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A Farewell to Annie

Introducing Our Cover Dog ~ Helga Von Furinator

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FLAGSTAFF-SEDONA DOG MAGAZINE

Cherie L. Dreves – Publisher/Owner

PO Box 11868, Prescott AZ 86304 • (928) 445-4811

info@reddogpublishing.net

Website: FlagstaffSedonaDog.com • Facebook: [FlagstaffSedonaDog](https://www.facebook.com/FlagstaffSedonaDog)

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PUBLISHER

Cherie L Dreves

ADVERTISING

(928) 445-4811

Cherie@reddogpublishing.net

STAFF CONTRIBUTORS



Melissa Bowersock



Shari King



Jan Tomlinson



Stacey Wittig





COVER DOG CONTEST

Do You Have a Beautiful Pet?

Share a photo of them for their chance to be Flagstaff-Sedona Dog's next Cover Dog! Have their picture on the cover of 10,000 Flagstaff-Sedona Dog Magazines.

HERE'S HOW TO ENTER

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 February/March 2022 edition of Flagstaff-Sedona Dog Magazine, we need to receive your entry by 11:59 pm on December 31, 2021.



Helga, Our Cover Dog

Name: Helga Von Furinator

Hometown: Flagstaff

Age: 10

Favorite brand of kibble: I'm a hometown girl, I prefer Purina. I'm enjoying Pro Plan right now.

Favorite people food: Anything with peanut butter. I go crazy for peanut butter on biscuits, bread, tortillas. I like it all, as long as there's peanut butter involved.

Favorite toy: My ball, my ball is everything. I could play for hours, if only mom would throw it that long.

Favorite outdoor activity: Playing ball and hiking with my mom. It's even better if we do both at the same time!

Favorite indoor activity: I like to spend time with my feline best friend, Hanna. She and I hang out and preen, sometimes each other, then we lay around on the couch and watch nature out the window. I also enjoy reading, mainly dog mysteries.

Favorite nap spot: Other than the couch, it would have to be mom's bed. I like the very center best, that's where I sleep each night too. I have to be as close to my mom as possible at all times.

Fitness regimen: When we were younger, Hanna and I had a strict fitness regimen which consisted of chasing each other till we were beyond tired. Now days we prefer a nap to a run, given our advanced ages.

Describe your perfect canine pal: They would have to get along with Hanna, otherwise no deal. Hopefully we wouldn't bore them with our senior ways; napping endlessly, eating dinner at straight up 6 o'clock and our afternoon walk at 2 o'clock sharp. We have quite the schedule.

Describe your perfect day: Hanna and I would wake mom up. She would make us peanut butter biscuits and Earl Gray. Then we would decide how we wanted to spend the rest of the day. The pictures to the right are evidence of one such day. Mom called it Babes in Snowland. I won't say here what Hanna called it...



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A Christmas Story: Kelev

The following is written in the timeless spirit of holiday fictional stories.

My name is Kelev. Not a common name for a dog. Around my community it is commonly used as an insult. The young sheep herder Levi named me, or rather called out, "Hey Kelev," the first time we met.

The second time we saw each other was on the street in town. He yelled out to me again. His older brother, some feet away, spun around towards him thinking Levi had just called him a dog in public. Levi innocently pointed in my direction, but his brother's irritation didn't diminish.

Levi chuckled as he knelt down and gave me a bit of cheese and bread, whispering, "You are HaKelev HaYehudi, and I am Levi. I give you permission to aggravate my brother Ze'ev, anytime you see fit."

Levi was the first to speak to me as a friend and give me a gift.

At that time, I lived in a hollow under a stone wall where livestock were kept. It was a secreted place where I was left alone by people, the property master and his family not knowing I was there. When the oxen began stirring in pre-dawn light, I would leave and begin my rounds through the town looking for food and avoiding the shouts and occasional objects being thrown in my direction. My cousins' unruly behavior often accounts for the animosity I encountered.

Lately, the town has been more difficult to navigate. A steady stream of travelers and extended family members have been arriving at all hours. Beasts of burden, children, and armloads of assorted sundries fill the streets, making my rounds difficult. My scouting circles (ever wider) often take me to the hills where the sheep are kept this time of year. That's where I met Levi and old Lev.

That day they were eating their lunch. Lev, between and during mouthfuls of bread, was dramatically telling stories of young King David. I was intrigued by their conversation and the smell of food.

I quietly climbed a stone pile behind them where a soft wind carried the scent of cheese. The sun on my withers and the cool breeze lightly kissed my muzzle.

I began to drift off when suddenly Levi shouted, "Hey Kelev!" I looked up to see

a ball of cheese and bread flying towards me. It bounced off my ribs and rolled on to the grass. Lev, not understanding why Levi wadded up his lunch and tossed it over his shoulder, stopped talking.

While I was making quick work of my fortuitous gift, Levi stood up and stretched. He turned in my direction and said, "You're welcome to visit, but if you chase the sheep, Lev will catch you and feed you to a bear."

Lev, still sitting, turned toward me, grimaced, and bared what was left of his teeth. They both laughed.

This afternoon however, (thanks to young children who drop food), I headed back to my hiding place with a full belly before dark.

At the lean-to next to the cave where the livestock were kept, a stranger was helping a young woman down from a donkey. Lightly covered in road-dust, she looked as if their journey had taken a toll. She moaned a few times from the movement and effort.

The property master and his wife came out to help the couple carry their things into the cave. When the master noticed me watching, he ran me off.

There was only one place I could think of to go.

Up on the hills, Levi and Lev were lying in the grass, staring at a twilight sky.

"That star looks like it's right over the town." Lev turned to Levi. "It's been in the night sky for two seasons or more."

Levi turned to the sound of my approach. "Kelev, what are you doing out so late?"

He reached in his bag and tossed a bit of cheese to me. I listened to them debate the meaning of the star for a while until their voices faded and sleep overcame me.

A bright flash woke me, woke Levi and Lev. It woke everyone on those hills. The second and third flash were even brighter and coming from above us. I was waiting for the rumble of thunder and thought about finding shelter. Levi and Lev were both standing and scanning the sky.

Lev's voice trailed off, "There are no clouds..."

The next and brightest flash interrupted Lev. Immediately above the hills appeared the largest most powerful being I have



ever seen. Lightning-like shafts emanated from all around him, and I felt weakened by his presence.

We all fell to the ground with our eyes staring up at him. He spoke words that resonated through my body. The echoes of the trumpet-sounding words couldn't be made out with dog's ears and had barely faded when suddenly the trees, the rocks, and the air above us were filled with a multitude of glowing beings that resembled men, but larger. They burst into singing with voices raised. Many were dancing.

