

San Diego 23rd Edition



Features:

Articles

Clubs &
Resources

Event Calendar

Pet Business
Listings

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Emergency
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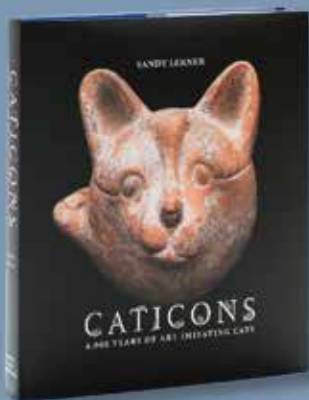
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Letter from the Publisher

Dear PetLovers,

In 2020 we will be reaching our 25th year of producing these guides for this San Diego Community. What a wonderful ride it has been. Over all these years we have seen such great progress made to provide education, resources and expertise to help our animals and pet owners.



I hope you have enjoyed and gained from this information ... and surely there will be more to come!

Our focus this year revolves much around proper food for our pets. As the old Beatle's song goes "You know that what you eat, you are." The pet food industry constantly goes through change. With the expert help we have here to rely on, we have provided some resources and information here that hopefully helps you traverse this bumpy road with less difficulty and provide safe and healthy food for our beloved animals. It appears that many health problems our pets have can often be avoided or completely eliminated by a healthy diet.

Just take a look at the special programs we have! Animal Therapy that can provide possible healing to those with physical disabilities and emotional problems and comfort to those with diseases such as Alzheimers as well. We are fortunate to be one of the few places in the country to have an Anima Safehouse Program. Ours is especially suited to provide help for pet owners with medical issues or in family crisis. This important program can save lives for both people and pets!

Our veterinarians stepped up to provide more information on those allergy problems, new integrative medical techniques, and smart tips on dealing with that barking dog.

Once again we have a Service Guide full of experienced professionals who can help you with any need you may have for pet care. Their support has also made this free information guide possible. Please check out their great services and products and thank them!

Don't forget our website below and the back pages of Calendar events for monthly and yearly services and all the fun events. As always, we look forward to seeing you!

Warm Regards,

Judy Macomber and the PetLover Staff

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The PetLovers™ Handbook



San Diego 23rd Edition

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- ▷ Spay/Neuter Referrals
- ▷ Volunteer Opportunities
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- 2** **City of Chula Vista Animal Care 619.691.5123**
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- 4** **San Diego Humane Society, Escondido 760.888.2275**
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- 5** **San Diego Humane Society, Oceanside 760.757.4357**
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- 7** **Helen Woodward Animal Care Center 858.756.4117**
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- 8** **National Cat Protection Society 619.469.8771**
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See Display Ad Page 4
- 9** **Rancho Coastal Humane Society 760.753.6413**
389 Requeza St., Encinitas, CA 92024 www.sdpets.org
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- 10** **San Diego Humane Society and SPCA . . 619.299.7012 (ex 2244)**
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Rancho Coastal Humane Society 760.753.6413
www.sdpets.org From snuggling with puppies to cuddling a senior cat,
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See Display Ad Page 8

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San Diego House Rabbit Society www.sandiegorabbits.org

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www.rescueachi.com See Display Ad This Page

German Shorthaired Pointer Rescue www.GSP-Rescue.org

info@gsp-rescue.org

Greater San Diego Whippet Assoc. www.sandiegowhippets.com

Contact rescue@sandiegowhippets.com

Happy Hearts German Shepherd Rescue . . HappyHeartsgsr.org

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Escondido	619.390.8204
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San Marcos	619.390.8204
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Unincorporated Areas Singh Group	760.539.0012

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www.gpaw.org	
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Animal Safehouse Program (ASP)

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Mobile 760.560.6749

SafeHouse@SDPets.Org

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Canine Diabetes & Pet Diabetes—Email Support Groups

www.caninediabetes.org/supportgroups.html

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Cooking For Your Pets?

www.planetpaws.ca/healthy-pet-recipe-store/

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Canine.pets.groups.yahoo.com/group/CanineCushings-AutoimmuneCare

Degenerative Myelopathy (Canine ALS)

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www.PetLoversPublications.com for additional articles on pet care, the newest information on yearly events, and more online sites to help you care for your pet

Pet Food and Recall information

www.animalhealthfoundation.net/TruthaboutPetFood.com

<http://www.truthaboutpetfoodstore.com/>

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Rancho Coastal Humane Society 760.753.6413

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POISON CONTROL

ASPCA Animal Poison Control Hotline 888.426.4435

RESCUE / TRANSPORT

Emergency Animal Rescue 760.789.5775

Rescuing all Animals in Life Threatening Situations

www.emergencyanimalrescue.org See Display Ad Page 10

SPAY / NEUTER PROGRAMS

Animal Welfare Foundation 619.702.4400

www.AWFSanDiego.org

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www.sddac.com

S.N.A.P (Spay Neuter Action Project) 619.525.3047

www.Snap-Sandiego.org

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lionstigersandbears.org See Display Ad This Page

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Acknowledging Valuable Volunteers

CAMP PENDLETON, Ray Heller

Ray has volunteered with animals for over 20 years and is truly been a ray of sunshine here at Camp Pendleton Animal Shelter. The amount of patience and dedication he shows to each and every animal is unparalleled. He once drove almost 3 hours to transport a coonhound to a much-needed rescue, without a minute's thought about the length of the trip.

He works with our shy and timid dogs, helping them socialize. Ray is known as a bit of a good luck charm for every dog with which he works, if he gets them a leash or a collar, they often find their forever home within the week.! We are so grateful for Ray. He is a truly remarkable individual.



CHULA VISTA ANIMAL CARE FACILITY, Matt Lane

Meet Matt Lane, the Super Volunteer of the Year for the Chula Vista Animal Care Facility. Matt has been volunteering with us for 2 years and is such an asset. In his real life Matt helps out 2-legged beings as a registered nurse. But when he is off duty he is either out with his Pit Bull, Rocky or here at the shelter helping out the homeless dogs. Matt's special power is teaching our rambunctious large breed dogs some manners. He has been a great resource for us in helping many boisterous dogs learn some proper

etiquette and get into their “furrever” homes. Thank you Matt, for all of your hard and dedicated volunteer service with us.

HELEN WOODWARD, Anji Khunkhun

Anji is an incredible foster volunteer at Helen Woodward Animal Center who opens up her home to orphan dogs in need of care and love. She took her first foster puppies in February 2017 and has since helped save over 65 dogs and puppies alike! Anji has a soft spot for the mama dogs with their nursing puppies and often volunteers to foster them. She gives mom ample support as she cares for her little ones and trains the puppies to be independent when the time comes. Anji pours her heart and soul into each and every pup she fosters, ensuring that they know what love to expect in their forever home. The staff love working with Anji and the puppies love their time in her home!



in Our Shelters and Humane Societies

FRIENDS OF CATS, Jeff Sferra

Jeff Sferra has been a dedicated volunteer at Friends of Cats for two years. Jeff is retired and FOC appreciates that he chooses to spend his time at our shelter. Jeff is uniquely talented with landscaping. In 2018, he completely re-worked three plots of overgrown garden areas. He donated flagstones and new plants and cleared out an area which enlarged the shelter's parking. Staff enjoy listening to Jeff's entertaining stories and the cats love the affection and treats that Jeff gives to them.



DEPARTMENT OF ANIMAL SERVICES, Danielle Austin

Danielle has been volunteering with DAS since 2014! She has stepped up to help at the Live Well 5k Run and the annual Clear the Shelter Day. She typically walks the large dogs but can be seen doing laundry, cleaning kennels, making adoption posters and giving affection to needy dogs. One of her favorite things to do is making chicken stock popsicles at home and bringing them in for the dogs. Danielle is always positive, supportive and willing to help wherever she is needed. Staff love to see her walk into the building as her presence lightens their load!



RANCHO COASTAL HUMANE SOCIETY, Karen Zinser, Gary Stewart, Maria Cohen, Delia Haust, Cheryl Patchet, (not shown) Robin Scher and Ann Kenney

Who trains our volunteers? Our volunteer mentors! Volunteer Mentors train new volunteers. They're soon working side by side caring for the animals and people we serve. If there were no volunteers there would be no Rancho Coastal Humane Society. Thanks to our dog Volunteer Mentors.

A Safety Net for the Pets of Domestic Violence Survivors, Seniors and Veterans

THE ANIMAL SAFEHOUSE PROGRAM

“She always had excuses for the bruises, the sore arm, and the puffy eyes.” That’s how a family member recalls the abuse his sister endured: “She said she was clumsy and ran into the door again. She fell down trying to carry the groceries from the car to the house. It was an accident while she was pushing the kids on the swing set. We suspected that it was domestic violence, but she insisted everything was fine. It’s hard to intervene when ‘Everything’s okay.’ It took years before she finally called for help from her abusive husband.”

Stories like this are common in domestic violence. Add children and pets into the situation and the decision to leave becomes even harder. Domestic violence shelters are prepared to take in the human victims. Most can also provide care for their children. Unfortunately, the shelters are not equipped or lack the space to care for their pets. ASP removes one of the barriers that can keep victims and their children in abusive situations.

Pets left behind often become the new physical targets. In some cases, the batterers use the pets for emotional torture. Rather than have their pets endure the abuse, the human victims stay. The abuse continues.

When victims know that their pets will be safe, it opens the door they need to escape. Saving the pets is also helping to break the cycle of abuse.

