

pet connection

MAGAZINE

JAN/FEB 2020

Winter
Issue!

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Valentine's Gift Guide!
Snow Hikes with Fido
Cat Have Winter Blues?
Winter Dog Sports
Bunny Speed Dating
NY Resolutions
& LOTS MORE!

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with Hanson Subaru!



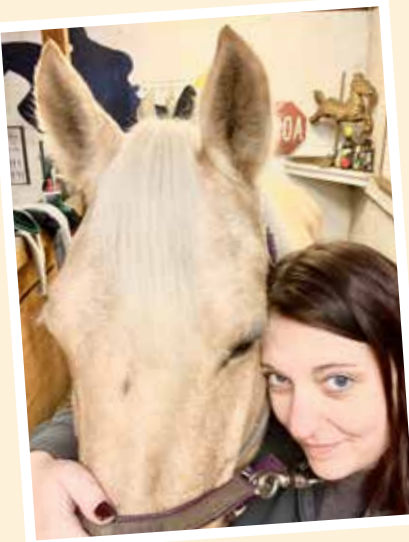
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From the Publisher



The new year comes with a new decade this year! Oh, the clean slate and the excitement of a fresh start! What intentions are you setting for the coming year? Love? Health? Having more quality time with your animals?

Before steaming ahead into your new year, sit down with your pets and enjoy the new issue of PCM. In this issue, learn about how Subaru helps Share the Love year-round, how you can celebrate Valentine's Day in the Pac NW, the best snow hikes to take with your dog, how to keep your cats active this winter, and why we love our pets. You'll also read about Tami Michaels of KOMO Radio, New Year's Resolutions, and this winter's pet-related events!

Best wishes for cold walks and hot coffee to you and yours!

—Sarah Bous-Leslie



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About the Cover!

Your adventure begins at Hanson Subaru with the redesigned 2020 Subaru Outback! The Harms family enjoys outings with their dog Jaxx, plenty of room for the whole crew!

pet connection[™] MAGAZINE

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HANSON SUBARU: Share the Love. Share the Connection. Share the Adventure.

by Tracy Campion

Photos by
Holly Cook Photography



Subaru is, by far, the most popular car choice for dog lovers. Subaru's commercials even feature dogs driving their award-winning line of vehicles, although this isn't a behavior that Hanson Subaru condones (but dogs are always welcome co-pilots!)

Family, friendship, and phenomenal service: That's what Hanson Subaru has proudly provided for the local community since their very first car sale. Thousands of sales, smiles, and adventures later, Hanson is excited to continue to treat its customers just like family. Located in Olympia, Washington, Hanson has been a family-owned and operated business for more than 45 years.

Whether you're a couple purchasing your first Subaru together, an adventurer whose dog is their co-pilot, or a family who has been buying Subarus for decades, there's a car for every driver – and Hanson looks forward to making you a part of their family.

sales and service employees have been at the company for more than two decades. Everything about Hanson has a family-friendly feel to it – and there's a reason why.

"We really are family here," said Sales Manager Rob Little. "The owners, Steve Hanson and his son, Vince, are on-site every day. They ensure that all of their employees are taken care of, and we help our customers – and their dogs! – feel the same way, too."

Hanson's sense of family extends to its local community, as well. Every year, Hanson has a food drive to help Senior Services for South Sound; this year, staff and volunteers pitched in to fill a 27-foot U-Haul with

much-needed food. "It's rewarding to give back this way," Rob said, "and it's something that we look forward to every year."

Subaru is, by far, the most popular car choice for dog lovers. Subaru's commercials even feature dogs driving their award-winning line of vehicles, although this isn't a behavior that Hanson Subaru condones (but dogs are always welcome co-pilots!) And they really enjoy it when their customers bring their dogs to the showroom. "We always keep treats on hand to give out to the dogs," Rob said.

Dogs give four paws up to Subaru's award-winning 2020 lineup, which includes the Ascent, Crosstrek, Forester,

Impreza, BRZ, WRX, the WRX STI, and the newly redesigned Legacy and Outback. There's a car for every driver, every dog, and every adventure just waiting to happen.

The Outback and Legacy were both redesigned for 2020 and sport notable changes in appearance and performance. The Outback's biggest changes for 2020 include a bolder grille, wider fenders, a hands-free power liftgate, heated seats, the model's first available WiFi hotspot, and an 11.6-inch infotainment screen. The Legacy's biggest changes for 2020 include a quieter, more comfortable cabin, increased agility and body stiffness, an improved infotainment system, increased fuel economy, more advanced safety features, and updates to the headlights, wheel arches, and grille, which yield a more streamlined look.

Hanson Subaru is proud to participate in Subaru's Share the Love event. For every new Subaru that was leased or purchased between November 14 through January 2, they donated \$250 to one of five charities and an additional \$50 to Senior Services for South Sound. As of this writing, 5,235 meals – and counting – have been donated to Senior Services for South Sound and Hanson has donated an additional \$16,875 thus far.

"At Hanson, we believe in being a positive force in something bigger," Rob said. "We believe in helping our community by our donations, our actions, and by setting an example for others to follow. We believe that the relationships that we're building should last a lifetime, and we strive to make sure that love is felt by our entire community."

For 2020, Hanson invites you to share the love, share the community connection, and share life's adventures in an all-new Subaru.

To experience the Hanson Subaru difference today, visit their website at www.hansonsubaru.com or visit their showroom today at 2300 Carriage Loop SW in Olympia.

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Working Out With Your Dog

A new year is upon us and optimism and excitement are hard to contain. This will be the year we accomplish our audacious goals; this will be the year we get outdoors more. This will be the year. As we make resolutions and promises to ourselves to develop healthy habits, we often overlook some of the best motivators in our lives—our furry friends.

Research from Michigan State University showed that dog owners were 34% more likely to get the recommended 150 minutes of exercise a week than those without dogs. Yet, for many of us, the last thing we want to do after work is to get changed and be active.

Like us, our pets need to get outside and breathe fresh air, taking in all the sights, sounds and smells around our towns. Regular exercise doesn't just help your dog be healthy. It has also been shown to reduce behaviors that can be a problem such as barking, jumping, and even chewing on things inside. Dogs are like people and if they've been sedentary, then they have to get into shape too. The more you are active with your dog, the more their muscles and endurance will improve.

You'll both benefit from the increased health benefits you are achieving together.



by Douglas Scott

Dogs are creatures of habit and including them in a workout with you a great reason to go out and get exercise and bond with your pooch. Plus, once the routine is set, their eyes will fill with hope that you will deliver on a walk or run. Once walking or running becomes part of the routine, don't be surprised if they run to the door and sit by your shoes as you get ready.

To start, spend a few weeks building up to longer and faster trips out. This will

get you both into good enough shape to speed things up and gives your pet a chance to get used to the new routine. Once you feel up for it, try slowly jogging or running. Running with dogs can seem intense, as most pooches run faster than we do. However, the more you run with your dog, the quicker they will understand your pace and run with you.

Whether you walk or run a new route, or go to a once a week dog-class, you'll want to give both you and your pet some much-needed mental stimulation, which is found in breaking up the routine. Many dog owners also try to get in a hike a week with their dogs. Washington is home to thousands of miles of dog-friendly trails, both in cities and out in National Forest Service lands. Washington Trails Association is an excellent resource to find these trails.