Lev jumped up with his arms raised and began whirling in circles and proclaiming words about a King of the Universe.

Levi scrambled to grab their robes and shouted above the roar of the aerial celebration, "C'mon, let's go, Lev! C'mon, Kelev!"

We began running into town. Old Lev was having no trouble keeping up.

Levi, as if reading my confusion yelled, "We're looking for a newborn baby in a manger."

I slid to a stop and grabbed a mouthful of Levi's robe, pulling him to a stop also. They were going the wrong way. I gave them both a sharp and scolding bark, then turned to the right and ran with all my might towards my home.

Behind me, Lev, between heaving breaths, shouted, "Keep up with Kelev, Levi. Don't lose sight of him."

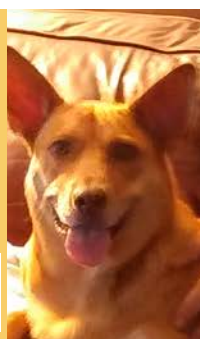
With the sound of singing in the distance and the slap of shepherds' sandals on dirt behind me, I wondered. What would we find? More importantly, what does it mean?

For more on the hillside events and what followed, see Luke's letter to his friend Theophilus.



HAZEL HOWLS

FROM REZ DOG TO SPOKES DOG READ HAZEL'S LIFE ADVENTURES
A COMPILATION OF HER FIRST 5 YEARS CONTRIBUTING
TO THE PRESCOTT DOG MAGAZINE



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Letter of Thanks for United Animal Friends

When my neighbors sold their Skull Valley home earlier this year, they left the new owners with a family of feral cats.

Though I had tried to convince the previous owners, over several years, to have them sterilized, offering them my help to trap and transport them, they declined. Instead, they continued to feed these wild critters, perpetuating the vicious cycle of too many cats being in too limited an area to successfully hunt and survive. Many litters over those years came and went. Most kittens disappeared, most likely becoming snacks for the local wildlife. Many were found hit by cars on our dirt road.

When the new neighbors moved in and approached me about the problem they had unsuspectingly inherited, I was happy to offer my help. After a little research I found that United Animal Friends (UAF) provides Feral Cat Certificates to help those



dealing with this exact sort of situation.

Through their program, and with the help of Petey's Playground in Yarnell (who thankfully loaned us a larger trap to catch both the tom and the mama-cat), the flexibility and dedication of Dr. McCullough of Muleshoe Animal Clinic in Peeples Valley, and the availability of Prescott Animal Hospital, we were able to get the entire family sterilized and to return to live and work in the barns in our neighborhood within less than a month.

My hat's off to ALL of these wonderful organizations for their commitment to both animal welfare and the betterment of our local communities. We couldn't have done it without all of your help.

My sincerest thanks, Marie C., Skull Valley



It's near the end of the year, the holidays are soon approaching, and we ponder... how does a rescue judge success?

When our turnaround is short, and our dogs leave us with a paw hug for those who saved them, and a tail wave on their way to home with their special person or family. That vacant space will be filled when another rescue enters after being deemed unwanted, ignored, or inconvenient, not to mention too old.

That's who AARF is and why we do what we do and love doing it! We just wish the parade of dogs needing us would lessen, and their families could stay together. There is no such thing as a perfect pet, only love for an imperfect pet.

If you or someone you know is looking for a pet, check our residents on Petfinder or come to meet them in person (the best way). Did you know that you can increase your heart rate and your



Tulip

view of the world by rescuing and walking a dog?

Join our family by volunteering in many ways, donating to help us achieve our goals, fostering or networking, sharing our story and our dogs. There is so much you can do if you love animals and respect our work. Our success depends on you!

To-date this year, AARF has welcomed 76 dogs and adopted over 50.

We have watched six moms/moms-to-be raise 33 puppies (three actual births witnessed)! We judge our success by those numbers!

Happy holidays to everyone from all of us at AARF!

(Rescue Tales continued page 12)

Rescue Resources

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

AARF ANIMAL RESCUE 6639 S. Country Rd., Mayer aarfanimalrescue@gmail.com (928) 925-7219	BLUE MOON RESCUE & SANCTUARY 1851 E Perkinsville Rd, Chino Valley (928) 925-7724, bluemoonrescue.org	HIGH COUNTRY HUMANE 11665 N, US-89, Flagstaff (928) 526-0742 highcountryhumane.org	TUBA CITY HUMANE SOCIETY (928) 793-2364, tubacityhumanesociety.org
ANIMAL GUARDIAN NETWORK HEALING RIVER RANCH 2564 N Arena Del Loma, Camp Verde (623) 780-1604, animalguardiannetwork.org	BRADSHAW MOUNTAIN WILDLIFE ASSOCIATION 18200 S Wolf Run Trail, Mayer (928) 632-9559, bradshawmountainwildlife.com	HUMANE SOCIETY OF CENTRAL ARIZONA 605 W. Wilson Ct, Payson (928) 474-5590 humanesocietycentralAZ.org	UNITED ANIMAL FRIENDS Prescott, (928) 778-2924 unitedanimalfriends.org
ARK CAT SANCTUARY (928) 635-5909, arkcatsanctuary.org	CENTRAL ARIZONA ANIMAL SEARCH & RESCUE Camp Verde, (520) 921-9974 centralarizonaanimalsearchandrescuellc.com	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
BETHANY'S GAIT RANCH (928) 499-9442, Prescott	CIRCLE L RANCH ANIMAL RESCUE & SANCTUARY Daytime (928) 925-1926, Prescott Valley	NOW THAT I'M SAFE EQUINE RESCUE Facebook: Now That I'm Safe Equine Rescue nowthatimsafe.org	YAVAPAI HUMANE SOCIETY 1625 Sundog Ranch Rd, Prescott (928) 445-2666 yavapaihumane.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	PETS RETURN HOME petsreturnhome.org (928) 793-2013 info@petsreturnhome.org	YAVAPAI HUMANE SOCIETY EQUINE CENTER (928) 515-4947, Chino Valley yavapaihumane.org
BLACKHAT HUMANE SOCIETY Native American Reservation Animals (928) 245-3890 blackhathumane@gmail.com	HEELING HEELERS HEARTS Surprise, (623) 226-2749 azblueheeler.com	SAVING PAWS RESCUE SHEPHERDS & MALINOIS Glendale, (480) 737-6089 savingpawsrescueaz.org	YAVAPAI HUMANE TRAPPERS ANIMAL RESCUE Chino Valley yavapaihumanetrappers.org
AREA DOG PARKS	FLAGSTAFF DOG PARKS Thorpe Park – 788 N Thorpe Road, Flagstaff Bushmaster Park – 3150 N Alta Vista Dr, Flagstaff	SEDONA DOG PARK April 1 thru Oct 1: 6am-8pm • Oct. 1 thru April 1: 7am- 7pm Turn north on Soldier's Pass Road off State Route 89A, Sedona.	COTTONWOOD DOG PARK AT RIVERFRONT PARK Dawn to Dusk Riverfront Park Drive & N 10th St, Cottonwood

*Happy Holidays &
Happy New Year
from everyone at
Yavapai Humane Society!*



Thank you for your support!