The words “Safe” and “House” should have the same meaning, but domestic violence comes from within. Abusers can be husbands, wives, boyfriends, girlfriends, parents, children and even roommates.

Domestic violence is the leading cause of injury to women ages 15 to 44. Three to four million women in America are beaten in their homes each year by husbands, ex-husbands, or male lovers. One fourth of the women in America will experience domestic violence in their lifetimes.

Battering occurs in all races, ages, socio-economic classes, religions, occupations and education levels. It’s almost never an isolated incident. Once someone batters, it’s going to happen again and it’s going to get worse.

Justina Kirkland is Director of the Animal Safehouse Program at Rancho Coastal Humane Society in Encinitas. While the program was created specifically to provide care for the pets of domestic violence victims, she’s receiving an equal number of requests for help from veterans seeking assistance in caring for their pets.

What are the circumstances where a veteran might need temporary help caring for a pet? One veteran stated that he needed medical

treatment. He would be hospitalized several times during the coming months. He seemed more concerned about his dog than himself. He had no one to care for his best friend while he was hospitalized. People had suggested he give up his dog. They told him he could get a new dog when his treatment was over and he was feeling better.

He thought he was at the end of his options when he learned that there were other opportunities that would save his dog and keep his family together.

When we take animals into our homes we're making the same commitments that we make to the humans in our lives. We agree to provide for them and protect them. When domestic violence or health problems threaten the safety of animals and their owners, look for is a safety net. Reach out for the lifeline that veterans and victims need to survive.

Article by John Van Zante of Rancho Coastal Humane Society



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It's hard to look into the tender eyes on furry face staring up at you and not crack a smile. Whether that furry face belongs to a dog, cat or even Guinea pig, the instant joy animals are able to bring us is indisputable.

Animal assisted therapy is a growing practice bringing the unconditional love and tactile benefits of animals including dogs, cats, rabbits, birds, mini horses and even Guinea Pigs to those in skilled nursing facilities, children's shelters, hospitals, psychiatric units and more.

Animal assisted therapy programs are increasingly being developed at hospitals and medical centers worldwide with mostly dogs, but many other animals too, visiting patients and their families facing medical hardships like cancer, heart conditions and mental health disorders.



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Similar programs are also popping up in high-stress environments like airports, conference centers, courtrooms, offices and school campuses, with the basis that simply petting a four-legged friend can ease tensions and calm nerves.

Studies have shown the immense benefits gained from interactions with animals, including improved relaxation, lower blood pressure, improved long and short term memory and sensory stimuli.

In San Diego County, Helen Woodward Animal Center's Pet Encounter Therapy program was responsible for more than 25,000 people/animal interactions in 2018. Leading the program for over 25 years is Robin Cohen who said, "I feel so lucky every day to be able to bring the healing and joy that animals have to offer to people in need."

Incredible transformations involving patients, children and seniors with animals have been documented. There are endless stories such as the time a man with advanced Alzheimer's spoke for the first time in years upon meeting a therapy dog who reminded him of an old beloved four-legged friend. Staff and residents were shocked at the man's reaction.

Program staffers have also witnessed at-risk foster youth finally let their guard down to reveal usually hidden smiles while petting dogs and even mini horses. Touching stories have also been told about visits to camps for children who have suffered severe burns. These children are said to experience healing from the unconditional love radiating from the therapy animals.

Animals' amazing abilities have also included calming hyperactive children or stimulating movement and interaction in those with physical disabilities. They also provide significant benefits for those suffering anxiety, depression and PTSD.

Therapy animals reach out to those most in need—veterans, seniors, children dealing with trauma— and they bring an amazingly powerful form of healing that comes from pure unconditional love and acceptance. It's an incredible gift!

Article by Fernanda Lopez, PR and Communications Manager at Helen Woodward Animal Center. For more information on our programs go to www.animalcenter.org





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Wildlife

When we talk about wildlife in San Diego County most people's thoughts turn to the east county area, the desert, or the lagoons along Pacific Coast Highway. While it's true that you can find wildlife in these areas, no matter where you go in the San Diego area, and no matter whether you see them or not, you're surrounded by coyotes, raccoons, possums, hawks, and rabbits.

Spring is a really fascinating time for wildlife. Around the end of March or the beginning of April we experience the unofficial start of baby season. Once it starts, it hits with a vengeance.

The heavy rains during the Spring of 2019 created some unique problems for baby bunnies. When adult rabbits build their nests, they dig down so their babies have a safe little burrow. They line it with leaves, sticks, and fur to make it cozy for their babies.

As the burrows filled with rain water, the nests began to float. Instead of the little cottontails being warm and snug in their burrows, they were floating to the surface and into view of predators.

Rabbit parents only visit their babies twice per day. In the morning they feed the babies and check on their welfare. After that they find a safe hiding place that allows them to keep an eye on their nest and get some rest. They visit again in the evening to feed the babies before they go out in search of food for themselves.

We're not just talking about rabbits. Other wildlife common in San Diego includes:

- Squirrels, Chipmunks, Raccoons, Opossum, and even Weasels.
- There are many varieties of songbirds. There were Hummingbirds, Mourning Doves, Mockingbirds, Sparrows, and Finches.
- Spring is also baby season for larger birds including Mallards, Seabirds, Hawks, Owls, and other birds of prey.



Trish Jackman is Director of Rancho Coastal Humane Society's San Diego Wildlife Center in Carlsbad. She says the problem of sick, injured, or orphaned wildlife gets even more complicated when well-meaning San Diegans bring home wildlife from other areas. That was the case when a baby Merriam's Chipmunk was found abandoned on the sidewalk outside an animal shelter. It's extremely rare to find that kind of chipmunk in this part of San Diego County. The chipmunk received the care it needed without forming a bond with the care providers. Later it was able to be released into a chipmunk colony in Idylwild.

The term "wildlife" should be a big clue about how we should treat these animals. They're wild and they're meant to stay wild. If you find a baby rabbit, squirrel, or other animal and take it into your home as a pet, chances are that it's not going to end well.

Some people say they're only going to keep the animals until they're old enough to take care of themselves. While it may sound like a good idea, there are plenty of flaws.


If these babies were in the wild, they would be learning from their parents. What to eat. How to find food. How to avoid predators. They would be learning the things they need to survive.

The goal with wildlife is to release it back into the wild, not turn it into a pet. Why is this so important? It's in the animals' best interests to be afraid of humans. Imagine you're walking through a park when a squirrel, raccoon, or opossum comes running toward you, scampers up your leg, then nestles near your face because that's what it learned from the humane who raised it.

Here's the bottom line. This is wildlife. They're not pets. They are a part of the environment. They help to maintain the balance of nature.

Let wildlife be just that Wildlife! Enjoy it from a distance. If you find a wild animal that appears to be sick, injured, or orphaned, get help. A life might depend on it.

Article by John Van Zante of Rancho Coastal Humane Society
For more information go to www.sdpets.org



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Goat Milk?

Having a companion animal is like any close relationship. You may experience a few challenges, along with the many joys. Whether you have a picky eater or a furry friend with itchy skin, digestive upset or arthritis, the knowledgeable staff at Paw Country and Point Loma Pet Pantry can help. You are welcome to come into the store for nutrition and wellness assistance, any time we are open. One product, raw goats milk, elicits rave reviews and has many pet owners implementing this into their dog's and cat's diets!

Why raw goats milk? It's easy to digest, packed with probiotics and a variety of helpful nutrients. Raw goats milk can make any meal a complete meal for your food-loving or finicky dog or cat! If your pet isn't eating enough, it can be an easy way to add to their diet. Think of it as a food supplement, but even on its own it is a high-quality source of nutrition. You might even want to try using it to disguise other less appetizing supplements. The dehydrated version can be found on a box on supplement shelves. The frozen, environmentally friendly cartons, can be found in freezers, and come in a pint and quart size. Once thawed it lasts in the fridge for up to 14 days. It is normal for goats milk to curd. If you notice this, just shake it up, and it will be good to go! Some animals don't naturally gravitate towards cold food. If yours is one of these selective types, place the bowl on the counter to let it come to room temperature, or add a little warm water before serving. Never cook or microwave the goat's milk, as it will kill the important nutrients, naturally found in the raw goat's milk. There is a huge difference between RAW goats milk and the pasteurized version that you may see at some grocery stores. All of the important components that work harmoniously together can be found in the RAW goat's milk. Once it is processed, either through pasteurization or your own home heating, it is not the same supplement without the same abundant health properties. Below are some key benefits of raw goats milk.

The Benefits of Raw Goats Milk

- High in naturally occurring probiotics
- Contains prebiotics, which are essential nutrients for the probiotics to thrive
- Delivers bacteriacins, which are nutrients that destroy “bad” bacteria
- Contains all (over 60) of the enzymes needed for digestion
- Great for companion animals who are lactose intolerant
- Requires zero work for the animal’s digestive system
- Absorbed by the body within 20 minutes
- Contains CLA – Conjugated Linoleic Acid – known as the cancer fighting fat
- Natural antihistamine, stabilizing mast cells that reduce inflammation
- Reduces risks of allergies and asthma
- High in caprylic acid which fights yeast
- Provides more buffering than over the counter antacids

Article by Samantha Sarsilmaz, owner of Paw Country and Point Loma Pet Pantry pet supply stores.

If you have further questions about raw goats milk or any of our stores’ products, let us know! For further information please go to our websites at Natural Pet Market.