If running or walking isn't your exercise of choice, or if your dog isn't quite at the level to get out and go, Ready On the Line in Bothell, Washington offers canine fitness training plans and classes for all levels. You could also give "Active Fetch" a go. Head to your closest dog park or fetch location and while your dog chases after a ball or stick, you can do lunges, squats, crunches, pushups and more. To end the active fetch workout, consider racing your dog to the ball. Not only will they love it, but you'll get a fun workout in too.



Geocaching With Dogs

by Sassafras Lowrey

Do you and your dog enjoy going on adventures? If you do, and you have ever thought that treasure hunts sound like fun, Geocaching might be the perfect activity for you and your dog to dig into.

What is Geocaching?

Essentially, geocaching is a treasure hunt out in the world in urban and secluded areas, with the help of a GPS device. When Geocaching you (and your dog) can go on a hunt for buried treasure, left by other Geocachers. You get started by looking online to find the coordinates for "caches" left hidden by other Geocachers. Using GPS on your phone, you can locate hidden stashes and take a small treasure. You'll want to bring your own trinkets to leave

behind in the caches you find, so the next person can find treasure as well. Inside the container will be a log-book for you to sign and share about your journey finding this particular cache. This creates a record of everyone who has found that particular cache before you, what they took, and what they left behind. You should also mention who was with you on the search—including your dog!

Where do you Geocache?

To get started visit www.geocaching.com, where you'll be prompted to create your own (free) account. Once you have an account, you'll be able to search for caches that are close to you. Pick one to go looking for, set the GPS coordinates on your smart-phone (or other GPS device), leash up your dog and start treasure hunting!

The Rules of Geocaching:

Geocaching is a self-directed activity but there are a few rules commonly held by those who participate in the activity:

1. If you take something from the geocache (or "cache"), leave something of equal or greater value.
2. Write about your find in the cache logbook.
3. Log your experience at www.geocaching.com

Also, make sure that you don't allow water to get into the cache, and properly seal the container back up.

Geocaching with dogs:

Because Geocaching is an outdoor activity where you set your own schedule and your own pace, it's a fantastic activity to do with your dog, even if your dog isn't comfortable being around lots of other dogs and people. If you and your dog are members of the Dog Scouts of America, you can even earn patches/badges for geocaching together!

28.35 Grams of Prevention

by Dr. Jennifer Wilk

Are you the type that makes an ambitious list of New Year's resolutions each year; or the type that eschews the activity, believing that resolutions are made to be broken? If you are a resolution-maker, I appeal to your list-making prowess to develop some goals for you and your pet(s). If you are in the latter camp, then scan the following for things that resonate with you, no pressure.

"An Ounce of Prevention is Worth a Pound of Cure" Benjamin Franklin wrote these now famous words in 1735. While this axiom was originally penned to convince Philadelphians to develop a comprehensive firefighting program, the philosophy can be applied to many situations. Consider 4 basic preventative care recommendations for your pets:

1. Vaccinations are available for dogs, cats, ferrets, and hoofstock. They protect pets from diseases that cause illness or fatality. The cost of vaccinations are a fraction of the cost of treating diseases—the monetary cost, as well as the emotional cost that comes with supporting your pet through illness. Some diseases can be spread between animals and humans, rabies for example. For public health reasons, rabies vaccinations are required by law for dogs in all 50 states, plus some states or counties require rabies vaccinations for cats and ferrets. For protection from other diseases, you should speak with your veterinarian about your pet's lifestyle to determine which vaccinations make the most sense for your pet. For example—I vaccinate my dog annually for diseases which are relevant in the Pacific Northwest, based on her level of exposure and activity; which includes doggy daycare, local hiking, and dog parks. For my exclusively indoor cats, I vaccinate triennially for viruses which I might inadvertently bring home on my shoes or clothes.

2. Parasite prevention is essential for maintaining pet and human

health (some parasites can be shared between pets and humans). A robust parasite prevention program includes coverage for internal and external parasites, and annual screening of feces (dogs and cats) and blood (dogs) for heartworm

3. Disease. Heartworm preventatives are recommended year-round for dogs and cats. The regular relocation of dogs from disaster areas to the Pacific Northwest over the past few years has led to a significant rise in parasitic infestations that used to be uncommon in this area. And then there are fleas... Besides the scratching and rash, fleas can transmit diseases and lead to anemia. Some pets are so allergic to flea saliva, that a single bite can have miserable effects. Weather in the PNW is mild enough, that year-round flea control is wise. Tick control needs are dependent on region and pet activities. There are combination products that make it easy to protect your pet against several types of parasites. For my pets, I protect my dog monthly with a flea/heartworm/intestinal parasite preventative, then check her very short-hair coat for ticks after every hike. For my indoor cats, I treat with a topical flea preventative every 1-3 months.

4. If your pet has teeth, then dental care is important. If



your pet tolerates tooth brushing, and you can dedicate the time to it, well...I salute you, and keep up the good work! This activity takes dedication on your part and cooperation on your pet's part. If tooth brushing isn't on the agenda, then chew toys, food, and treats designed to improve dental health are the next best things. Even if you brush twice daily and floss regularly, your dentist still recommends regular cleanings and X-rays. The same is true for your pet, since most dental disease occurs below the gumline. A complete annual dental evaluation by your veterinarian will help establish the best cleaning schedule for your pet. As a bonus, good dental health means your pet's breath won't knock you over when they kiss you!

5. Anything that mentions resolutions is obligated to include a call to exercise – right?!? The "E" word can elicit all sorts of reactions from people, so let's call it (physical) "activity." Walking your pet has tremendous physical and mental benefits—for your pet AND you. Explore your neighborhood, the region, or the world together (after appropriately vaccinating and protecting against parasites, of course). Activity doesn't have to be restricted to dogs; one of my coworkers takes her cat out in a stroller every day, I

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have a friend who walks her chicken, and a colleague who walks their rabbit on a leash. If you are feeling adventurous, you can sign up for cardio classes with your dog. Or for the ultimate in physical and mental health, look for yoga classes either with your dog or with goats (for real!). Whatever your level of ambition, find an activity to do with your pet, and you will both reap the benefits.

Benjamin Franklin requested Philadelphia create a comprehensive fire-fighting program, similar to a program he had observed in Boston, after he noticed the city had far fewer devastating fires than Philadelphia. The existence of a well-trained fire-fighting team with proper equipment (an ounce of prevention) was less expensive than managing and recovering from large fires (a pound of cure). When applied to the veterinary world, the pound of cure consists of the financial and emotional cost of treating illnesses, and the ounce of prevention is a comprehensive preventative care program designed to keep your pet healthy.

Fun Fact: 1 ounce = 28.35 grams

Dr. Wilk has been with Good Neighbor Vet since its inception. She graduated from Washington State University as a Doctor of Veterinary Medicine in 1995 (GO COUGS!) and she is a diplomate of the American College of Laboratory Animal Medicine (Veterinary Specialty board certification). Dr. Wilk has worked for six years in companion animal practice. For the past 18 years, she was a Laboratory Animal Veterinarian, with 10 years at Oregon National Primate Research Center and four years at Providence Cancer Institute. She has been at the Legacy Research Institute for over 4 years. She also serves as the consulting veterinarian for multiple other facilities. She teaches the Laboratory Animal Science course at the PCC Veterinary Technology college and is in her eighth year of teaching the course. Dr. Wilk has two sons, both of which are at Arizona State University, two cats, one dog, and one husband of 27 years.

PORTLAND NEWS!