The Top Ten New Year's Resolutions

Interpreted by Walter Tint & Scribed by Shari King

"We'd like to introduce to our speaker, Mark Boundries, a certified life coach."

The applause woke the dog napping on the couch. Walter peeked out one eye at the TV left on for him while his parents worked.

"Mr. Boundries has brought with him today a list of ten resolutions with which we can all aspire to improve our lives."

Walter stretched and yawned and scratched his left ear.

"So you explain in your book that it was your dog that made you want to help people be happier?"

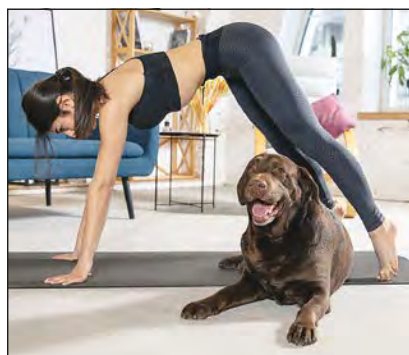
Walters's ear perked up.

"Yes, this is true. My dog, Max, is always happy, and I started to look at ways to help others to be happier."

Walter dug his claws in the corner of the coach and sat back down.

"Let's take a deep look at these top ten resolutions."

1. Focus on improving your health: You have to determine exactly what success looks like in order to set the right goals. Be specific, as little milestones along the way will help you stay on track.

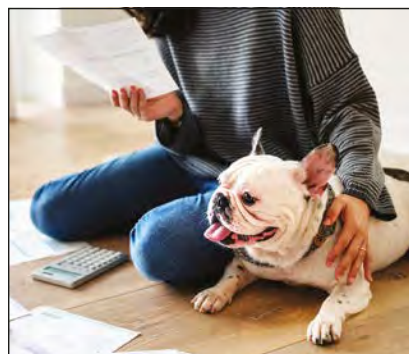


I is going to bring my lead to my hooman every day! We going to go for lots of walkies! That will be good for both of us! And for just me? Okay, maybe eating



the things I find outside in the dirt might not be so good for me, so maybe I will try to limit my el fresco snacking. Instead of eating my treasures right away, I will bring it to the hooman. She makes the funniest faces when I find the greatest stuff! But sometimes they smells really good, me just can't help it. I will try better to eat nutritious dogfood cause my hooman wants me to eat it every day.

2. Look after your finances: One of the biggest lessons in life is in uncertainty. We never know what tomorrow holds, so take time to take stock of your assets and have a plan for the unexpected.



My treats are high up on the shelf. I can't see them, but me knows there is plenty because they rattle when my hooman puts her paw in there. And I know that Mr. Sock, Foxy, and Baby Kitten are under the covers. I don't



know what happened to Turtle. I'm going to try real hard this year to not leave Mr. Sniggles outside in the rain. I'm going to take a good hard look at all me babies to be sure they are all in the basket and maybe I can just play with one a day and not forget where I left it.

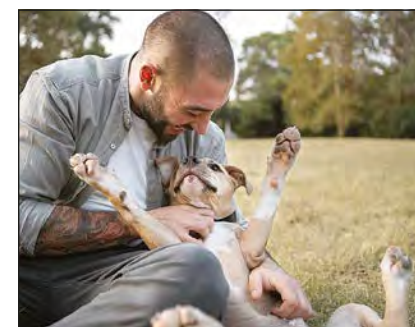
3. Pursue an inspiration: Is there one thing in your life that you've always wanted to do that you never seemed to have time for? Is there some grand ambition that has been at the back of your mind? Pick a goal that really excites you and find small ways to set it in motion.



This is an easy one, I'm going to get that squirrel! Or maybe I can learn a new language so I can snuggle with the pretty little shitz-a-poo across the street. She makes me so happy, I has to run around in circles! But do I learn French or Japanese? Or maybe, I can finally start my doggie blog: "All the best

scents and where to find them."

4. Invest in your relationships: We've all come to appreciate, even more now than ever, the simple joy of being with the ones we love. Pledge to keep investing time in these important connections. Make it vital to connect with those you love frequently. Even just a phone call can make a huge difference to an older family member.



I pledge to follow my hooman into every room so I don't miss a second of time to gaze at my favorite person. I will really try to not to get so anxious when the hooman has to go somewhere with no dogs allowed, cause I can tell it makes her sad.

5. Look after your mental health: It is vital to keep some time to yourself. Find ways to do what you like to do alone. Walks out in nature can lift sagging spirits better than any medication. Mindful breathing and meditation also helps lower stress levels and improves an overall sense of wellbeing.



Even though I get so much joy in being with my hooman, I will have to try to carve out some me time. I will slow down when me is sniffing all the edges of the bush. I already know a good roll in the grass, or a stimulating dig is important to me doggie brain.

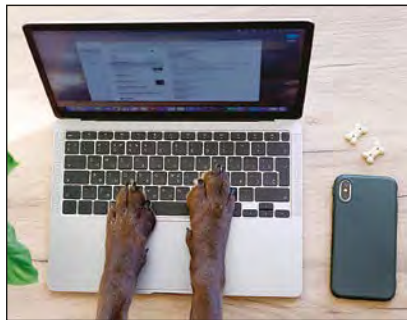
6. Live more sustainably: What small lifestyle tweaks can you make that help limit the environmental impact we humans have on our planet? Can you invest in a reusable water container and switch to filtered tap water rather than buying plastic? Can you combine errands to limit trips in the car? Perhaps have one meatless meal a week?



No meat? What? This be a tricky one for doggies, but I always use the same bowl for my water. Oh, I know! I can lick all the containers real good before the hooman puts them in that tall blue plastic thing that she puts in the driveway. And I can snuggle real close so my hooman, so she doesn't have to turn up the heat on the cold nights.