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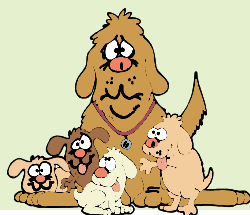
Saving money and keeping our pets healthy is even more necessary at this time. Fortunately, The County of San Diego Department of Animal Services continues to keep the spay/ neuter costs more affordable. Over 30 local veterinary clinics now perform spay/neuter surgeries at or below their standard fees, in return for direct referrals and listing on the Department's website (www.sddac.com).

Under this program, called the Veterinarian Subsidized Spay/Neuter Referral Program, the cost of the surgery is \$55 to \$70 per cat and \$95 to \$145 per dog, depending on the gender and weight of the pet.

And here is how it works ... Spay or neuter surgeries are performed by appointment only. Upon calling one of the facilities listed, immediately state that that you were referred by the Department of Animal Services, Spay/Neuter Program and make your appointment.

Pet owners may also be able to realize additional savings through the Department's spay/neuter rebate coupon program. These coupons cover a substantial portion of the cost involved, and encourage a greater number of owners to have their pets spayed or neutered.

For more information on this, please go to the County of San Diego Dept. of Animal Services website at www.sddac.com.



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Let's Get to the Point:

Acupuncture and Integrative Veterinary Medical Therapies



ACUPUNCTURE

Acupuncture is truly a treatment modality where modern science meets an ancient art! Acupuncture is the stimulation of specific points on the body, which have the ability to alter various biochemical and physiological conditions in order to achieve a natural healing effect. Acupuncture works well where indicated, when used alone, or in conjunction with other rehabilitation modalities and traditional veterinary therapies. Veterinary acupuncture has been used to treat animals for nearly 4,000 years in China. In North America, it has been used for decades, in both domestic and exotic animals. In veterinary medicine, an interest in acupuncture has recently gained significant interest due to scientific research and evidence based medicine supporting the beneficial effects of acupuncture in our animal patients. Ancient Chinese medical philosophy believes that disease is a result of an imbalance of energy in the body. Acupuncture is believed to balance this energy, and thereby assist the body in healing disease. In Western terms, acupuncture can assist the body's efforts to heal itself by causing certain physiologic changes.

Medical acupuncture is the placement of small, sterile needles into specific points on the body. The points chosen for needle placement have been scientifically proven to correspond to underlying structures including nerves, vessels and myofascial planes.

In the hands of an experienced, licensed veterinarian, acupuncture is a very safe treatment option, with no harmful side effects or drug interactions. While acupuncture is not without sensation, the goal is to create a relaxing, enjoyable experience for our animal patients. The vast majority of patients enjoy their treatments without sedation or restraint.

Where Modern Science Meets Ancient Art



Jessica Cantrell, DVM, PhD, cVMA
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In-Home Veterinary Acupuncture and Integrative Medicine

Let's Get to the Point, continued

Acupuncture has been scientifically proven to be an effective treatment of many diseases and conditions including:

Acute, chronic and post-operative pain

Arthritis

Musculoskeletal disorders

Seizures

Neurologic disorders

Internal Medicine disorders

Gastrointestinal pain

Injury rehabilitation

Renal disease

Heart diseases

Reproductive disorders

Skin conditions

Cancer

And many more

Additionally, acupuncture can be an invaluable addition to a comprehensive wellness plan for patients of all ages.

Myofascial Trigger Points and Massage

Acupuncture of a myofascial trigger point (aka “knots”) is easy and rewarding, though it can cause some mild discomfort at the time of needle insertion. Trigger points can be localized and treated by careful palpation, to determine tight bands of muscle that are associated with increased pain intensity and may have an associated twitch response when directly palpated. Once identified, the trigger point is stabilized between two fingers, then an acupuncture needle is inserted directly into the center of the painful point. Achieving a local twitch response with needle insertion is important in accomplishing immediate and more complete pain relief. Rapid redirection and twisting of the needle is helpful to achieve the local twitch response needed for release of the muscle, and is generally well tolerated by the patient. Additionally, gentle massage can be used to release trigger points and increase circulation.

Herbal (Botanical) Medicine and Nutrition Therapy

As more and more people find success using herbal and nutrition therapies for themselves, they start to wonder about helping their pets using these same remedies.

Herbal medicine involves the practice of prescribing plant products, or products derived directly from plants for the treatment of disease. Botanical medicine strives to derive healing products from plants—and can offer a cornucopia of potential benefits for our pets.



Herbs are considered plant based drugs. They differ from pharmaceuticals by having a multiplicity of active, inactive, and unknown constituents with additive, synergist, and/or balancing properties. When choosing and administering an herb for your pet, it is important to remember our knowledge is limited, and there is no guarantee that it is safe, pure, or effective. Therefore, it is important to work with a veterinarian and understand the risk/benefit trade-offs when considering herbs.

Physical Therapy

Physical therapy provides a wide range of benefits for veterinary rehabilitation patients recovering from surgery, injury, senior pets with musculoskeletal or neurologic disorders, or maintaining canine and equine athletes at peak performance levels. Physical therapy exercises can be used to increase range of motion, flexibility, balance, endurance, strength and proprioception.

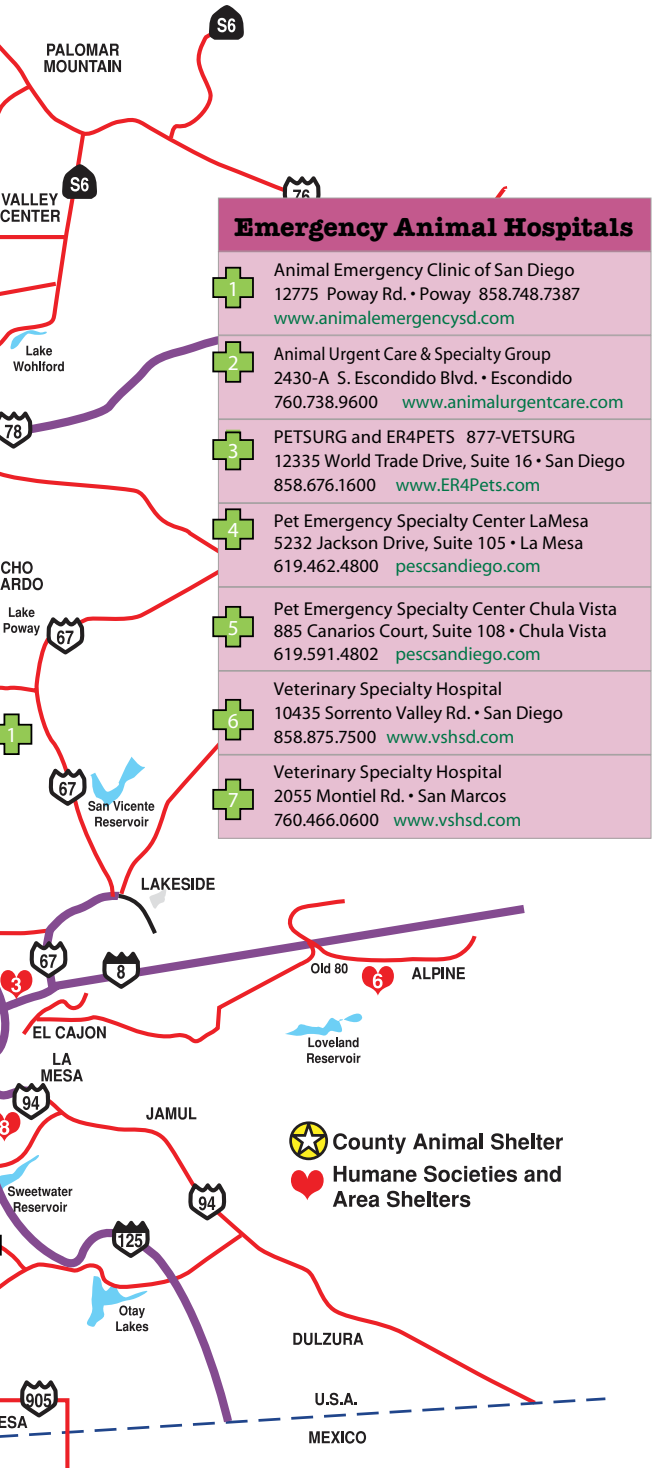
There are so many useful conventional and integrative therapies that can be blended together for the best results – it does not have to be either or—it can be the best of both worlds.

Article by Jessica Cantrell, DVM, PhD, cVMA from Sit. Stay. Heal. Offering In-Home Veterinary Acupuncture and Integrative Veterinary Medicine www.sitstayhealvet.com



THE BEST THINGS IN LIFE
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Why Wet Food for Cats

If you can do one thing to improve your cat's diet ... stop feeding dry food. Whether you use canned, rehydrated, home-cooked, or raw isn't the point, it's all about getting moisture into the food.

WHY CATS NEED MOISTURE IN THEIR FOOD

It's not enough for cats to be offered drinking water alongside their dry food. Cats have a low thirst drive; that means they will not normally seek out and drink enough water to make up for what's missing in a dry food diet. And how much water is missing when you feed dry? About 60%. Dry food is about 10% water, but natural prey that cats would eat in the wild is about 70% water. This situation can result in chronic low-grade dehydration that over time will damage kidneys and make cats more likely to get urinary tract infections and urinary crystals.

THE NEED FOR ANIMAL-BASED PROTEIN

Cats are obligate carnivores—they must eat animals to be healthy. The guaranteed analysis on the back of the dry food bag doesn't differentiate between animal and plant proteins. Cats need animal proteins to get the appropriate amino acids. Plants either don't supply them (like Taurine), or they are in a form cats can't use.

