were strangers.

My mom has told me never talk to strangers, but this was a test. All of a sudden, this

guy came running out in his bathrobe, flapping his arms and making strange noises. I think he either had rabies or was trying to fly!

Then I had to let a person hug me around the neck. Now, Shelties are herding dogs, and they never let the sheep hug them! I stood my ground and let them do it as I guessed this was part of the test.

Then someone pulled my ears and tail. Now that was embarrassing for a prince like me!

I started to wonder when my mom was going to be tested, but I guess that was happening all along since she was right there with me.

After all of this, I got the highest grade, so now was a certified therapy dog.

Then we started our visits to different places. First, I went to Cottonwood Village and put on an obedience show and then visited the residents. If I just stood there quietly, I got lots and lots of petting. I don't even have to go to a spa!

My next visit was to Cottonwood Elementary School where students read many stories to me. I heard the story about Captain Underpants many times. I really didn't



know who Captain Underpants was, but now I know all about him.

Our next stop was Verde Valley Medical Center, and I loved it. I almost smashed my face on the electric doors (which were way too slow) trying to hurry in to see the people. We got to walk to many different areas, and my favorite place was the physical therapy room. You really have to watch out for those people riding bicycles. The funny thing is that they seemed to be going nowhere!

I really miss my visits there, but I hope we will be able to visit again soon after the pandemic ends. Maybe you are interested in being a therapy dog someday?

~Sir Chase



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