7. Disconnect from electronics: Make it your mission to reconnect with reality every day and focus

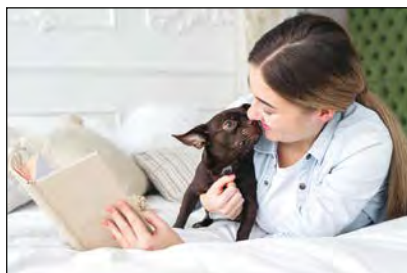
more on living in the present. Make phone calls instead of sending texts or email, especially during a conflict or emotional events. Limit the time you spend on social media. Have an official No Facebook Day. You won't miss anything. Skip the news on Sundays, it will all still be there on Monday.



Dogs don't read, but I admit I has to watch Scooby Do when my hooman leaves. But I can try not to on the weekends when she is home. And I can be real goofy and run around so my hooman can't hold onto her phone that she looks at when we go for walkies.

8. Read more books: There is a pure healthy escapism to be found only during reading. Borrowing books from the library has never been simpler, too.

You can browse online catalogs and put books and audio recordings on hold. Reading lowers



stress levels, improves memory and concentration, and can also benefit your writing skills.

Writing? But doggies don't have thumbs! Did you ever try to type with mittens on? I could get cozy on the couch with my hooman while she reads, but it makes me so tired. My hooman could get talking stories, and I could get real comfy on the couch. I will try not to snooze through Marley and Me except during the sad part.

9. Get out of your comfort zone: Reflect on the past year and your routines to see if they measure up to what you wanted your life to be. And have those routines benefited you or hindered you? What small steps can you make to bring more fulfillment to your life?



Okay, so maybe the UPS isn't such a bad guy. My hooman always seems happy to see that he came and left her another brown box with a prize inside. I wonder how he knows what things she likes?

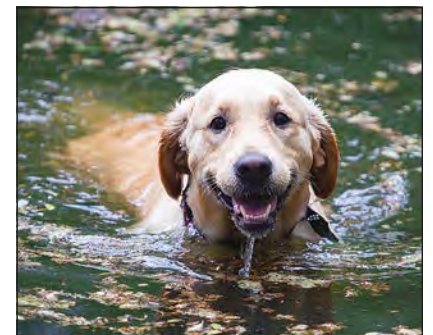
10. Plan that once in a lifetime trip: But be realistic about where and when you can go, and how you

DOG RESOLUTIONS BY WALTER TINT



- Bark less.
- Wag more.
- Give up on shoes.
- Maintain a healthy weight.
- No jumping on humans.
- Hold still for ears, claws, etc.
- Come when called.
- Stay in the yard.
- Be brave at the vet once a year.
- Show your human love every day.

are going to get there. What plans can you make today to prepare for that dream destination?



I'm going to pull on my lead hard to get my hooman to let me run fast to the water. I want to chase the funny birds that stand still till I get close then they waddle away with the weird orange feet!

I'll run and chase them, and they'll flap their wings and run into the water. Oh, what joy! That would be better than me getting belly rubs!

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THE TOP TEN NEW YEAR'S RESOLUTIONS



What is Trapping and Rescue?

We've all read the stories about a dog that got out of the backyard, dug under the fence, slipped out the door, or even jumped out of the car! We all feel good when we see 'FOUND'. Have you ever thought about what it takes to find a lost animal, capture it, and then return the animal to the proper family?

It's a long chain of events. It doesn't happen during regular working hours. Searching for animals happens at all hours and in all weather conditions by a team of dedicated volunteers who are animal advocates.

Let's look at a series of events that begin when the Yavapai Humane Trapping and Rescue team hear about a lost animal. First, as much information as

possible is gathered so that flyers can be printed and posted throughout the area. The team begins searching to narrow the area where the animal is roaming.

Large kennel traps are set up with food bait to draw the animal in. Game cameras are used to watch the area. The team tirelessly returns and continues to move traps until they are able to capture the lost pet. The pet is checked for a chip to confirm identification, and the owner is notified.

Tears of joy stream as a happy ending joins the family and their beloved pet. After the pet is found, the team still has to gather all the flyers and remove them.

When the team gets a call about a stray, injured or abandoned animal, they jump into action. Many times, these situations take the team to remote areas where animals are dumped to fend for themselves or die trying to survive.

These animals have lost trust in people, are hungry, scared,

injured, or sick. It takes a very patient, skilled rescue trapper to gain the trust of these hopeless animals. It is through love and compassion that animals that would surely die in the environment are saved and given a second chance at life.

They have baggage in the form of animal abuse and abandonment, but their sweet souls are willing to learn how to love and trust with patience and understanding. Once the search and rescue team bring the animal into a safe environment, YHT works to get medical care and find a foster family who can help transition the animal back into a home setting.

The trapping team has some special needs: AA and AAA batteries for their game cameras as well as good bait food. They look to the local grocery stores to help with rotisserie chickens that can be used to gain the trust of stray animals.

If you would like to help, AA and AAA batteries are always appreciated. You can also make a donation to the general fund

at YavapaiHumaneTrappers.org. The general fund can help provide trapping supplies for the rescue of lost and abandoned animals.



New Year, New You, New Pet?

Not only do animals give you unconditional love, they've also been shown to be psychologically, emotionally, and physically beneficial to their humans. Caring for a pet can provide a sense of purpose and fulfillment and lessen feelings of loneliness. And when you adopt, you can also feel proud knowing that you helped an animal in need!

With the new year, comes resolutions for a lot of us. Perhaps you're thinking about losing weight and getting more exercise. Perfect solution? Adopt a dog to motivate you to get outside on walks and enjoy nature with your new best friend!

Perhaps you're thinking about spending a little less time work-

ing so much and want to relax, have more "you" time, and read more. Perfect solution? Adopt a cat who will gladly cuddle up on your lap with you and enjoy time relaxing with you.

There's a woman in my apartment complex who has lived there for years, and I only recently met her. She had just adopted a dog from us and was out walking her. I recognized her dog, Beauty, immediately and started a conversation with the woman, who I learned was named Judy. We talked about Beauty and some of the things that poor dog had been through with being adopted and brought back numerous times for being dog reactive.

Beauty was a scared little girl who just needed the right person to see her and that's exactly what happened. But here's the thing I want to share with you...I had never met Judy before because she had no reason to go outside or go for walks or even meet the neighbors, that is, until Beauty came into her life.

I see her out with Beauty at least three times a day now, smiling,



talking to neighbors, and getting to know the other dogs in the community with Beauty. By allowing Beauty to socialize with the other dogs slowly and on her terms, she has become a whole new dog and even has some doggie friends. They are both outside getting exercise, physical and mental stimulation and enjoying each other.

I still believe the best way to start off your day is with your cat rubbing up against you or your dog wagging their tail when they hear that you're taking them out for a morning walk.