THE PROBLEM WITH CARBOHYDRATES

Cats have very little of the enzyme needed to digest carbohydrates. That's because their natural prey are less than 2% carbohydrates. Cats aren't designed to utilize carbohydrates for energy. Carbohydrates raise blood sugar in cats, and increase the likelihood of diabetes. Dry food by its very construction is higher in starches (as much as 50%) than cats should be eating.

HIGH QUALITY WET FOOD SATISFIES HUNGER

Because cats are designed to eat prey animals, their system recognizes animal protein and animal fat as foods that satisfy the body's needs. If their diet has significant amounts of carbohydrates they will eat more—their body won't be satisfied by those carbohydrates so they will not be satiated, they will want to keep eating to get the levels of protein and fat they need. This easily causes obesity, which puts them at greater risk for diabetes and other endocrine disorders, as well as putting more strain on their joints.



DRY FOOD DOESN'T CLEAN THEIR TEETH

Dry food doesn't clean cats teeth. In fact, the carbohydrates in dry food contribute to an unhealthy mouth and increase the likelihood of dental problems developing.

Pet Food Stores like Dexter's Deli have educated their in-store teams and can help you make good choices on what is healthiest for your pet.

Article by Margarat Nee of Dexter's Deli

Do you want to know more about what's going on with pet food recalls and why some pet foods cost more than others? Go to <https://dextersdeli.com/category/pet-food-insider/>



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When Barking Becomes a Problem

Last month, when our family visited a pet adoption fair, we immediately fell in love with Armani, a scruffy dog rescued from the streets of Tijuana. The rescue group warned us that he was known to bark when left alone at home, but it was love at first sight and nothing would deter us from making this creature with the kindest eyes part of our family. Besides, as a veterinary hospital manager, I knew I had the freedom of bringing my pet to work. How bad could it be?

Armani was calm, gentle, and became extremely attached to me almost immediately. Despite my husband being the one who walked him and fed him, and the person who was home almost all the time with him, Armani seemed positively smitten with me. He was perfect. There was only one problem: Armani was terrified of being left alone and he barked non-stop. And when you live in a tiny condo in Pacific Beach, incessant dog barking is something your neighbors definitely notice! After talking to my veterinarians at work and doing a lot of reading, I learned that barking is one of the most difficult behaviors to correct and one of the most common reasons that pets are surrendered to shelters. Through several weeks of hard work, my husband and I found some helpful ways to curb problem barking:

- 1. DO NOT REWARD BARKING.** Many dogs bark to gain attention. If you give the dog attention by yelling at them, you are unwittingly rewarding the barking. Wait for a moment when the dog ceases to bark, and then reward their silence.
- 2. GET TO KNOW THE ENVIRONMENTAL CUES THAT CAUSE YOUR DOG TO BARK AND ADJUST THE ENVIRONMENT ACCORDINGLY.** If the dog barks at the window as people walk by, block the view of the window. If the dog barks when left alone in the yard, perhaps the dog would be happier in the house. If the dog barks when home alone, perhaps there is some separation anxiety occurring and you can try anti-anxiety remedies.



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Some of these include:

- A spray, collar, or plug-in diffuser filled with soothing pheromones to calm anxious dogs
- Soothing music (including many dog calming playlists on your favorite music app) or pet television stations
- Leave an article of worn clothing with your scent on your dog's bed to snuggle while you are away
- Interactive toys, including toys stuffed with treats, dog puzzles, and frozen treat mats
- Compression shirts that act as a nice warm hug to calm dog nerves
- Medications to soothe anxiety, such as Clomicalm or mild sedatives, both under the direction of a veterinarian

3. TRAIN FOR THE BEHAVIOR YOU WANT. Yes, training is a big time commitment, but it can be very effective. In short, you are working to rewire your dog's brain for the desired behavior. By starting with simple obedience commands (sit, down, stay), you are teaching the dog that requested behavior is rewarded and the dog will be more apt to obey the commands you give (i.e. it will be much easier to introduce a "no bark" command and have the dog obey), and the dog will be more likely to stop behaviors (like barking) that do not garner him your praise and attention.

In our case, we tried all of the above solutions and found the most helpful to be training Armani with positive rewards. We purchased a live-feed pet camera with two-way audio (it shoots treats to your dog with the push of a button on a phone app!) and then left Armani alone while we watched from outside. In the beginning, it was rough: Armani might only be able to be left alone for a few minutes before the incessant barking would start. But, we stuck with it and within a few weeks, Armani was up to 1 hour alone with no barking. When we viewed him sleeping peacefully on the couch through our pet camera, every minute spent training him and trying different things to curb his anxiety was completely worthwhile.

Article by Dana Short of Lifetime Animal Care Center



Why Shouldn't I Let My Cat Outside?

Many people ask themselves why they shouldn't let their cat outside. For many new cat owners, they see the outside as an opportunity to allow their cat to be a cat and experience the freedom of the outdoors. For some, seeing their pet chase birds and mice, and run freely through the grass is an experience they feel all cats should be able to enjoy. So what does a cat miss by not going outside? Any cat, even if enclosed in a fenced yard, can experience predators, such as large birds, dogs and coyotes. A coyote can climb a fence or even jump it or knock it down, swiftly steal a cat and have it for lunch, right under the owner's nose. Coyotes are natural predators and since the recent fires, coyotes have moved into more residential neighborhoods looking for food. Many homes have fences in poor repair, which can allow for neighborhood dogs to come into one's property and maul a cat. Owners who think their cat is safe in their own yard can be sadly mistaken. A mauled and injured cat can create veterinary bills that one would need to take out a line of credit to pay, and many pet owners would have to make the choice to euthanize rather than sink into debt to take care of their pet.

For others, the neighborhood can be a haven for feral or stray cats that are positive for Feline Leukemia and/or Feline AIDS. If one's cat comes into contact with a stray that is carrying the virus, the virus can be transmitted several ways. For the Feline AIDS virus, direct cat to cat contact is the usual source of transmission, but for the Feline Leukemia Virus, a cat can contract the deadly disease just by being in the vicinity of a cat that is positive for the virus. Although there are vaccinations against these diseases, those are not always 100% effective, and owners who let their cats outside are inviting the terminal disease to come and infect their kitty.

Outdoor cats can be hit by cars, poisoned by people, shot, contract skin fungus, get into fights, stolen, contract fleas, contract ear mites, get abscesses from bites and a slew of other unsavory disorders. Meanwhile, indoor cats are much safer by far than their outdoor counterparts, being exposed to the above conditions rarely while inside. As responsible pet owners we must ensure that all pet cats remain indoors at all times. Imagine hearing your cat being eaten by a coyote or other predator and being helpless to save your kitty.

Consider the dilemma of being told your kitty is now positive for the Feline Leukemia or Feline AIDS virus and knowing you could have prevented the death sentence by keeping your cat inside. Indoor cats can live an average of 10 years longer than an outdoor cat; doesn't your kitty deserve to have a longer and healthier indoor life?

*Article by Friends of Cats
for more information go
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<http://ow.ly/8ElAb>

Disaster Preparation Tips

Preparation in case of a disaster can save you and your pet's life. Here are some tips that can help:

- 1.** Always keep a collar and complete [name, phone, address]s tag on your pet. Ensure all your pets are microchipped.
- 2.** Begin a “buddy system” with your neighbors, so they can check on your animals if you are away during a disaster.
- 3.** Keep an extra week's supply of any, pet food, needed medications and water on hand.
- 4.** Take photos of your animals and keep them with you and in a safe place for referral.
- 5.** Keep a leash, collar, photos and other ID with an animal carrier for an emergency evacuation.
- 6.** Know the locations of the animal shelters in your area in case you need to look for your pet.
- 7.** Make sure your have a “family plan” in case of a community disaster.



Keeping Healthy Balances for Your Home, Your Yard and Your Pets

If you've had a dog or two for many years, and all seems to be fine within the back yard landscaping ... good for you! But things do change. Maybe you've gotten older [like me] and that bending over or on your knees to weed is

not so easy anymore. Maybe it's time for more raised garden beds? Undoubtedly an aging pet might now choose easier places to lie in the sun or shade ... or perhaps you now have a new pet?

Getting to Know Your Pet and the Yard

It has been my experience that each dog has its own unique ways. With each new pet it is extremely important to monitor their behavior in your yard for a while. Safety issues for all are at stake.

Jack [The terrier] arrived at our house with full-blown issues about balls. In the house, he was fairly respectable. However, outdoors he managed to find balls that must've been buried out there for years and became the "yard terrorist!" He dug and replanted and when balls were taken up, dug for rocks and replanted again. The final straw was his jumping in the pond with a ball he'd snatched and swimming around with the koi following behind as entourage! Yes, it was off to training school then and monitoring his outdoor time until he moved away from this.

Annie, the Yorkie Poo, a mellow puppy at first, until the discovery that she had a big taste for Lantana, an attractive but toxic shrub. I'd never had this problem before, but no amount of fencing around or cutting back kept her from going after it. Thus, all were removed from the back yard. Some dogs may have a yen for plants you'd never imagine so please google any plant you see them chewing on and check out www.petpoisonhelpline.com.

Then there may be your new big dog that just "bumbles" over your camellias, flattens your daffodils and requires those sweet peas only to survive in hanging baskets. Watch and adapt to fencing or removal to a better spot or pot. It's a Love Thing.

Safety Inside and Outside for your pets

One thing pertinent is the need to make sure your efforts to have an orderly pest free garden meld with the safety of your pet. If you eliminate or reduce pesticides in your garden, you will be doing

yourself, your garden, your pets, and the world A BIG FAVOR and a chance at a healthier life.