NEW YEAR'S RESOLUTIONS

by **Sassafras Lowrey**

Happy New Year! I hope that you and your dogs had a wonderful holiday season and are ready to leap into fun in the new year! The new year is a time for turning over a new leaf and starting healthy new habits. But some statistics cite that people fail in their new year's resolutions 80% of the time, with most failing by February! Yikes! Those odds are steep, but your new year's resolutions don't have to fail! If you're anything like me, you might be looking at some accomplishments that you want to achieve with your dog this year! January is National Train Your Dog Month, so it's also a perfect time of the year to set some goals for training your dog and put them into action!

Brainstorm:

Before setting your new year's resolutions, think about all the things you want to do with your dog this year—do you want to help your dog stop barking at your door? Do you want to learn a new sport together? Commit to walking your dog daily? Training goals, whether behavior- or sport-related, are a great way to build intentional time with your dog.

Be Realistic:

Be realistic about the time, capacity and interests you and your dogs have. It's OK to try things out and not like them, that's part of exploring the world with your dog. It's OK to try something and then reevaluate how it might fit into the resolutions you set with your dog for the year. It can be a good idea to keep your new year's resolutions more open-ended, like training every day, exploring new sports, etc. Open ended goals can be more enjoyable than setting an arbitrary goal tied to an activity you and your dog might not enjoy. It can be easy to get overwhelmed with all the things that you want to achieve with your dog. Be realistic about the time you have to train, as well as your dog's skills and stamina.

Plan:

Set goals, but don't set arbitrary goals. Make sure the goals that you set actually connect to things you and your dog want to do, not what you think you should be doing with your dog. For example, if you want to walk with your dog more, then make walking your goal, rather than more structured training. Make plans for how you will achieve each of those goals breaking them down into manageable pieces. I find goal setting to be especially useful to add mini goals for how you will build up to the larger goal. So for example, if you want your dog to earn their Canine Good Citizen (CGC) title this year, break the skills apart into manageable training goals that you and your dog can work towards each day, week, and month, instead of trying to tackle everything at once.

Commit:

Once you have your canine resolutions figured out, create a training plan. The key is to stick to it! For example, you can't decide you want your dog to be better behaved around a specific thing, or to pursue a sport together, and then never train together. Reaching our resolutions is going to take work and commitment. I find that having dog training goals in writing is very effective. I advise using a planner or bullet journal to mark you and your dog's daily and/or weekly progress towards your goals to help keep you motivated. It's also great to look back at how far you've come. No matter how you track your training goals and progress, the key to achieving your goals with your dog this year is to commit! Dogs thrive on consistency, so this time next year, no matter what your goals were, your dog will thank you for the time and dedication you spent building a better relationship.

WINTER DOG SPORTS

by **Sassafras Lowrey**

The weather outside is frightful and for many dogs there's nothing better! If your dog loves the snow you might find yourself spending a lot of time outside this winter! Most dogs enjoy the snow and so some of these winter activities might be a perfect fit for you and your dogs!

Snowshoeing

Probably the easiest winter outing to try with your dog is snowshoeing - that is, if you can stay on your feet! snowshoes allow you to walk over the snow by distributing your weight over a larger area so that you aren't sinking into the snow. Remember to check that any trails you go snowshoeing on are dog friendly!

Cross-country Skiing

Do you enjoy cross country skiing? Some cross-country trails are dog friendly, but remember to follow leash laws, and that moving through loose snow will be much more tiring for your dog than running on packed snow, so be thoughtful about how long you go out for.

Skijoring

a combination of cross-country skiing and dog sledding. Your dog would be wearing a dog sledding harness which is then attached to a tow harness that the human wears. Many breeds of dogs that aren't typically sled dogs can and do enjoy this sport, but it is very physically demand-

ing, so you'll want to have your vet clear your dog for the activity before starting.

Dogsledding

The most iconic of winter dog sports, where sledding dogs are (generally) working as a team to pull a sled or, when there isn't enough snow, a cart. This high impact sport was originally used for transportation, but now is primarily focused on recreation and racing.

Equipment:

If you are looking to get involved with sledding or skijoring it's very important to have the right equipment designed specifically for pulling. Pulling is strenuous, and using improper harnesses or improperly fitted harnesses can easily cause orthopedic injuries. Booties are also an important part of keeping your dog safe when out on snow and ice for long periods of time. Booties are helpful to keep your dog's paws safe from prolonged exposure to the cold which can cause frostbite. While most dogs love playing in the snow, they can and do get cold. Having a good coat for your dog, in particular if they are not a breed that was bred for spending long periods of time in extreme cold (like Malamute or Siberian Husky).



Safety:

Before beginning any winter, exercise or sport training be sure to connect with your veterinarian to determine if your dog is healthy enough for the higher impact activity. Walking or running through snow can be extremely physically exhausting for dogs. In particular, deep snow is going to be more physically demanding. If you are going out in the snow to play or to explore any of these winter sports, be extra attentive to your dog's energy levels, and reminder that your dog will tire out more quickly when exercising in the snow.

Looking for support?

Cascade Sled Dog Club (CSDC). CSDC was founded in 1959 as the first sled dog club in the state of Oregon. The organization promotes the training, racing, and humane care of northern breeds. CSDC has information about both skijoring and sledding and offers seminars and mentorship for getting involved. Learn more at: www.cascadesleddogclub.com.

SASSAFRAS LOWREY

is an award-winning author and All Star Trainer Of The Year Certified Trick Dog Instructor. Sassafras' books have been honored by organizations ranging from the American Library Association to the Lambda Literary Foundation. Sassafras' dog books include a hybrid memoir: Healing/Heeling, Bedtime Stories for Rescue Dogs: William To The Rescue, and Tricks In The City: For Daring Dogs and the Humans That Love Them. Sassafras' dog activity book Chew This Journal will release in summer 2020. Sassafras lives and writes in Portland, Oregon. Learn more at

www.SassafrasLowrey.com



VALENTINES MADE BY YOUR DOG!

by **Sassafras Lowrey**

Valentine's Day isn't just for the romantic relationships in your life. It's a fantastic opportunity to tell *everyone* in your life how much you love and care about them. Dogs seem to celebrate Valentine's Day every day—they certainly aren't subtle about their feelings. Does your dog have a fan club of people who love him? Vets and groomers, daycare workers and trainers, friends and family, most of our dogs know and care about a variety of people. This Valentine's Day, you and your dog can show people how much you care with some fun paw-made valentines!

For this craft you and your dog will work together to create valentines. This is a great opportunity to spend time with your dog. Our dogs love spending time with us. This craft is not only a fun way to share love with people in your dog's life, but also to share with your dog how much they mean to you through your actions and attention.

Make a list of all the people your dog knows and have your dog deliver valentines; you might really brighten someone's day! It's exhausting, overwhelming, and can be incredibly mentally and physically taxing to be a pet care professional.

Supplies Needed:

1. Washable and nontoxic ink pad(s)
2. Red, pink, white and/or other festive craft paper
3. Scissors
4. Glitter (optional)
5. Treats your dog likes

6. Damp washcloth

Note: This craft is best for dogs who are comfortable having their feet touched.