Nothing puts a smile on my face like when I come home from work and they greet me at the

door, the cats meowing and the dog jumping up to give me love and kisses! You know they've been waiting for you to come home and now it's your turn to feel the love!

After a long day at the office, even when you don't feel like going out for a walk, you know you need to for them and, in the long run it's exactly what you needed!

2021 was another year of uncertainty and now we enter 2022 with that same uncertainty. There are a lot of things changing in our world and it's often not easy to adjust for some. With a pet, you have the certainty of unconditional love and companionship, you have a reason to stay healthy and positive, and most of all...you have purpose!

If you're interested in bringing home a new pet, there is a lot of love waiting for you at Yavapai Humane Society. Give us a call at 928-445-2666 and take your new best friend home with you!

Everyone at Yavapai Humane Society wishes you a very Happy Holiday Season and a healthy new year!



Coal

By Bob McBride

After lots of prodding by my family and friends, I was finally able to get my lazy rear in gear and got my collection of hunting stories published. While I was looking through the book, trying to figure out some marketing plan, I realized that the last story just sort of left the readers up in the air. I hadn't written a conclusion.

I sat down at the computer and tried to think what needed to have been said. For the life of me I couldn't think of some witty words of wisdom. Then it came to me... I'm not a witty wordy type of guy, but I could tell you a story about my new dog.

Just over eight years ago, we had to put Maggie, our beloved Black Lab, put down. She lived to be fourteen years old and was one incredible dog. My wife, Jodi, and I had been dogless since then.



After moving back to Washington State to be closer to family, we settled on a five-acre property in the woods. This helped to start up my whining, "Honey, I want a dog." After listing in my mind all the reasons that we didn't need a dog, the thought of I want a dog kept winning.

The world as we had come to know was fractured with Covid 19, and things were far from normal. Wear a mask... ah you don't need a mask... better hurry and get the vaccine...no, don't get the vaccine because it will kill you. Makes you think, "Oh no, we're all going to die!"

Being officially an old man, I was up and wide awake before daylight, checking out Craigslist on the tablet and drinking a cup of coffee. In the pet section, I stumbled across a listing to re-home a nine-month-old Black Lab pup. I wanted to call right away, but good manners said 6 a.m. is way too early to call someone. I decided to wait until 8 a.m. to be polite.

My call was answered quickly by a friendly lady who explained she had just promised the pup to an earlier caller. Dejected, I advised her that if things didn't work out, I was very interested. Two hours later, I received a text from the lady that said the earlier caller was not going to take the dog. Excitedly, I called back to say we were still very interested and to give me an address.

We immediately headed to Puyallup, Washington, a suburb of Tacoma about a forty-five-minute drive north. The puppy was living in an upscale apartment complex that had over 150 units. Not a lot of room for an exuberant nine-month-old lab to play.

We knocked and listened to the commotion behind on the door. It sounded like something was just as excited to see us as I was excited to see him. A bundle of excitement bounded out the doorway and began bouncing on all four paws. Somebody's here to see me! Touch me, pet me, where have you been all my life?

The nice lady, whose upper lip looked like she had just gone 10 rounds with Mike Tyson, explained she had purchased Kai the day before from another apartment dweller for her son. The pup's exuberance,

her son's allergy and asthma symptoms, and her fat lip convinced her that the apartment was probably not the best fit. We agreed to the price of \$100 for a new steel dog crate, a new leash, and a wound-up, overly excited black lab puppy.

Headed happily back to Olympia with my new best friend, my mind was a blur with questions. First of all the name Kai didn't quite fit. I looked it up on Wikipedia and learned, "In Hawaiian, Kai is a unisex name which means 'sea' in Hawaiian language or 'ocean'. In Japanese, kai has a number of meanings, including 'ocean', 'shell', 'restoration', and 'recovery'. In Kono and Kissi, Kai is a male name; it is also a paramount chief title or prefix that means king of kings."

I've always tried to apply the KISS principle: keep it simple, stupid. Jodi suggested the name Coal. My biggest question was is it Cole or Coal? The lump won out.

Still concerned about our good fortune, I arranged to take Coal to the local pet hospital. I thought \$100 was a heck of a deal for an obviously purebred black lab pup. I had a sick, sinking feeling when the veterinarian assistant said, "Your dog is chipped."

(Story continued at FlagstaffSedonaDog.com)

Holiday Pet Safety

Pets should avoid all items listed below

Flowering Plants	Shrubs Weeds Ivy	Berries Fungus Nuts	Foods Drinks
<ul style="list-style-type: none"> ☞ Amaryllis ☞ Andromeda ☞ Azalea ☞ Buttercup ☞ Climbing Lily ☞ Crown of Thorns ☞ Daffodil Bulbs ☞ Saphne ☞ Delphinium ☞ Fox Glove ☞ Heliotrope ☞ Hyacinth Bulbs ☞ Hydrangea ☞ Iris Bulbs ☞ Laburnum ☞ Lakspur ☞ Marigold ☞ Monkshood ☞ Narcissus Bulbs ☞ Nightshade ☞ Oleander ☞ Rhododendron ☞ Tulip Bulbs ☞ Wisteria 	<ul style="list-style-type: none"> ☞ Arrow Grass ☞ Boxwood ☞ Caladium ☞ Castor Bean ☞ Dieffenbachia ☞ Dumb Cane ☞ Elephant Ear ☞ English Ivy ☞ Fox Tail ☞ Japanese Yew ☞ Jimson Weed ☞ Laurel ☞ Locoweed ☞ Marijuana ☞ Milkweed ☞ Philodendron ☞ Poison Ivy ☞ Poinsettias ☞ Privet ☞ Sago Palm ☞ Snow on the Mountain ☞ Stinging Nettle ☞ Tobacco ☞ Yew 	<ul style="list-style-type: none"> ☞ Apple Seeds ☞ Apricots ☞ Avocado ☞ Bittersweet Berries ☞ Cherry Pits ☞ Chokecherry Berries ☞ Elderberry ☞ Garlic ☞ Grapes ☞ Holly ☞ Hops ☞ Jasmine Berries ☞ Jerusalem Cherry ☞ Macadamia Nuts ☞ Mistletoe ☞ Mushrooms ☞ Nightshade Berry ☞ Onions ☞ Peaches ☞ Potatoes (Green) ☞ Raisins ☞ Rhubarb ☞ Star Fruit ☞ Walnut 	<ul style="list-style-type: none"> ☞ Alcohol ☞ Apricots ☞ Avocados ☞ Bread Dough ☞ Caffeine ☞ Cherries ☞ Chocolate ☞ Currants ☞ Garlic ☞ Hops ☞ Macadamia Nuts ☞ Moldy Food (Mycotoxins) ☞ Mushrooms ☞ Onions ☞ Peach Pits ☞ Raisins ☞ Salt ☞ Star Fruit

Foods Containing Xylitol

Xylitol can be deadly for dogs. Always check the ingredients before giving something to your dog. Some common items are: Peanut Butter, Candy, Gum, Baking Supplies, Protein Bars/Powders, and Dental Products.