Remember Your dog's nose is on EVERYTHING! It's how he "reads." Your kitty, even if indoors, often rubs against your decorative plants as well. Chemicals can be ingested when they groom their fur and paws, roll around or dig in the yard.

In your yard, birds, bees and other creatures pollinate some of your plants and feed on what's around them. You WANT them there to keep a healthy natural balance in your yard...and besides they are lovely.

Many pesticides are now suspect for a number of allergies and health issues in our pets. Even walking your dog in park areas should require an afterward paw wipe down if you think they use weed killers. Dogs and cats can be at high risk for poisoning depending on age, size, and health.

Some Natural Pest Controls

Look for pet safe products such as diatomaceous earth which can eliminate pests such as ants, mites and flea infestations in your yard and even in your home, Go to <https://draxe.com/diatomaceous-earth/> to see all uses and application information.

Got Snails? After all this rain, your garden may have provided a "Snail Heaven." Old remedies include placing scattered citrus peels or broken eggshells for their nightly crawls. You may find many the next morning perched on these and ready for disposing of. "Fight fire with fire!" Try the decollate snails which will not eat much in your garden, but do eat the eggs and young of brown helix snails ... the ones who eat everything. These are available for sale at some local nurseries. One other possibility: Allow the strange looking neighbors in...Possums! While usually looked on as a problem, possums can eat their weight in snails and will also go after those pesky rats that may be hanging around munching on your fruit and wreaking havoc.

Flower Power: Chrysanthemums, nasturtiums, marigolds, and petunias repel many pesky bugs around your vegetable garden. Also, many strong smelling herbs and shrubs such as mint, rosemary, opal basil, coriander and lavender planted throughout the yard will repel insects. Choose your herbs carefully making sure to leave plenty of space for the "spreaders" like mint and oregano. As for lavender, although people love the smell, mosquitoes, flies and other insects hate it. I heard of one lady who has planted lavender on both sides of a narrow backyard path and as her dogs run in each evening, they are delightfully pest repellent and fragrant!

Paying attention to what is going on in your environment and thinking in new ways to make it better may be the key to a happier healthier home for you and your pets.

Article by Judy Macomber. For more information on gardening, you can visit www.mastergardenersd.org or contact Judy at 760.631.7886

Three Simple Shifts to Improve Your Pets' Nutrition

Dogs and cats are very resilient creatures and we have seen that they can survive on very little nutrition. Many pet parents purchase the same bag of pet food each month, trusting that it is complete and balanced as it states on the bag, and not giving it much further thought. If this is you, you're not alone. And if you are reading this article, you probably have a sense that there may be more you could be doing to potentially increase your pet's longevity and well-being.

Fifteen years ago, I discovered that there is a gaping chasm between the quality of one brand to the next, and that the guidelines for creating a pet food allow for health degrading ingredients to be commonly used in pet diets. As a very protective pet momma, this fact really struck a chord with me and it is what led me to creating Pupologie.

For further exploration on pet food guidelines and the truths about the ingredients, I highly recommend Susan Thixton's blog www.thetruthaboutpetfood.com and I encourage you to watch the documentary *Pet Fooled*, which is available on Netflix.

1. THINK ROTATION AND VARIETY

One of the simplest ways to improve your pets' nutrition is by offering variety! A variety of nutrients from a variety of sources is biologically what our pets are built for. Dogs became "man's best friend" as descendants of wolves. Wolves hunt in packs eating a variety of prey and scavenging. As they integrated into man's best friend, they would eat whatever man would eat. Leftover scraps from the camp and the dinner table. Cats are pure predators and still to this day hunt whatever prey they can get their paws on if permitted to do so.

The pet diet as we know it today is built upon modern convenience, rather than what your pet actually needs. We've been lulled into thinking that if it states "complete and balanced" on the bag, then it must be sufficient. Further perpetuating that idea are commercials with slogans like "Good for the life of your pet" and a gross misrepresentation of true nutritional education within the Veterinarian curriculum. And over the last 70 decades, as we have come to accept the modern way of feeding our pets, we are witnessing a shortening of their expected lifespan and an increase of ailments that were once unheard of in pets.

Adopt a habit of choosing a minimum of three base diets and cycle through them. A base diet can be any pre-made commercial diet or a homemade diet using a balanced recipe. It is a myth that changing your pet's diet is "bad" for them. To avoid any stomach upsets, the key in introducing anything new in your pet's diet is slow and steady. I recommend adding a 1 part portion of the new food with 3 parts of the familiar food for the first time. Do that for about two



to four feedings and monitor your pet. Check their stools. If there are changes such as extreme stool softening, continue to feed this ratio until the stools become firmer. Once the stools are regular, move forward with a 1 part new to 2 part familiar for two to four feedings. Continue increasing the ratio of the new food, decreasing the ratio of the familiar food and monitoring the stools until you are able to fully integrate over to the new food with no stool issues. Do this any time you are introducing new foods and eventually you will be able to cycle between the different foods, switching back and forth, as often as you'd like.

If you find that the new food doesn't really produce a happy pet with a happy stool, do not be alarmed and do not give up hope. Every pet has unique needs and finding the proteins and other ingredients that jive well with your pet is a simple process of trial and error.

2. SUPPORT THE GUT

A happy gut is foundational in keeping all other systems functioning. Focus on ensuring there is a flourishing array of gut flora and healthy gut lining. I recommend adding in pre and probiotics as a routine mix-in daily or at least 3 times a week. To support the gut lining add in bone broth two or three times a week as well. Bone broth helps to heal any little tears or holes in the gut that may have occurred and it has a slew of other health benefits, including joint support.

Three Simple Shifts to Improve Your Pets' Nutrition, continued

3. ADDRESS TAURINE AND HEART HEALTH

There is currently evidence in recent studies that the standard requirements for dog foods to be labeled “complete and balanced,” is lacking an important amino acid called Taurine which is connected to heart and eye health. It has been a requirement in cat food for decades, however it was deemed unnecessary for dog food. The evidence that is currently under investigation is showing that some dogs are having heart issues linked to lack of taurine. The guidelines will likely be changed to accommodate these findings once they have conclusive evidence, but until then, there are natural sources you can add to your pets' diet to ensure your pet has plenty of this amino acid.

- Sardines and Salmon
- Organ meats such as giblets, liver, heart, kidneys
- Dark meat
- Clams and Mussels
- Eggs

Add in any combination of the items on the list a few times a week and you will be covering your pets need for taurine, not to mention they will thoroughly enjoy the deliciousness.

***Article by Denise Clifton, creator of Pupologie Natural Pet Market.
For more tips and resources visit www.pupologie.com.***



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One of the biggest misconceptions about rabbits is that they can be kept outdoors. It is the safest position that rabbits should be kept indoors, with their humans, as a member of the family.

In the past, it was not uncommon for rabbits to be kept outside in hutches; perhaps because they were considered to be “messy.” Many people are surprised to learn that rabbits can be litter box trained, and are actually very good about keeping themselves clean. Spaying and neutering will in most cases eliminate the territorial marking that your bunny may do outside of their litter box.

In many cases, domestic rabbits and wild rabbits are thought to be interchangeable, with the theory being that a domestic rabbit will instinctively know how to take care of itself in the wild. The fact is, domestic rabbits and wild rabbits are two completely different species. A domestic rabbit that is allowed to run loose, or is turned loose, into the wild will have no idea as to how to defend itself or hide from predators.



ADOPT DON'T SHOP

San Diego House Rabbit Society
asks you to consider the following this Easter season.

Every year, families are surrounded by images of baby bunnies for Easter. This can influence them to purchase a bunny on impulse from a swap meet or pet store.

San Diego House Rabbit Society recommends:

- Take time to research rabbit care, including indoor housing, spay/neuter, diet and litter box training
- Wait until your children are 7 years old before adding a rabbit companion to your family.
- Adopt your new rabbit companion from a local shelter or rabbit rescue, already spayed/neutered and health checked by a veterinarian.

Visit www.sandiegorabbits.org/rabbit-care
4807 Mercury Street, Suite A
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If you've ever owned a rabbit, you know how quickly that they can go from being completely healthy to being gravely ill. A rabbit that is kept outside of the home likely will not have the advantage of getting noticed right away if they are not eating, drinking, or using their litter box. It is imperative that rabbit owners keep close tabs on their rabbits health, and having them indoors with you is the best scenario for this to happen.

There are many different ways to set up a home for your bunnies indoors. Classes are available such as Bunny 101, held every Saturday at San Diego House Rabbit Society from 10:30 - 12:30 You will learn what's safe and healthy for your new pet ... and how much fun they can be!

Article by San Diego House Rabbit Society. Founded in 1992, This is the only rabbit specific shelter in San Diego County. Along with our partner rescue in Riverside County, Lucky Bunny Rabbit Rescue, we found homes for over 300 rabbits in 2018. For more details, or to see our adoptable rabbits, please visit www.sandiegorabbits.org.





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Jack

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~Dawn Celapino



Vegas

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Deeply loved and always in our hearts.

~Brian and Joanne Matsumoto

Robbie,

I feel so fortunate that you chose us to be your family and share your life with. You loved every one of us unconditionally and were always there to greet us home every day and comfort us when needed. You conveyed a love that is hard to describe and impossible to match.... RIP Dear Friend

~Dr. Reyzan Shali and Family



Allergic Reactions— A Constant Threat all Pet Owners Should Be Aware of

One of the most common conditions we see dogs (and to a much lesser extent cats) present to the emergency hospital with are allergic (hypersensitivity) reactions. Allergic reactions can come in many shapes and sizes so this article will hopefully help you to better understand the different types of allergic reactions and the necessary steps you should take to help manage these conditions.