Instructions:

1. Cut your craft paper into heart shapes large enough that your dog's paw and a written message will fit inside
2. Put down newspapers to keep your crafting area clean
3. Gently press your dog's paw into the ink pad and place it onto the heart shaped paper
4. Each time you press your dog's paw to the paper, praise and treat. Depending on the size of your dog's feet you may want to stamp multiple times on each valentine
5. Allow the paw prints on the hearts to dry
6. When all the valentines have pawprints on them, wipe your dog's paw off with the damp washcloth to remove any excess ink
7. Add a written message to each valentine from your dog, thanking your dog's trainers, vets, and supporters for everything they do for your dog and what your dog loves about them.
8. Add any desired additional decoration like glitter, googly-eyes, or macaroni
9. Allow the valentine to fully dry
10. Help your dog bring the valentines to their favorite people!

Let your pet care professionals know just how important they are to us and our dogs, this valentine's day!

WHY WE LOVE OUR PETS

by **Sassafras Lowrey**

"Dogs are not our whole life, but they make our lives whole." - Roger Caras

In an increasingly hectic world, pets are the center of the universe for many of us. Our relationship with our pets may take the place of family or children. We know we love our pets. Most of us probably don't need science to prove why, but there is research that backs up what most of us already know: animals make our lives healthier, happier, and better overall. Having a dog can even make you healthier because you are likely to be more active, and the simple act of petting a dog can have positive health impacts. According to researchers at the University of Missouri-Columbia, petting a dog for just 15 minutes can actually lower your blood pressure by 10%. That's pretty impressive! Surprise, surprise, dogs have also been shown to improve our mental health! (I mean, LOOK at that face!)

We're pretty much evolutionarily hardwired to love pets, and it isn't just dogs. New research from Oregon State University's Human-Animal Interaction Lab suggests that cats bond with their caregivers to similar extents that dogs and infant humans do.

Researchers from the University of Tokyo and Duke University showed that people feel the same sort of love and affection for dogs as they would human members of their family. When people interact with their dogs, their level of oxytocin increases. Oxytocin is the hormone released when people interact with their partner or child. Yup, dogs really are our kids! The level of oxytocin in dogs also increases when they are spending time with their people. The study looked at the ways in which dogs and people interact with one another and found it very comparable to how parents and young children read one another's social cues. Essentially, scientists proved what so many of us know: dogs are our kids, and they see us as their parents.

Regardless of what human relationships we have in our lives,

nothing can take the place of our relationship with our pets, and the bond we share with them. For many of us these are some of the most important relationships we will have in our lives. Our pets never judge us, they are always happy to see us, and no matter what might be going wrong or right in our life, our pets are there for us.

We asked local readers to tell us about the relationships they share with their dogs, and what sharing their lives with those dogs means to them. Here's what readers said:

Amy Canzano

Oregon City
President of Pacific Northwest Newfoundland Club
"Lessons I've learned from my Newfoundlands, and the emotions behind them, have at times brought me to my knees. If we pay attention, they have the ability to teach us about compassion, forgiveness, loving unconditionally, being present in the moment, joy, and perseverance. I feel incredibly blessed to share my life with these soulful creatures (drool, hair, and all), and can't imagine my life without them."

Theresa Strauss

Portland, Oregon
Dogwalker & Pet sitter
"What my dog means to me...I have three dogs and love them all. However, Meatball is the one that came into my life the same week my ex-husband and I separated. He is the kindest, gentlest dog I've ever met, and he's my heart dog."

Kay Pedisich

Vancouver, Washington
Twyceluvd Kennels - Handling, Dog Obedience, and Rally instructor
"My dogs are non-political, non-judgmental love and laughter every day! I want to be more like them!"

Amanda Kreeft

Portland, Oregon
Dog Artist www.whatssubtlestgo.com
"Having my dogs guarantees I will laugh, be challenged, and unconditionally loved on a daily basis."

DOG EVENTS!

Do your New Year's resolutions include getting more involved in dog sports this year? A great way to learn more about different sports, meet the people involved, and get a better idea of what the sport is like, is to attend a show or trial. Dog shows are the perfect opportunity to meet potential trainers and to make new friends who share similar interests and passions as you and your dog. From Agility and Dock Diving, to Obedience and Rally, here are a few fantastic events happening in the Portland area.

Note: Unless your dog is competing, it's generally best to leave your dog at home for these competitions. Dog shows are usually only open to dogs who are entered to compete.

January 3-5, 2020

Portland Agility Club AKC Agility trials

Location: Clark County Fairgrounds
9474, 17402 NE Delfel Rd, Ridgefield, WA 98642

January 15-19, 2020

Rose City Classic

One of the largest dog shows in the country, and the biggest dog show on the west coast, Rose City Classic is an event you don't want to miss! Besides confirmation (what most people think of as "dog shows"), Rose City Classic will also include Canine Good Citizen testing, agility, obedience, rally, trick competitions, and will have student art contest winners on display.
Location: Portland Expo Center
2060 N Marine Dr Portland, OR 97217

February 7-9, 2020

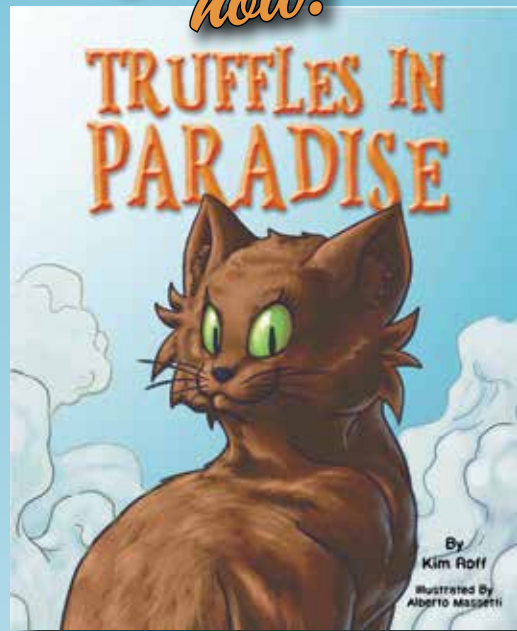
Sweetheart Splash North America Diving Dogs Competition

Location: Paws Aquatics Water Sports and Rehab (PAWS Rehab)
1800 NE 25th Ave #17, Hillsboro, OR 97124
Hillsboro, OR

February 8-9 2020

Sasquatch Cup USDAA (United States Dog Agility Association) trial
Location: Clear Mind Agility 27494 S Gard Rd, Mulino, Oregon 97042

Available
now!



Truffles in Paradise

By Kim Roff

A must have book for children and adults who have lost a furry or feathered friend and wonder what happens “after”. Beautifully illustrated, this story is a joy to read and a treasure to own.

“Kim Roff’s charming (and reassuring) book paints a lovely picture of friendship and healing in the life beyond for our furred and feathered friends. For any child, or adult, who wants to believe that a beloved pet really is in a better place, Truffles in Paradise is a must. Imaginative and sweet, without being saccharine - with a host of delightful individual characters.” --Claire Z.

To Order Visit:

www.mascotbooks.com/mascot-marketplace/buy-books/childrens/picture-books/truffles-in-paradise/



www.amazon.com/Truffles-Paradise-Kim-Roff/dp/1631779826

amazon

ALDERBROOK RESORT & SPA

by Tracy Campion



The early winter sun hung low in the sky as the Tiguan smoothly flowed around the curves that hugged the southern shore of Hood Canal. The sun glinted across the glass-still water, creating speckled shadows as it filtered through the lush foliage. The relaxing drive from the suburbs gave us all time to contemplate our upcoming stay at the Alderbrook Resort & Spa in Union, Washington.