RESCUE TALES



CHACHA: An 8-year-old male white miniature poodle who weighs about 16 pounds. He is quiet, gentle, and enjoys walks and hanging out with his people. Sedona Humane Society 928-282-4679



VERNE: An adult male Pekingese/Chihuahua mix. He is quiet and affectionate, not really into playing or other dogs, but he loves people and a peaceful home. Verde Valley Humane Society 928-634-7387



HOUDINI: An 8-year-old Chihuahua mix who weighs about 20 pounds. He is affectionate, a bit shy at first, but loves people, treats, and playing. Sedona Humane Society 480-448-6324



MISS SASSY PANTS: An adult female Fox Terrier/Chihuahua mix. Affectionate, good on leash, and good with other dogs. She's a friendly little doll! Verde Valley Humane Society 928-634-7387



BOLT: An 8-month-old white Lab mix. He is still very much a happy puppy. He loves people, other dogs, playing, walks, and fun. Sedona Humane Society 928-282-4679



KASIE: A tiny female Chihuahua mix. A bit shy and will take some time to warm up, but sweet and affectionate once she knows you. Verde Valley Humane Society 928-634-7387



GORDO: A red mixed breed mystery dog, 5 years old and very affectionate. He is the perfect Adventure Buddy who loves cars, hiking, jogging, and any attention. High Country Humane 928-526-0742



CANDACE: A medium-sized (44 pounds), 1-year-old sable mixed breed. Looks to have a bit of lab in her. She is sweet, funny, playful, and loves attention. Coconino Humane Association 928-526-1076



MAHOLLA: An 8-year-old German Shepherd mix. She is gentle, affectionate, loves games. Good with other dogs and children. High Country Humane 928-526-0742



OREO: A 1-year-old blue heeler female. She is super-smart, affectionate, and high energy. She would love to be your hiking or jogging buddy. Coconino Humane Association 928-526-1076



VIZZINI: A 4-year-old red pit bull mix. She is affectionate, energetic, and loves attention. She needs to be the only pet in the home. High Country Humane 928-526-0742



THOR: Cute puppy, 3 months old. Mom was a Rottweiler mix, and Dad was a cattle dog mix. He is smart, active, and very affectionate. AARF 928-925-7219



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by C.L. Dreves

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Peace, Love, Dog



SIX: A handsome 5-year-old longhaired male, white with black patches and big green-gold eyes. He is gentle, affectionate, and loves people.
Sedona Humane Society
928-282-4679



NONA: A beautiful little brown tabby kitten who loves to play, but loves to cuddle above all. A real people cat.
Verde Valley Humane Society
928-634-7387



CHANI: A small, feminine little lady. She is 2 years old, a brown tabby with big golden eyes. She is quiet, affectionate, and companionable.
Sedona Humane Society
928-282-4679



WAYLON: A super-cute red and white male kitten. He loves people, loves pets, and above all loves to play!
Verde Valley Humane Society
928-634-7387



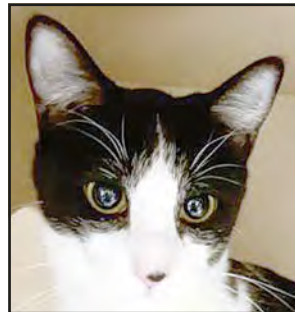
AKIRA: A 6-year-old longhaired black house panther with big golden eyes and a unique white star on her chest. She loves people and is very affectionate.
Sedona Humane Society
928-282-4679



CALYPSO: A beautiful, colorful calico, this lady loves to curl up in your lap and soak up the love. Sweet girl is quiet, affectionate, and very sociable.
Verde Valley Humane Society
928-634-7387



BEN: A charming brown and white 1-year-old male shorthair with bright golden eyes. He is funny, affectionate, curious, and just about perfect.
High Country Humane
928-526-0742



CHEVETTE: A classic 1-year-old tuxedo cat. She is very attached to people, and would love a home that would offer affection and cuddles and time in laps.
Coconino Humane Association
928-526-1076



SPIKE: A handsome gentleman cat, a 14-year-old Siamese whose owner passed away. Very affectionate, loves laps, and is pining for a new home of his own.
High Country Humane
928-526-0742



LILAC: A small and dainty little calico lady, 1 year old. She is curious, affectionate, and will follow you from room to room.
Coconino Humane Association
928-526-1076



ESME: A sweet 4mo Domestic Shorthair with lots of energy & love to give. She's elegant, quick on her paws, and very smart. If you'd like to meet her, please email her High Country Humane foster family at mecatiemae@hotmail.com.



PRINCESS: A brown tabby with white trim, Princess lives up to her name with her regal bearing, but she is very affectionate.
Coconino Humane Association
928-526-1076



CLAUDIA: An elegant 10-month-old brown tabby with lovely green eyes. She is outgoing, affectionate, funny, and playful.
High Country Humane
928-526-0742



LOGAN: A 6-month-old black tuxedo kitten with big golden eyes and the cutest white chin. He is funny, curious, playful, and a lot of fun in such a tiny cat.
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Hiking with Annie - The Final Trail

By Melissa Bowersock

Many of you have followed the adventures of me and my Airedale, Annie, as we've explored Northern Arizona and Southern Utah. Here in the Southwest, we are blessed to have so many magnificent places right in our backyard, and Annie and I certainly tried to see as many as possible. What I didn't write about were the medical challenges Annie was facing. It's a long, convoluted tale, but one I think is worthy of telling.

Sometime last April, Annie began limping on her left front paw. We hadn't seen her injure it, hadn't seen anything that might have strained or sprained the leg, yet still she limped. After several days with no improvement, we took her to our traditional vet. They examined her, x-rayed the leg, and said there was no indication of a problem, so it was probably a soft-tissue sprain or strain. We came home with pain meds and were told to let her rest and put cool compresses on the leg.

After another week or two, the leg did finally heal up, and she was able to go hiking again. It wasn't long, though, before she began limping again, but this time on her left rear. This worsened until we became alarmed, so back to the vet for more x-rays. As before, there was no indication of an injury, so pain pills, cold compresses, etc. The vet named it "shifting leg lameness." Interestingly, a knowledgeable friend asked me if the vet did not think the two injuries were related, and I said no; they were just two separate soft-tissue problems.