There are 4 types of hypersensitivity reactions, but for the purpose of this article we will only be focusing on type I. Type I hypersensitivity reactions can range from mild itchy skin to a life threatening condition known as anaphylactic shock. In order for this to occur, the animal needs to be exposed to an antigen (or foreign substance) which then triggers a cascade of events involving the immune system. The most common antigens responsible for hypersensitivity reactions in dogs are food, insects and drugs.

Once the animal is re-exposed to the same antigen, it will either process it without any adverse effects or trigger an inappropriate response involving a number of complex pathways in the immune system. The most common organ to become affected in most cases of mild allergic reactions is the skin. Symptoms tend to include itchy



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Allergic Reactions—

A Constant Threat all Pet Owners Should Be Aware of, continued

skin (often seen with food allergies or atopic dermatitis) to more noticeable features such as hives, redness and swelling of the face (seen most often with insect bites and reactions to vaccines).

With anaphylactic reactions, a more severe allergic reaction takes place within the body due to the result of multiple compounds (such as histamine) being released into the blood stream all at once. The most common cause for anaphylactic reactions in dogs is bee stings, and the temperate climate in San Diego makes this a constant threat for dogs living in this part of the country.

Since dogs have a higher concentration of these compounds in their liver and intestinal tract, one of the first symptoms you will see with an anaphylactic reaction in dogs will be vomiting and diarrhea which occur within seconds of exposure to the antigen. If the reaction persists, the blood pressure will drop and the animal may become weak and collapse. Without immediate treatment, death can occur within minutes. Cats tend to react differently than dogs when it comes to anaphylactic reactions, and respiratory distress (labored/open mouth breathing) tends to predominate.

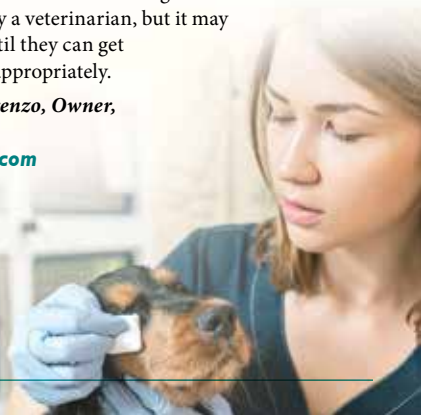
The best treatment option for cases of mild allergic reactions is avoidance of the antigen that started it in the first place. This is the rationale for special diets for dogs with food allergies, where they utilize either a protein source that the dog's body has never been exposed to (novel protein diet) or a protein that has been broken down into small pieces that avoids detection by the immune system (hydrolyzed diet). In cases where avoidance cannot always be guaranteed (such as bee stings or atopic dermatitis), treatment in the form of antihistamines, steroids and other drugs that alter the immune system are usually effective at managing symptoms.

In the case of anaphylactic reactions, anti-histamines and steroids are typically not enough to overcome the symptoms and these animals require immediate life saving treatments such as intravenous fluids and medications to improve and stabilize blood pressure. This is why it is vital to always have your dog seen immediately by a veterinarian if he/she develops sudden onset of vomiting or diarrhea followed by weakness and collapse.

Anytime your pet has demonstrated a reaction to a certain antigen, they will likely have a similar or worse reaction in the future if re-exposed. Some vets may prescribe an Epi-Pen for dogs who have had a previous anaphylactic reaction to a bee sting. This is not a substitute for having your pet seen by a veterinarian, but it may buy them enough time until they can get them to a vet and treated appropriately.

**Article by Dr. Scott DiLorenzo, Owner,
Animal Urgent Care**

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Holiday Pet Hotel & The Cat's Pajamas 760.753.6754
 551 Union Street (off I-5) • Encinitas Your Pet's Resort & Spa K-9 Day
 Camp! www.holidaypethotel.com See Display Ad Page 4

Sydnees Pet Grooming SydneesPetGrooming.com
San Marcos 760.510.6690
Solana Beach 858.704.4112
 "Creating a Healthy Life with Amazing Style " See Display Ad Page 2

HOLISTIC THERAPY

Alley Cats Mobile Veterinary Services 858.204.1331
 Providing compassionate medical care for your cat in your home
 Preventative medicine, acupuncture/laser, at home cat euthanasia
alleycatsvet.com, alleycatsvet@gmail.com See Display Ad Page 23

Cutting Edge K-9 Rehab 619.227.7802

Swim Therapy, Injury/Post-Op Recovery www.cuttingedgek9.com
See Display Ad 33

Lifetime Animal Care Center 858-274-1760

4250-C Clairemont Mesa Blvd. • San Diego, CA 92117
Preventive Wellness, LaserTherapy, Veterinary Medical Manipulation
www.lifetimeanimalcare.com See Display Ad Page 34

Sit. Stay. Heal.

Jessica Cantrell, DVM, PhD, cVMA 602. 717.0055

Acupuncture, Electroacupuncture, Massage, Physical Therapy, Herbal
Medicine Serving North County San Diego and surrounding areas
www.sitstayhealvet.com See Display Ad Page 27

HOLISTIC PET SUPPLIES

BlackWingFarms.com 760.742.3434

Botanical remedies for your pet. Improve behavior problems for all
animals.

Dexter's Deli www.Dextersdeli.com

Carlsbad 760.720.7507

2508 El Camino Real #B-2 Carlsbad, CA 92008

Del Mar 858.792.3707

1229 Camino Del Mar Del Mar, CA 92014

North Park 619. 738.8677

3773 30th Street San Diego, CA 92104

3 Locations! Specializing in Natural and RAW Food Diets. Your
neighborhood pet store with a twist. If your pet has problems, Dexter's
Deli has solutions. Dextersdeli.com See Display Ad Inside Front Cover

Gourmet Pet Food www.healthypetkitchen.com

100% USDA, All Natural Ingredients Cat and Dog food made fresh daily
in our kitchen!

Paw Country 619.463.1134

5652 Lake Murray Blvd. La Mesa Blvd 91942 Our passion is the health
and well being of every pet! Holistic pet supplies, supplements and more.
www.welcometopawcountry.com See Display Ad Page 25

Pets Plus www.petsplusca.com

Vista 225 Vista Village Drive 760.295.0725

Escondido 415 W Felicita Ave #8 760.738.5200

A family-owned business since 1988, we are committed to providing our
customers with products and service that exceed their expectations!
Offering a complete line of quality pet foods and supplies. Raw Food
Specialists. See Display Ad Page 26

Point Loma Pet Pantry 619.222.1986

3704 Voltaire St #108 San Diego Ca 92107 A knowledgeable staff to
answer questions about your companion animal's well being! Holistic Pet
supplies, supplements and more. Check us out on Facebook!
See Display Ad Page 25

Pupologie www.pupologie.com

Encinitas 760.436.1226

123 N El Camino Real, Encinitas, CA See Display Ad Page 41

Oceanside 760.435. 0912

2570 Vista Way Oceanside, CA Pupologie is a pet food shop with soul!
Our products are curated with love and intention. We only carry locally
crafted and small scale brands that prioritize honesty and sustainability
over profits and margins. We are on a mission to empower pets and their
people to flourish. See Display Ad Page 41

Sit. Stay. Heal.

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Acupuncture, Electroacupuncture, Massage, Physical Therapy, Herbal
Medicine Serving North County San Diego and surrounding areas
www.sitstayhealvet.com See Display Ad Page 27



HOTELS/AIRBNB—PET-FRIENDLY

Andaz Hotel San Diego 619.849.1234

600 F St, San Diego, CA 92101

www.SanDiego.Andaz.com Treats For All in the Lobby!

La Jolla Village Lodge 858.551.2001

1141 Silverado Street • La Jolla 92037 **www.lajollavillagelodge.com**

Marriott Hotels 619.234.1500

333 W Harbor Drive, Downtown • San Diego, CA

www.marriott.com

Ocean Villa Inn on Dog Beach 619.224.3481

5142 W. Point Loma Blvd. • San Diego

Great accommodations for you and your pet! Fenced dog runs. Doggy wash area, Doggy treats in lobby. **www.oceanvillainn.com**

Stone Post Inn Dog Friendly Air BnB

in Fallbrook CA 760.859.7449

www.airbnb.com/rooms/26947597

Sofia Hotel 800.826.0009

150 West Broadway • San Diego, CA 92101 **www.thesofiahotel.com**

West Inn and Suites 760.448.4500

4970 Avenida Encinas, Carlsbad, CA **www.westinandsuties.com**

Dog & Cat Friendly Rooms

PET FRIENDLY INSURANCE

Linda Newell State Farm Insurance. 858.481.1436

Over 30 years of State Farm Association, Animal Rescue Volunteer,
National Spokesperson for Dog Advocacy **service@sfnnewell.com***See Display Ad Page 2*

OUTDOOR FUN

Country Kennels Boarding and Dawg Waterpark . . 951.677.6031

25817 Washington Ave, Murrieta, CA 92562 Diving Classes, Open Swim
Hours **www.countrykennelsca.com** *See Display Ad Page 61*

Leash Your Fitness 619.822.3296

www.LeashYourFitness.com Hang with us on FaceBook & Instagram

PET SITTING SERVICES/ DOG WALKING

NORTH COUNTY

Fawn's Critter Care 760.518.1174

www.fawnscrippers.com

Just Four Paws 760.688.9344

The Care Your Pet Deserves. Proudly serving pet owners for more than
10 years. Bonded, Insured. Melissa Williams, B.S. in Veterinary Science.**www.justfourpawssandiego.com**

Paw Tails Pet Sitting 858.603.9925

Pawtailspetsitting.com Accredited Biz BBB, Pet CPR & 1st Aid,
Bonded, Insured, NAPPS.