“We’re here!” I announced to my boyfriend, Mark, and our ebullient black Lab Jack, as we pulled up to the lodge. Jack bounded out of the car, his puppy excitement for this new adventure belying his actual middle age. Smiling staff greeted us as we entered the lodge. Jack promptly introduced himself to the resident felines, Alder and Brook, startling them from their peaceful slumber.

At check-in we were met by Mark Phelan, an Alderbrook employee for more than a decade. Mark graciously offered to give us a tour of the resort. As the large stone façade and wooden beams arching above the lobby gave way to the thoughtfully landscaped courtyard and a breathtaking view across the canal, we stepped back through a century of time.

As we walked, Mr. Phelan explained that the resort was originally established in 1913, back when the only access was by boat. In 1925, businesswomen Eloise Flagg and Clara Eastwood purchased the property. Affectionately known as the “Alderbrook Girls,” they maintained Alderbrook through World War II, when Schafer Logging and Lumber Company purchased it. During the next five decades, the company kept the property, adding twenty-one small cottages. At times, when money was tight, the company would sell off some of the cabins to private parties, rather than part with the entire parcel. Many of these cabins are still owned by the families that purchased them all those years ago.

guests! Alderbrook still has 16 of those original cottages available for guests, two of which are also pet-friendly! The on-site attractions include the pet-friendly patio, miles of scenic nature trails, and a 1,500-foot dock.

Water birds soared softly over the water, their shadows falling across us. The air smelled of cedar, sea, and campfire smoke, which wafted from the large open fire pit. If you closed your eyes, you could be taken back to 1913, or 1925, or 1945. With its stunning architecture, soft, green grounds, and sweeping views, it’s easy to see why people choose to get married and have special events at Alderbrook. The resort hosts events year-round and offers a variety of activities, including hiking and boating (Alderbrook has boat and seacraft rentals—ahoy, matey!) Author Debbie Macomber, who lives in nearby Port Orchard, holds a yearly writer’s retreat on-site, and there are often painting classes there, as well. The Department of Fish and Wild-



They cooked elk steak just for Jack – and he was so appreciative!



life helped build a wooden bridge across a salmon habitat stream and the sandy shores are filled with mussels that licensed shellfish farmers harvest.

That evening, we enjoyed Alderbrook’s special “woodland to waterfront” menu, which featured ingredients grown on Alderbrook’s grounds. Sous Chef Sarah Gronseth was delighted to discuss the dishes with us. I tried the Pacific Northwest salmon with forbidden black rice, red miso glaze, and wonton chips, while Mark tried the pistachio ricotta stuffed bone-in chicken breast with spaetzle and Brussels sprouts with sherry pan sauce. The salmon was cooked to perfection: moist with a light crust. Each bite was an unexpected marriage of sweet and savory, with the crunch of wonton chips and the unexpected flavor profile and satisfyingly firm texture of the forbidden rice.

For dessert, we had the decadent chocolate mint dome. Our spoons broke open the dome with a satisfying crunch, and each bite was both warm with rich chocolate and cool with mint. The dessert was topped with frozen mint leaves that crackled like boots on frozen ground.

After dinner, our bellies full, we walked the grounds with Jack, enjoying the firelight by the spa and the open fire pit overlooking the dock. When we awoke the next day, mist was hanging over the water. I gazed out across the shoreline; I could almost picture the boats that used to bring guests here, almost 100 years ago.

After walking Jack through the misty courtyard, we headed to the dining room. For breakfast, I had Dungeness Crab Benedict, while Mark had the Olympic sunrise, which included two eggs, breakfast potatoes, bacon, and toast. Each bite of Alderbrook’s Dungeness Crab Benedict was salt and sweet, rich, buttery, and filling. I can’t remember the last time I actually ate breakfast, much less one like this. After breakfast, we took Jack on a hike overlooking the lodge. As we drove away, we all agreed that we would be back soon – and for far longer next time.

To learn more about
Alderbrook, visit:
www.alderbrookresort.com



ASK THE ER VET!

Blair Burggren, DVM
Olympia Pet Emergency

Dear Oly Pet ER,

I enjoy hiking with my dogs all year round! After posting hiking selfies on social media recently, a girlfriend of mine said to be careful and watch out for dead fish. She said a friend of hers lost a dog to something toxic from a salmon. What is so toxic about salmon? Is it mercury, or are the waters just that polluted?

Signed, Hiking in Hoodsport

Dear Hiking,

This is a GREAT question and a very important topic to those with dogs in the PNW! The toxic aspect of salmon (as well as several other fish) is a specific bacteria. We call the disease caused by this bacteria Salmon Poisoning Disease or “SPD”. SPD is a disease specifically in the PNW, primarily seen in domestic dogs, and it is considered fatal in 90% of dogs, if left untreated. Despite this fact, it is preventable, treatable, and curable. Further, there is no vaccine for this and surviving the infection (with treatment) usually provides lifelong immunity!

Sound scary? It is, but here is what you need to know: dogs usually show signs of illness (fever, lethargy, decreased appetite at first) a week after exposure to raw fish bits (salmon, trout, steelhead, etc.) in the environment. Once sick, they get very ill very quickly. Fortunately, SPD can be easily diagnosed by examining a fresh stool sample under a microscope allowing treatment with the appropriate medications. Pups with SPD definitely turn the corner quicker if treated in the hospital for a day or two.

If this sickness goes untreated for days and days, dogs may not recover without prolonged intensive care in the hospital,

and they still may not survive from severe illness. This is a good argument for keeping your dog on a leash while hiking, consulting with your veterinarian if there is any known raw fish exposure, and for early intervention if your dog feels sick. We even occasionally diagnose this disease in dogs with no known fish exposure, possibly due to birds of prey dropping fish bits into the yard.

Please enjoy hiking with your dogs, but be safe and be informed. Everything looks good on the menu, but maybe avoid the raw fish bits!

Blair Burggren, DVM
Olympia Pet Emergency

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MOST COMPREHENSIVE

PET EVENTS CALENDAR!



■ ■ ■ JANUARY ■ ■ ■

JANUARY SESSIONS OF PUPPY LOVE
www.Bit.ly/puppylove2020

2ND
SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle.
www.seattle.gov/animal-shelter/events-and-resources/pet-loss-support-group

4TH
READING WITH ROVER 11a-12p. Federal Way 320th Library

READING WITH ROVER 11a-12p. Snohomish Library

ADOPTION EVENT WITH OAKBROOK CAT RESCUE 11a-3p. Mud Bay, 15105 Main Street East, Sumner

ADOPTION EVENT WITH WIGGLIN' HOME BOXER RESCUE 12-3p. Mud Bay, 3130 SE Hawthorne Blvd, Portland

PET PHOTOGRAPHY AT SHERWOOD MUD BAY 12-4p. Mud Bay, 16784 SW Edy Road, Sherwood OR

PET LOSS SUPPORT AT SEATTLE HUMANE 9a. Register: <https://bit.ly/2X3bu9f>

PET CPR & FIRST AID AT SEATTLE HUMANE 11a-1p. Seattle Humane, 13212 SE Eastgate Way, Bellevue, Room 2039, third floor. Information: (425) 373-5398
petloss@seattlehumane.org