For a couple of months, Annie was great. She would leap into the car to go for a hike, or happily walk with us just around the neighborhood. We put it all in the past and looked forward to many more explorations in the future.

In July, it started again. She began limping on her left front. I pulled out the pain meds and the cold compresses, and that one seemed to resolve fairly quickly, maybe within a week or two. Whew. Then it started in the left rear. This time, the leg swelled and felt very hard to the touch, the first time we'd seen those symptoms. Back to the vet, but by this time, I was sure they were missing the point.

My same good friend suggested we get her tested for Valley Fever, which could exhibit such symptoms. When I mentioned this to the vet, she scoffed, since Valley Fever is very rare in Southern Utah. However, Annie was born in Arizona, and lived there the first six years of her life. I even remembered that she'd had a similar incident—limping on a hind foot after no apparent injury—when we were still down in Arizona.

I insisted on the test, so the vet complied. Result: negative.



By this time, Annie was improving. The swelling went down, and she was using the leg, although still favoring it. We felt heartened that she was improving, but still, it was taking a long time. Longer than ever before.

Then it started on her right front. This leg also swelled, and even when lying down, she would not touch the foot to the floor. It seemed like it was super-sensitive, although when we checked the leg over (gently, to be sure) she never flinched, never jerked away, never made a sound. As before, we could not see anything to indicate an origin.

Almost in tears, I called the vet. She said we could bring Annie in for another x-ray, but by this time I had lost all confidence in that course of action. I asked about testing Annie for all tick diseases like Lyme disease, and the vet scoffed again and said they rarely had any cases of that in our area. She had nothing else to offer.

Luckily, I just happened to hear of a holistic vet in our area. I contacted her, and we took Annie in. She agreed with me and my friend that it seemed to be more of a systemic issue than several individual injuries. Yea! Finally! She took blood and ran a full baseline, plus she ran a full panel of tick diseases. Result: positive for Rocky Mountain Spotted Fever.

All right. Not that I was happy to get that diagnosis, but at least now we had something we could fight. We had a name; we had a prognosis.

The vet laid out a plan of heavy-duty antibiotics, plus ozone therapy. I had never heard of that, but the vet said the ozone potentiated the other meds, killed off micro-organisms, was an anti-inflammatory, and generally made the dogs feel better. Sounded good to me. But before we could

even take Annie in for the treatment, her right rear leg went out. Now she was compromised on three legs.

We started the treatment plan, but Annie was so weak, we had to help her outside to potty with the aid of a sling under her belly. She was a trooper and never complained.

The vet said with luck, we should see improvement in two to three days. And we did, sort of. After a couple of days, Annie began to eat a little. Her eyes looked brighter. We were very hopeful... until her left front went out. Now all four legs were compromised.

Taking her outside was impossible. She weighed 78 pounds, and we could not lift her, nor did we want to stress her more by dragging her with the sling. We set her up in the middle of the kitchen floor with towels all around, hand-fed her, brought her water. We kept up the treatments and hoped for a break.

It was not to be. Annie died that night. I was sitting with her, stroking her, telling her what a good girl she was. Her breathing turned labored, then slowed, slowed... stopped.

Annie was gone.

Most of you know the feeling of a dog-shaped hole in your heart. It's devastation like nothing else. We talk about Annie and cry. We look at pictures of her and cry. We think of the what-ifs and ask why. None of it changes the reality. Annie is gone.

Hug your fur babies extra tightly tonight.



**We at Flagstaff-Sedona Dog
mourn Annie's passing.
She was a valued member
of our writing staff.**

**Our Deepest Condolences, Melissa.
Thank you for sharing
Annie's adventures with us.**

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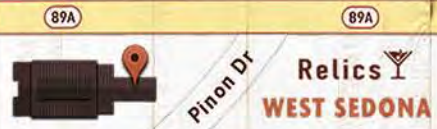
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St. Augustine, Florida, An Exceptionally Dog-Friendly Destination

By Stacey Wittig

December and January are the most woof-worthy months for traveling with your pets to St. Augustine, Florida. From now until the end of January, the oldest European city on the continent gleams with thousands of dazzling white lights.



Aviles Street in St. Augustine, Florida. Photo courtesy FloridasHistoricCoast.com

National Geographic chose St. Augustine's Nights of Lights festive event as one of the world's ten best holiday lighting displays. But that's not all! Here are more reasons your next port of call should be Florida's Historic Coast.

Beach Escape

During the day, you and your furry traveling companion can romp and play on 42 miles of dog-friendly beaches. Who couldn't use a beach getaway this time of year?



Beachin' it in St. Augustine. Photo courtesy Smile Difrnt, Unsplash.

You'll find convenient doggie bag stations and outdoor showers to rinse the sand from two feet or four paws. Of course, leashed dogs are always welcome.

Pet-Friendly Dining

Unleash your taste buds at almost 100 restaurants that offer pet-friendly patio dining. The Floridian, Aunt Kates, and Ancient City Brunch Bar are three of our favorites for local flavors. Be sure to slurp up some St. Augustine-style shrimp, datil



Pet-friendly dining in St. Augustine. Photo courtesy FloridasHistoricCoast.com.

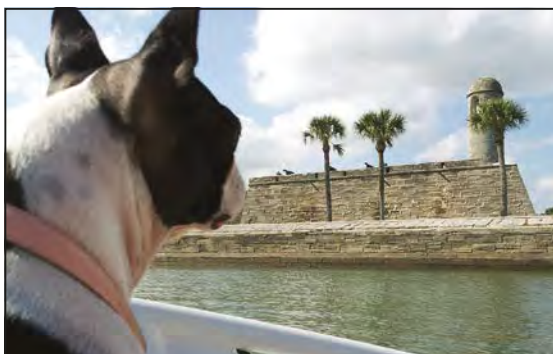
pepper sauce, and Minorcan pilau (pronounced per-low) for tastes that are part of the St. Augustine food culture. To be sure, local professional shrimping and fishing boats keep restaurants supplied with fresh fish year-round. Indeed, with average December daytime temperatures at 69F, the semi-tropical climate is just right for outdoor dining with your sweet pup.

Sip and swirl at Casa de Vino 57, where locals meet after hours in the hidden backyard. Watch for special events like Yappy Hour, a fundraiser for a local animal rescue. There's also a pet-friendly rooftop bar at San Sebastian Winery.