SAN DIEGO ALL AREAS

Divine Pet Care 858.397.8338

Pet Sitting, Dog Walking, Dog Play Groups, Overnight Care
Licensed Insured Bonded Veterinary Nurse/ Personal TrainerExtraordinary Qualifications/ References **www.DivinePetCare.com***See Display Ad Page 12*

CENTRAL SAN DIEGO

Home Away From Home 619.302.2521

Private Training, Licensed, Bonded, Insured Day Care

www.HomeAwayFromHomeK9.com *See Display Ad Page 11*

EAST COUNTY

Santee Critter Sitting 619.938.3534
www.santeecrittersitting.com

SOUTH COUNTY

Fuzzy Buddies Pet Sitting 619.934.0454
Serving Chula Vista, Eastlake, and Surrounding Areas
See Display Ad Page 46
www.fuzzybuddiespetsitting.com FuzzyBuddies@cox.net

PET SUPPLIES / STORES / ONLINE

Dexter's Deli www.Dextersdeli.com
Carlsbad..... **760.720.7507**
 2508 El Camino Real #B-2 Carlsbad, CA 92008

Del Mar.....**858.792.3707**
 1229 Camino Del Mar Del Mar, CA 92014

North Park.....**619. 738.8677**
 3773 30th Street San Diego, CA 92104
 3 Locations! Specializing in Natural and RAW Food Diets. Your neighborhood pet store with a twist. If your pet has problems, Dexter's Deli has solutions. **Dextersdeli.com**
See Display Ad Inside Front Cover

Dog Beach Dog Wash 619.523.1700
 4933 Voltaire Street, San Diego **www.dogwash.com**
See Display Ad Inside Front Cover

Paw Country 619.463.1134
 5652 Lake Murray Blvd. La Mesa Blvd 91942
 Our passion is the health and well being of every pet! Holistic pet supplies, supplements and more. **www.welcometopawcountry.com**
See Display Ad Page 25

Pets Plus **www.petsplusca.com**
Vista 225 Vista Village Drive**760.295.0725**
Escondido 415 W Felicita Ave #8**760.738.5200**
 A family-owned business since 1988, we are committed to providing our customers with products and service that exceed their expectations! Offering a complete line of quality pet foods and supplies.
See Display Ad Page 26

Pet Supply..... 619.292.2467
 4440 Bonita Road, Bonita, CA 91902 Serving all of Southern California

Point Loma Pet Pantry 619.222.1986
 3704 Voltaire St #108 San Diego Ca 92107 A knowledgeable staff to answer questions about your companion animal's well being! Holistic Pet supplies, supplements and more. *See Display Ad Page 25*

Pupologie **www.pupologie.com**
Encinitas..... **760.436.1226**
 123 N El Camino Real, Encinitas, CA *See Display Ad Page 41*
Oceanside.....**760.435. 0912**

2570 Vista Way Oceanside, CA
 Pupologie is a pet food shop with soul! Our products are curated with love and intention. We only carry locally crafted and small scale brands that prioritize honesty and sustainability over profits and margins. We are on a mission to empower pets and their people to flourish. *See Display Ad Page 41*

Purrfect Wear—Dogsrockme@gmail.com
 Find us on Etsy at PurrfectPawCreations

Wee Companions Adoption Center and Store
 3368 Governor Dr., San Diego 92122 (right of Sprouts) New and gently used items. Open Wed 4-8pm and Saturday 11am-4pm. Check **weecompanions.org** **[calendar](#)**



PET FRIENDLY REAL ESTATE / RENTALS

Coastal Premier Properties 858.755.HOME (4663)

Shanda.macomber@gmail.com

Part of my commission goes to the animal organization of your choice.

See Display Ad Page 61

RESTAURANTS—PET FRIENDLY

Backyard Kitchen & Tap 858.859.2593

832 Garnet Avenue, San Diego, CA www.backyardpb.com

Go to our site for pet-friendly event schedule

Baja Betty's 619.269.8510

1421 University Ave., San Diego, CA 92103 www.bajabettyssd.com

Café 1134 619.437.1134

1134 Orange Ave., Coronado, CA 92118 www.cafel134.net

Caffe Italia 619.234.6767

1704 India St., San Diego, CA 92101 www.caffeitalialittleitaly.com

Fred's Mexican Cafe Old Town 619.858.8226

2470 San Diego Ave, San Diego Ca 92110

www.fredsmexicancafe.com

Potato Shack 760.436.1282

120 W. "T" Street • Encinitas, CA 92024

Rocky's Doggie Café 619.299.7012

5500 Gaines St. • San Diego, CA 92110 (at San Diego Humane Society)

SWIMMING / REHAB

Country Kennels Boarding and Dawg Waterpark . . 951.677.6031

25817 Washington Ave., Murietta, CA 92562 Diving Classes, Swim Hours,

Private parties www.countrykennelsca.com See Display Ad Page 61

Cutting Edge K-9 Rehab 619.227.7802

Swim Therapy, Injury/Post-Op Recovery www.cuttingedgek9.com

See Display Ad Page 33

THRIFT SHOPS

Last Chance at Life All Breed Rescue Thrift Store. . 760-547-6839

3296 Mission Ave Oceanside, CA 92058

Your purchases and donations help us to save the lives of homeless pets with medical needs thriftstore@lastchanceatlife.org

Rancho Coastal Humane Society Thrift Shop 760.753.0970

120 Aberdeen, Cardiff, CA 92007 Your purchase will help save a life!

www.sdpets.org See Display Ad Page 21

VACCINATION CLINICS/SERVICES

Paws 4 Shots

Offering vaccines, HomeAgain microchips, annual exams, and annual lab testing. We sell flea/tick and heartworm preventatives. We also offer allergy treatments (Rx diets, apoquel and cytopoint injections). Visit our website for locations, dates and times www.paws4shots.com or email

us at paws4shots@gmail.com See Display Ad Page 45

VETERINARIANS— HOME EUTHANASIA SERVICES

Alley Cats Mobile Veterinary Services 858.204.1331

Providing compassionate medical care for your cat in your home

At home euthanasia (cats only) alleycatsvet.com, alleycatsvet@gmail.com

See Display Ad Page 23

VETERINARIANS / HOSPITALS & MOBILE SERVICES

Alley Cats Mobile Veterinary Services 858.204.1331

Providing compassionate medical care for your cat in your home
Preventative medicine, acupuncture/laser, at home euthanasia
alleycatsvet.com, alleycatsvet@gmail.com *See Display Ad Page 23*

Animal Emergency Clinic 858.748.7387

12775 Poway Road, Poway www.animalemergency.com

See Display Ad Page 57

Animal Urgent Care and Specialty Group 760.738.9600

2430-A S Escondido Blvd, Escondido, CA *See Display Ad Page 47*

East & West Animal Hospital 760.295.0550

750 S Rancho Santa Fe Rd, San Marcos, CA 92078 Western & Holistic
Services

Lifetime Animal Care Center 858-274-1760

4250-C Clairemont Mesa Blvd., San Diego, CA 92117 Preventive
Wellness, LaserTherapy, Veterinary Medical Manipulation

www.lifetimeanimalcare.com *See Display Ad Page 34*

Otay Vet Clinic 644.623.7999

Affordable Low Cost Veterinary Services—Member SDVMA
& AOVET—Specializing in Orthopedic Surgery—Laser Therapy

www.otayvet.com *See Display Ad Page 37*

Pacific Animal Hospital 760.757.2442

2801 Oceanside Blvd., Oceanside, CA 92054

www.pacificanimalhospital.com

Sit. Stay. Heal.

Jessica Cantrell, DVM, PhD, cVMA 602.717.0055

Acupuncture, Electroacupuncture, Massage, Physical Therapy, Herbal
Medicine Serving North County San Diego and surrounding areas

www.sitstayhealvet.com *See Display Ad Page 27*

Torrey Pines Animal Hospital 858.720.8724

3890 Valley Centre Dr., #101, San Diego, CA 92130 **www.TPAH.vet**

Boarding at a full-service animal medical care facility.

See Display Ad Page 43



*"Sorry. Using my paws to clean myself
just isn't my style."*

Calendar of Events

Monthly/Weekly

EVERY THURSDAY— **COUNTY OF SAN DIEGO DEPARTMENT OF ANIMAL SERVICES MICROCHIP, RABIES VACCINATION & LICENSING**
Clinics at both shelters. For more information go to www.sddac.com

2ND AND 4TH SUNDAY OF EVERY MONTH—**SAN DIEGO HOUSE RABBIT'S "HOPPY HOUR,"** Bring your bunny for a chance to play with other bunnies! Hoppy Hour is a great way to socialize your bunny and enrich their lives. It allows bunnies to interact with one another and develop their social skills. In order to participate, rabbits have to be spayed/neutered and free of illness for at least 30 days. Admission is \$10 per rabbit accompanied by up to 2 people per rabbit with a 3 rabbit maximum. If you want to bring additional guests, sponsor a shelter bunny for \$10 and get up to 2 more guests. Bring a cushion sit on (no chairs allowed due to safety hazard). Please note that space is limited—

Register to save your spot! go to: www.sandiegorabbits.org

WEEKLY—**Paws 4 Shots**—Vaccinations, annual exams, lab testing (heartworm, tick screening, annual profiles, fecals, vaccine titers and more), flea/tick and Heartworm preventatives and allergy treatments (Rx diets, Apoquel and Cytoint). For schedule and locations go to www.paws4shots.com/newpage381.pml

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One of the area's
most experienced pet
emergency hospitals
since 1985.