5th
NATIONAL BIRD DAY, all day: www.nationalbirdday.com

GARDEN TOUR: SOILS 10-11a. Point Defiance Zoo & Aquarium. www.pdza.org/events

READING WITH ROVER 11a-12p. Mercer Island Library

POINT DEFIANCE ZOO & AQUARIUM GARDEN TOUR 10-11a. www.pdza.org/event/garden-tour-soils

OREGON HUMANE'S YOUR NEW DOG: START OFF ON THE RIGHT PAW! 2-3:30p. Workshop if you just adopted a new dog or are thinking of adding a dog to your family. People-only event. Suggested donation: \$15.
www.oregonhumane.org/event/your-new-dog-start-off-on-the-right-paw-workshop

8TH
READING WITH ROVER 3-4p. Woodinville Library

SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle.
www.seattle.gov/animal-shelter/events-and-resources/pet-loss-support-group



9TH-FEBRUARY 13TH
REACTIVE ROVER AT OREGON HUMANE 6:15-7:15p. www.oregonhumane.org/training/pet-training-classes/reactive-rover

11TH
REPTILE EXPO PORTLAND METRO 10-5p. Columbia Conference Center at Portland Holiday Inn, 8439 NE Columbia Blvd., Portland, OR. \$10/adults, \$5/kids 6-12, 5 & under free (cash/check only).
<https://northwestreptileexpospd.com/shows>

READING WITH ROVER 11a-12p. Edmonds Library

READING WITH ROVER 11a-12p. Lake Stevens Library

MEET & GREET WITH BIGFOOT'S GUINEA PIG RESCUE 11a-3p. Mud Bay, 1018 164th St SE, Mill Creek

12TH
READING WITH ROVER 1:30-2:30p. Bothell Library

ADOPTION EVENT WITH LAKE OSWEGO RESCUE 1-4p. Mud Bay, 3 Monroe Parkway, Lake Oswego, OR

TACOMA FREE RESIDENT DAY AT POINT DEFIANCE ZOO www.pdza.org/event/tacoma-resident-free-day/2020-01-12

13TH
READING WITH ROVER 6:30-7:30p. Aegis Living Marymoor

14TH
READING WITH ROVER 3-4p. Renton Library

15TH
READING WITH ROVER 3-4p. Bothell Library

READING WITH ROVER 5:30-6:30p. Mill Creek Library

READING WITH ROVER 6-7p. Algona/Pacific Library

15TH-19TH
ROSE CITY CLASSIC DOG SHOW 730a-7p (Wednesday), 8a-6p (Thursday-Sunday.) Portland Exposition Center, 2060 N. Marine Dr., Portland OR. Five Days of Great Dog Shows! General public welcome; no public dogs. www.rosecityclassic.org

16TH
SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle.
www.seattle.gov/animal-shelter/events-and-resources/pet-loss-support-group

18TH
READING WITH ROVER 11a-12p. Lynnwood Library

PET LOSS SUPPORT AT SEATTLE HUMANE 11a-1p. Seattle Humane, 13212 SE Eastgate Way, Bellevue, Room 2039, third floor. Information: (425) 373-5398,
petloss@seattlehumane.org

WASART WATER RESCUE TRAINING
Info: <http://washingtonsart.org>

ADOPTION EVENT WITH FELINES FIRST 12-3p. Mud Bay, 2540 NW 188th Ave, Hillsboro, OR

18TH-19TH
SEATTLE REPTILE & EXOTIC PET EXPO Washington State Fair Events Center, Puyallup www.thefair.com/fun/details/pacific-northwest-reptile-exotic-animal-show

19TH
READING WITH ROVER 1-2p. Covington Library

PAW-LATES: PILATES & FURRY FRIENDS. 12p. Hosted by Pilates With Deborah & Motley Zoo Animal Rescue. www.facebook.com/events/491526501467941

20TH
DAISY GIRL SCOUTS: BIRDBATH AWARD 10-11:30a. PAWS, 15305 44th Ave. W., Lynnwood. Earn your Birdbath award at PAWS! This event is for groups with 4 or fewer girls \$10/Scout. Not a drop-off event. Qs: education@paws.org

PRETEENS HELPING ANIMALS: THE WILD SIDE 1-4p. PAWS, 15305 44th Ave W, Lynnwood. Learn about issues facing wildlife & companion animals. For ages 9-12. \$20/child. Qs/info: education@paws.org

21ST
KITSAP HUMANE SOCIETY LOW-COST MICROCHIP & VACCINE CLINIC 3-4p. www.kitsap-humane.org/vet-services/vaccination-microchip-clinics

22ND
READING WITH ROVER 7-8p. Bellevue Library

23RD
SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle.
www.seattle.gov/animal-shelter/events-and-resources/pet-loss-support-group

25TH
READING WITH ROVER 11a-12p. Monroe Library

MEET & GREET WITH GREYHOUND PETS 11a-2p. Mud Bay, 1645 140th Ave NE, Ste A1, Bellevue

ADOPTION EVENT WITH PUPLANDIA DOG RESCUE 12-3p. Mud Bay, 2540 NW 188th Ave, Hillsboro, OR

COUNTRY LIVING EXPO 7:30a-5p. Stanwood High School, 7400 272nd St NW. <http://extension.wsu.edu/skagit/countrylivingexpo>

CLAWS FOR PAWS CRAB FEED 5-10p. SOZO Sports Complex, Yakima. 2200 South 36th Ave, Yakima. Benefits Yakima Humane Society. <https://yakimahumane.org/events>

SOUP-ER BOWLS COOKING CLASS & TOUR 12-3p. Pasado's Safe Haven. www.pasadosafehaven.org/event/bowls-vegan-cooking-class-and-tour

26TH
READING WITH ROVER 11a-12p. Third Place Books, Seward Park, Seattle

30TH
SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle.
www.seattle.gov/animal-shelter/events-and-resources/pet-loss-support-group

■ ■ ■ FEBRUARY ■ ■ ■

1ST
READING WITH ROVER 11a-12p. Federal Way 320th Library

READING WITH ROVER 11a-12p. Snohomish Library

PRETEENS HELPING ANIMALS: CATS & DOGS 1-4p. PAWS, 15305 44th Ave W, Lynnwood. Learn about issues facing wildlife & companion animals. For ages 9-12. \$20/child. Qs/info: education@paws.org

PET LOSS SUPPORT AT SEATTLE HUMANE 11a-1p. Seattle Humane, 13212 SE Eastgate Way, Bellevue, Room 2039, third floor. Information: (425) 373-5398,
petloss@seattlehumane.org

EAGLE FESTIVAL Arlington. Guided tours, speakers, demonstrations, art & photography show, live music, & horse drawn wagon rides.
www.arlingtonwa.gov/168/Eagle-Festival

1ST-29TH
WILD CHILD WEEKENDS 3p. Northwest Trek Wildlife Park, 11610 Trek Dr. E., Eatonville. Bring the family! Up to two kids free

2ND
GROUNDHOG DAY www.groundhog.org. Will he see his shadow?