Pet-Friendly Museums

Incredibly, the Ancient City offers more pet-friendly attractions than you can shake a stick at! Bring your pooch when you explore the Oldest Wooden School House or the Spanish Military Hospital Museum in St. Augustine's historic district.

You and your fur baby can sit in a planetarium together as the experts at Fountain of Youth Archaeological Park turn the night sky back to how it appeared



Sailing past Castillo de San Marcos. Photo by Leigh Cort, courtesy of FloridasHistoricCoast.com

on April 2, 1513, the night before Juan Ponce de Leon landed here.

The Spanish explorer used the stars as guides, but you don't have to. Knowledgeable tour guides navigate you and your pet through kayaking and sailing experiences (St. Augustine Eco Tours) or walking tours (Ancient City Tours or Saint Augustine Historic Walking Tours.)



Pet-friendly walking tours in St. Augustine. Photo courtesy FloridasHistoricCoast.com

Hit the ale trail with your canine companion on a craft beer tasting tour (St Augustine Experiences).

Bark Ranger Badge

Earn a virtual Bark Ranger badge at Castillo de San Marcos National Monument, St. Augustine's iconic coastal fort. When you:

- B** - Bag your poo
- A** - Always wear a leash
- R** - Respect wildlife
- K** - Know where to go...

you and your four-legged buddy can download an official badge and then read the Bark Ranger Pledge. Get it all at <https://tinyurl.com/2ajedavh>. Although pets aren't allowed inside the structure of the picturesque Castillo de San Marcos, they are allowed on the exterior grounds of the national monument when leashed.

When in the colonial quarter, don't miss the unique gifts for dogs and their owners at Faux Paws. There you and your top dog can find something to bring home to remind you of your pet-friendly St. Augustine beach getaway.

Stacey Wittig is a travel writer based near Flagstaff. Follow her adventures at UnstoppableStaceyTravel.com.

Chase's Corner: The CHASE Project

By Chase and Jan Tomlinson

I always thought my mom was really busy teaching dog training and doing other things, but no, she always has time to come up with these ideas that involve me!

Since we have had such a tough year and we have not been able to do our therapy dog visits to the hospital, she decided to do something about it and give back to the community in a different way. I saw her looking on the computer at little stuffed dogs that looked just like me. Why would she be doing that when she has me?!

Pretty soon, one of these little dogs arrived in the mail. When she put it down on the floor, I barked at it and sniffed it all over to see if it would move. Nope! Just stood there like a rock. So, I decided that it wasn't alive and was no threat to me. Then I heard her say, "This is going to be called the CHASE Project and this is Chase Jr." Then she was putting one of my old therapy vests on it and decided to give it to her eye doctor who had helped save her eyesight.

So, Chase Jr. went to live at Sedona Eye Care and everyone loved him so much, my mom decided to find people to donate money and get a bunch more to give to the hospital for sick kids and other patients. Pretty soon, people started sending money to help buy more Chase Jr's.

I know the sound of the UPS truck, and one day it stopped in front of our house and de-



livered FOUR boxes to the door. When my mom opened the boxes, they were filled with Chase Jr's. Oh, No! What did that mean? Was I going to have to live with 41 little Shelties? I just want to be an only child and have a nice, relaxed life. Then the truck came again and delivered 41 therapy vests.

I guess I was going to have to supervise and train all of these therapy dogs! So, our job began to brush each one and put the vests on them. Whew! That was a big job for me since I don't have any thumbs to adjust the straps to make the vests fit on the dogs.

Now my mom started to contact the places where I and my other doggie friends used to do therapy visits. That included the hospital, The Haven, Austin House Assisted Living, and Gracious Grannies Assisted Living in Cottonwood. Meanwhile, I'm trying to herd all

of these little things back into their boxes to be delivered to those places.

We also decided to take one to Northern Arizona Dermatology, Jochim Family Practice, and Airpark Animal Hospital (my doctor!). When the patients or doggies get nervous, then they can just hold and hug a Chase Jr. therapy dog to make them feel better!

After hearing about this project, Donna Michaels, Yavapai County Supervisor for District 3, decided she needed a Chase Jr. in her office. Now we were going big time! So, my mom and I took a Chase Jr. to her office to give to her. There was another lady there, Elaine Bremner, Director of Meals on Wheels for the Verde Valley Senior Center in Cottonwood. She and Donna thought it would be a great idea to give a Chase Jr. to people who would like one and deliver it with their Meals on Wheels.

Now that I'm famous and the star of the Verde Valley, I really think my mom should buy me an RV with my name in big letters and lots of stars painted on the side of it! Then we could deliver Chase Jr's to all the people. I thought my job was over and I could relax, but it looks like I'll be busy training and supervising many more Chase Jr's for their therapy work. You never know when you might run into a therapy Chase Jr.!

HAPPY HOLIDAYS TO EVERYONE
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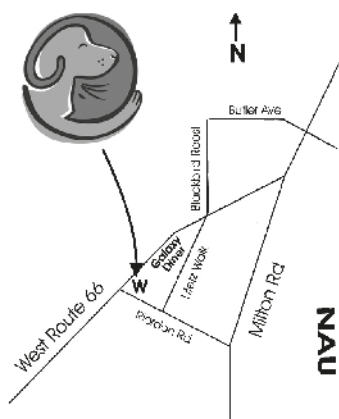
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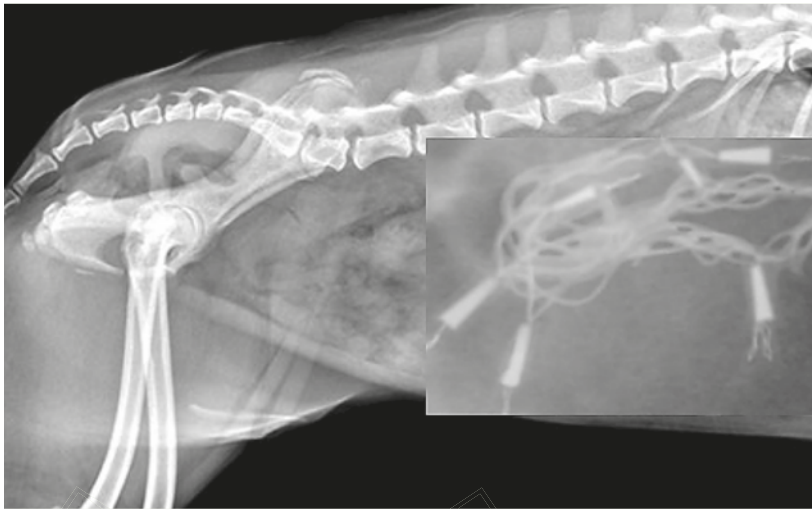
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