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Open 365 nights a year:
6 PM to 8 AM

24 hrs on
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SERVICES INCLUDE

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and animal bites

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Poway, CA 92064

(Across the street from Perry Ford,
at the corner of Poway Rd. &
Carriage Rd.)

858-748-7387

animalemergencysd.com

Calendar of Events

May

17TH-19TH—POODLES ON PARADE EXTRAVAGANZA WEEKEND!

Webb Park 16826 Bernardo Center Dr.

This event is open to all leashed, well behaved dogs of all breeds and mixed breeds. However, only poodles may participate in the parade and contests. This dog friendly event will be held from (event start times vary by day) at various locations throughout the weekend. Admission is Free

For more info PoodlesonParade@gmail.com

31ST TO JULY 4TH—DEL MAR FAIR—Pet organizations showcased in the barn with the big Whale painted on the front. Free PetLovers Publications available each day covering all S CA areas! 10am-7pm petting zoo, "farm pasture," small animal competitive exhibits and a focus on agriculture.

Get to know the animal organizations in your area!

June

6TH—THE 6th ANNUAL PAWS & PINTS LA JOLLA—6:30 pm - 9:00 pm

Held at The LOT, 7611 Fay Avenue, La Jolla, CA 92037 The event is hosted by La Jolla Veterinary Hospital at a beautiful venue in the heart of La Jolla Village. 100% of the event proceeds go to the two beneficiaries, The FOCAS Program at The Rancho Coastal Humane Society and The FACE Foundation. The event features fundraising through both silent and live auctions, a raffle, wine grab, ticket sales and more. The auctions and raffle items range from museum pieces, exquisite jewelry to San Diego sports team tickets and MUCH more! For more information

pawsandpints@lajollavet.com

8TH—FIDO FEST—550 Park Center Dr., Santee

Dog Adoptions, vaccinations, microchipping, dog licensing, heartworm and flea prevention, flyball, and a variety of other demonstrations, live entertainment, and a silent auction!

23RD —NATIONAL CAT PROTECTIONS SOCIETY'S OPEN HOUSE

in Spring Valley! Purr-use our kitten center, adult areas, and retirement home with an overhead walkway and do your special shopping at our bazaar! Raffles and silent auction prizes over refreshments. Free to public for information www.natcat.org

July

7TH—SUNDAY-14TH HELEN WOODWARD ANIMAL CENTER'S 7TH ANNUAL PAWMICON!

Bring your pup to this dog-friendly celebration of heroes big and small! Featuring costume contests for dogs and dog-and-owner pairs, meet adoptable pups dressed in costume, music, games, opportunity drawing, and more! All proceeds benefit the animals and programs at Helen Woodward Animal Center. www.animalcenter.org

14TH—HELEN WOODWARD'S DOG SURFING LESSONS—

begin this month, please see www.animalcenter.org for dates.

August

11TH—THE 14TH ANNUAL CARDIFF DOG DAYS OF SUMMER—

Experience the puppy love of Cardiff. At Encinitas Community Park. Over 100 dog-related vendors! This event-filled day includes a silent auction, blessing of the dogs, a canine agility course, live music, food court, kids zone, cool pool, and of course dog contests.

For more info please visit: www.cardiffdogdaysofsummer.com



September

8TH—HELEN WOODWARD'S SURF-A-THON

Get excited for our 14th Annual Surf Dog Surf-A-Thon presented by Blue Buffalo! The dog surfing event will take place at Del Mar Dog Beach.

You can join in on the fun this summer and teach your dog to surf! Helen Woodward Animal Center, in partnership with SoCal Surf Dogs, offers dog surfing lessons which will take place earlier in July [see above].

28TH—CELEBRATION OF SECOND CHANCES Held at Cape Ray Carlsbad Resort. An evening when the animals shine. Cocktail Hour, Dinner, Auction, Raffles, Live music, Special entertainment.
For information www.sdpets.org

29TH—BUNNYFEST, SAN DIEGO HOUSE RABBIT SOCIETY—

Balboa Park—Bunnies, bunnies, & more bunnies! Visit craft booths with rabbit-themed gifts, bunny games, kids' corner, Lagomorph Lounge and more! Food, games, activities, shopping and music! Free to the public. Bunnies welcome! www.sandiegorabbits.org

October

www.animalcenter.org/events/calendar/

1ST—BLUE BUFFALO HOME 4 THE HOLIDAYS PET ADOPTION CAMPAIGN—

A three-month adoption drive that saves the lives of orphaned pets and raised awareness about the importance of pet adoption during the holiday season.

www.animalcenter.org/home4theholidays

12TH—DOGFEST 2019—Gather your friends, family and dogs and head to Waterfront Park in San Diego on for the 6th annual DogFest San Diego featuring a dog-friendly beer & wine sampling garden! Entrance includes ten 4oz tastings of your choice from amazing local craft vendors.

Everyone is invited to join us for a day of fun, festivities, inspiring speakers, dog demonstrations, music, food and more! Registration is free. For info www.cci.org

22ND—Annual BOW WOW BRUNCH CRUISE—This cruise helps animals and puts smiles on the faces of many dog lovers in San Diego. A portion of proceeds will go to Helen Woodward Animal Center. For more info visit www.hornblower.com

TBA—Annual OCEAN BEACH CANINE CARNIVAL—

Dusty Rhodes Park. Pet Fair and Parade. Costumes Prizes, Vendors! For more info email OceanBeachKiwanis@gmail.com

November

23RD—9am-3-pm 11th Annual DOGGIE STREET FESTIVAL

San Diego-NTC Park at Liberty Station. Come and find your new best friend! Enjoy music, yummy eats, vet tips, speakers, pet products and services, kids' art area, special guests, and more. For more information please visit: www.doggiestreetfestival.org

December

16TH—GASLAMP HOLIDAY PET PARADE and 11TH ANNUAL VET+PET WEST.

Held at 401 K Street Adjacent to the Hilton San Diego Gaslamp Quarter. San Diego pet owners are invited to dress up their furried, feather and scaled pets for a special promenade throughout the Gaslamp, just for the holidays. www.holidaypetparade.com.



2020

January

25TH-26TH —FOOD AND WATER BOWL XXX CAT SHOW—Cat Show and Cat Product Booths, Rescue Cat Adoptions Unique Cat & Gift Items
Del Mar Fair Grounds, 2260 Jimmy Durante Blvd., Del Mar
www.sandiegocat.org

February

TBA—RANCHO COASTAL HUMANE SOCIETY'S ANNUAL 5K PAW WALK IN THE GARDEN—

Held in the San Diego Botanic Garden.
Walk in the garden with your pet! For info www.sdpets.org

23RD—PAWS IN THE PARK Held in Kit Carson Park to benefit San Diego Humane Society. Join us as we celebrate the bond between people and their pets and raise funding and awareness for animals in need. Fun event for the entire family—canines included. www.sdhumane.org

TBA—PUPPY LOVE 5K—For the pets and programs at Helen Woodward Animal Center. Fun activities for people and pups of all ages!
For info www.puppylove5k.kintera.org

March

28TH—BARK IN THE PARK—at Live Oak Dog Park in Fallbrook—
Join us in a community dog walk, and tour of Live Oak Park's lovely trails and the off-leash area, demonstrations/seminars. Good fun to be had with your furry friend and the whole family.
Check out www.liveoakdogpark.com for more info.

May

2ND—ANNUAL PUG PARTY—Pug Fun at the Del Mar Fairgrounds Infield Pavilion. Pug costume contests, vendors, "Ask the Vet," Pug Boutique, adoption info, Pug nail-clipping and facials, Pug Cafe. www.pugbutts.com

TBA—FRIENDS OF CATS CINCO DE MEOW

Tour our facility at 15587 Olde Highway 80
El Cajon, CA 92021 and celebrate with us. Raffle sign up available online!
For more information go to www.friendsofcats.org/

TBA—SD Humane Society WALK FOR ANIMALS—The walk will once again be held at NTC Park at Liberty Station, allowing for our 2 mile walk route with an optional 1/2 mile shorter route, and lots of space for doggie activities. San Diego's most anticipated Walk for Animals is gearing up for another terrific year. For more info please visit www.sdhumane.org

June

TBA—DEL MAR FAIR—Pet organizations showcased in the barn with the big whale painted on the front. Free PetLovers Publications available each day covering all S CA areas! 10am-7pm petting zoo, "farm pasture," small animal competitive exhibits and a focus on agriculture. Get to know the animal organizations in your area!

TBA—NATIONAL CAT PROTECTIONS SOCIETY'S OPEN HOUSE
Spring Valley!

Purr-use our kitten center, adult areas, and retirement home with an overhead walkway and do your Christmas shopping at our bazaar! Raffles and silent auction prizes over refreshments. Free to public.
For information www.natcat.org.

For the most recent updates on these and other events,
go to the calendar page of

www.Petloverspublications.com

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Agility Classes • Self Serve Dog Wash!

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Waterpark

Luxury Dog and Cat Boarding

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25817 Washington Ave
Murrieta, CA 92562

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