GROUNDFROG DAY CELEBRATION 12:30-2. Snohomish. Enjoy kids' activities, see princess Amphibiana & the mayor introduce a frog named Snohomish Slew, dance to music, play games, & meet firefighters.
<http://snohomishcc.com/groundfrog>

SLED DOG DAY www.daysoftheyear.com/days/sled-dog-day

POINT DEFIANCE ZOO & AQUARIUM GARDEN TOUR: VANISHING FLORA 10-11a. www.pdza.org/event/garden-tour-vanishing-flora

READING WITH ROVER 1:30-2:30p. Mercer Island Library

6TH
SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle.
www.seattle.gov/animal-shelter/events-and-resources/pet-loss-support-group

READING WITH ROVER 6-7:30p. Pinewood Elementary School, Marysville



BROWNIE GIRL SCOUTS: PETS BADGE 10-11:30a. PAWS, 15305 44th Ave W, Lynnwood. Earn your pets badge at PAWS! \$8/scout. Qs/info: education@paws.org

DOG GONE SEATTLE'S SMOOCH A POOCH 1-5p. NW Cellars, 11909 124th Ave NE, Kirkland. Wine tasting to benefit Dog Gone Seattle. Tickets: \$35/each in advance, \$45 after Feb 5. www.northwestcellars.com/events.html

YOUTH OCEAN CONSERVATION SUMMIT 9:30a-4:30p. For kids grade 7-12.
www.pdza.org/event/youth-ocean-event

GIRL SCOUT BADGE DAY: DAISY: THREE CHEERS FOR ANIMALS 10a-12p. Pasado's Safe Haven. www.pasadosafehaven.org/event/girl-scout-badge-day-daisy-three-cheers-for-animals

GIRL SCOUT BADGE DAY: BROWNIE PET BADGE 1-3p. Pasado's Safe Haven. www.pasadosafehaven.org/event/girl-scout-badge-day-brownie-pets-badge

9TH
READING WITH ROVER 1:30-2:30p. Bothell Library

10TH
READING WITH ROVER 6:30-7:30p. Aegis Living Marymoor, Redmond

10TH-11TH
WESTMINSTER DOG SHOW AT MADISON SQUARE GARDEN www.westminsterkennelclub.org/plan-your-visit/schedule-of-events-2020

11TH
READING WITH ROVER 6-7p. Renton Library

12TH
READING WITH ROVER 3-4p. Woodinville Library

SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle.

13TH
READING WITH ROVER 1-2p. Covington Library

14TH
MOVIE NIGHT FOR KIDS 5:30-9p. Seattle Humane, 13212 SE Eastgate Way, Bellevue. For children ages 6+: games, pizza, animals, & a movie! \$30/child; \$20 additional for siblings. PJs & sleeping bags encouraged. Register: <https://bit.ly/36Tauc9>

14TH-16TH
SPIRIT OF THE NORTHWEST COWBOY GATHERING Traditional cowboy music, poetry, art, gear, & chow in Ellensburg. www.ellensburgcowboygathering.com

15TH
READING WITH ROVER 11a-12p. Lynnwood Library

PET LOSS SUPPORT AT SEATTLE HUMANE 11a-1p. Seattle Humane, 13212 SE Eastgate Way, Bellevue, Room 2039, third floor. Information: (425) 373-5398,
petloss@seattlehumane.org

WASART WATER RESCUE TRAINING
Info: <http://washingtonsart.org>

15TH-16TH
LOVE AT POINT DEFIANCE ZOO 10a-4p. www.pdza.org/event/love-at-the-zoo

17TH
TEENS HELPING ANIMALS WORKSHOP 9a-2:30p. PAWS, 15305 44th Ave W, Lynnwood. For ages 13-17. \$30/child. Qs/info: education@paws.org

17TH -21ST
NORTHWEST SCHOOL OF ANIMAL MASSAGE SMALL ANIMAL MASSAGE REHABILITATION PRACTICAL www.NWSAM.com/schedule

18TH
KITSAP HUMANE SOCIETY LOW-COST MICROCHIP & VACCINE CLINIC 3-4p. www.kitsap-humane.org/vet-services/vaccination-microchip-clinics

19TH
READING WITH ROVER 5:30-6:30p. Mill Creek Library

20TH
READING WITH ROVER 6-7p. Algona/Pacific Library

20TH
SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle

22ND
READING WITH ROVER 11a-12p. Monroe Library

PASADO'S SAFE HAVEN'S SHARE THE LOVE SANCTUARY TOUR 12-2:30p.
www.pasadosafehaven.org/event/share-the-love-tour-2

23RD
READING WITH ROVER 11a-12p. Third Place Books, Seward Park, Seattle

TACOMA FREE RESIDENT DAY AT POINT DEFIANCE ZOO www.pdza.org/event/tacoma-resident-free-day/2020-02-23

25TH
WORLD SPAY DAY www.worldspayday.org

26TH
READING WITH ROVER 7-8p. Bellevue Library

27TH
SEATTLE ANIMAL SHELTER PET LOSS SUPPORT GROUP 530-645p. Seattle Animal Shelter, Upper Level Conference Room, 2061 15th Ave. W., Seattle

PARTY FOR POLAR BEARS 5-9p. Dystopian State Brewing Co, 611 S. Baker St., Tacoma.
www.pdza.org/event/party-for-polar-bears

29TH
JUNIOR GIRL SCOUTS: ANIMAL HABITATS BADGE 12:30-2p. PAWS, 15305 44th Ave W, Lynnwood. \$10/child. Qs/info: education@paws.org

APRIL 18
PAWS WILD NIGHT 6p. Seattle. www.paws.org/events/paws-wild-night-gala

DETAILS TBA
DOG-GONE EASTER EGG HUNT
PET-RELATED BUSINESSES NETWORKING MIXER!
Stay tuned for details!

KEEP UP TO DATE ON NEW EVENTS!
Full listings, visit
www.petconnectionmagazine.com/events





As cold air covers the Pacific Northwest and our gorgeous mountains get wrapped in a snowy blanket, many pet owners retreat indoors, only heading out for short jaunts with their furry friends. For those intrepid souls and pups who long for more, we have gathered five favorite trails to experience in the winter months. As always, check the weather, be prepared with the right gear, keep your pet leashed at all times, carry/ use poo bags, and have fun!

Franklin Falls

When the mountains are snowy, Franklin Falls should not be missed. Right off of Interstate 90, the two-mile round-trip trek to the falls is easy enough for any active dog and person. Traction devices or snowshoes may be needed in the snowiest of months, but the popularity of this trail keeps the conditions manageable most of the winter. With the frozen falls as your backdrop, and fluffy snow all around, you will love this place. We found out the hard way: the trail may be a few miles longer if the Forest Service gate is closed at the Denny Creek exit.

The Kachess Lakeshore Trail

Located off of exit 62 on Interstate 90, Kachess Lake gives easy access to snowy adventures for you and your four-legged buddy. The trail here is short, at just a mile, round trip. While this may seem like a long drive for just a mile long trail, this area is largely overlooked, and can be ridiculously snowy. Dogs who love snow will want to return here, year after year. Add to that the nearby Gold Creek Pond trail and you'll have a fantastic day with incredible, snowy views.

Lake 22

Hoping for something more adventurous? Consider Lake 22 in the winter. This summertime favorite has stunning winter hiking. Before heading out here, check avalanche warnings, as the trail passes through a few avalanche prone areas. Found off the Mountain Loop Highway, 13 miles from Granite Falls, this five-mile round trip trail is incredibly snowy and only recommended for experienced winter hikers and dogs. On sunny days, there are few hikes more stunning. Snowshoes are needed to complete this hike in the winter.

Rattlesnake Ledge

Low enough to avoid snow for most of the year, Rattlesnake Ledge, elevation 2,078ft, does occasionally get some snow. When it does, those with winter hiking skills and appropriate gear will find themselves wandering a winter wonderland. At four miles round trip, this dog-friendly trail offers great views and a fun adventure. In the winter, the crowds are minimal, making this an ideal destination if you are looking for solitude. Take exit 32 on Interstate 90 to reach the trail.

Mashel Falls

Finally, those looking to head toward Rainier will enjoy the trails, waterfalls, and forests along the Mashel Falls Trail in the Pack Forest. Just three miles from Eatonville, low snowfalls turn this picturesque forest into a memorable, snowy spot for adventures with your pet. In cold weather, the falls may freeze and the trail may be icy, so bring proper gear.



It rains in the Pacific Northwest. We know this. Everyone in the country knows this. Even our pets know this. Endless clouds roll over our towns, forcing many to consider staying indoors and avoiding the falling rain. While the onslaught of precipitation may deter us, our pets are built for inclement weather, and probably don't care about the potential of getting drenched. Luckily, there are a handful of trails to explore up and down the Puget Sound that use the iconic trees of the Evergreen State as cover. Sure, you'll all still get a little wet, but just wear a rain jacket and you'll be set. Don't forget to bring a towel, too!

Carkeek Park

In North Seattle, a forest oasis nestles up against the salty shores of the Puget Sound. Known as Carkeek Park, you'll find 3.5 miles of trails in and out of trees. Your dog or adventure cat will love the park for all the sticks, trees and smells, while you'll enjoy them for the well-maintained trails, amenities, and beach access. The trails might get a little muddy, but this is always a great choice on a rainy day.

Point Defiance Park

Popular, well-known, and awesome year-round, rainy days are the perfect time to explore Tacoma's largest park. Offering over 10 miles of trails to explore with your dog or adventure cat, this is a place you'll return to rainy day after rainy day. Keep your eyes open for eagles in the air and seals and whales in the water. Point Defiance even has a seven acre off-leash area toward the end of Five Mile Drive (this might not be the best place for adventure cats).

Priest Point Park

Found along the shores of the Puget Sound in Olympia, Priest Point Park's trail system is considered to be the crown jewel of the Olympia park's department. Here, you'll find five miles of trails in the woods and leading to the rocky shore. The upper loop stays mostly dry and has the fewest puddles, the lower trails have some serious elevation gain. Combine both for a fantastic adventure for your four-legged friend and you.

Lime Kiln Trail

Found near Everett, Lime Kiln has seven miles of trails and is the ultimate spot to explore with your pooch. You'll both dart in and out of the canopy of trees, staying mostly dry on a rainy day while learning the region's history. Offering access to water, as well as great views, Lime Kiln is worth returning to often, in all weather.

Ranger Hole and Murhut Falls

Found along Hood Canal in Olympic National Forest, the two trails known as Ranger Hole and Murhut Falls are absolute classics. Located up the Dosewallips River, Ranger Hole is a little over a mile and a half round trip, working its way through a second growth forest before ending along the wild river. Past this trailhead, you'll find the Murhut Falls Trail. At 1.6 miles round trip, you'll weave in and out of towering trees before reaching an overlook of a double tiered waterfall.



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[illegible]

Tami Michaels walked confidently into the KOMO Radio office and announced that she was there to interview for the home interior radio show program. She was met with confusion.

"We aren't interviewing for a radio host," she was told.

Tami, who was a single mom at the time, was renting a room near the KOMO and KIRO radio offices. She'd arrived from California in a 1963 VW Bug that only got two radio stations – KOMO and KIRO – and while the stations had gardening gurus, there was no home improvement specialist. There was also no position open for one—until Tami's resourceful meeting created one.

"You bet I can," she said. And in the following 23 years, Tami Michael's KOMO Radio show, *Inside Out*, has become one of the most popular sources for information on all things home-related.

From that first week until today, Tami took that confidence and innovation to field completely random calls – and she answers them all deftly.

But time and again, Tami *does* know, and she has earned a loyal following.

"My Dad was an electrical engineer and created imaginary realities," she said. "He helped create the famous 'rain scene' in *The Sound of Music*, where Liesl is singing, 'I am sixteen, going on seventeen.' With all of the electronics and the rain, he was terrified that he was going to electrocute the actress...and he wasn't alone! In her book, *I am Liesl*, Charmian Carr, who played Liesl, recalled that she had this fear, too." Fortunately, that didn't happen!

"When I go to a restaurant, I'm looking at how they pull the details together. What did the molding look like? The staircase? I think this really helps people," she said.



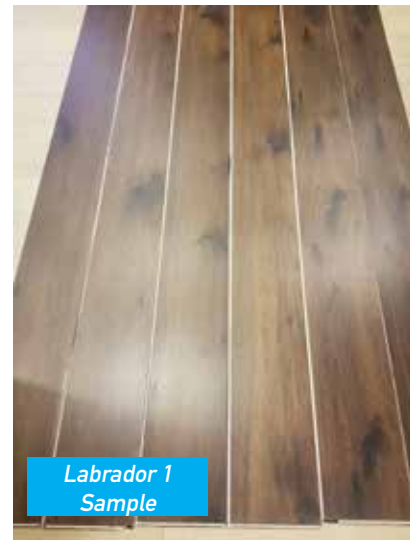
"I don't remember any of July, and most of August," she said. Her husband, Guy Rosbrook, nodded.

"Even with the concussion, I have a database for home improvement in my brain," Tami said.

The catalyst behind Pet Decorator was a bulldog named Malcolm.

But Malcolm's path of destruction didn't end at his previous home.

Instead of giving up on Malcolm, she was inspired to create products that were truly pet-friendly. "Whatever we brought to market had to really work," she said. And Malcolm was ready to put that to the test.



The best thing about this flooring just might be the color names for the eight different wood colors. “We have the blonde dog series for the lighter woods, and the Labrador series, and Timber wolf, and Irish setter, which is a cherry,” Tami said, laughing.

"We wanted to create home cleaning products and flooring that specifically had pets in mind. Our cleaners don't deodorize, they neutralize," she explained. "Deodorizing just means you'll have two smells: the good and the bad, and then it'll grow bacteria and the odors will come back."

"It's a click system," Guy explained, "and it's the best click system I'm aware of. It's patented and has extra tight seams between the boards."

The wood is stain-resistant, nearly waterproof, and wire brushed for texture to prevent slipping paws.

Creating pet-friendly homes isn't Tami's only passion, though.

hospice care with us. Emily was another Dachshund who we adopted at 15; she lived to be 18.”

Having older dogs often means more accidents in the home. “Griffin gets stomach issues and diarrhea a lot,” Tami said, “but with our patented cleaner, the mess literally evaporates; it melts right before your eyes. We have both a cleaner and an odor neutralizer.”

Tami's dream was to support harder-to-adopt pets by creating durable, attractive home accents which are both chic and functional. Her family has supported her every step of the way. Tami said, "My family believes, 'If you can dream it, you can create it.'"

Tami's family has lived by the adage, "If you can dream it, you can create it," and Tami is delighted to help make the dream of pet-friendlier homes – from floor to ceiling – a reality for her clients.

"There are no bad pets, only bad floors," she said, laughing.

To learn more about Pet Decorator,
including its new product line, visit:
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THE LIMELIGHT PET PROJECT

What I Love About the Seattle Pet Community

It started with one small idea: A partnership to provide fame for the forgotten, a platform for the less fortunate, and perspective from the people and places that help harder to adopt animals.

That one small idea sparked so much joy, and over coffee and conversation, Pet Connection Magazine's Sarah Bous-Leslie and Tracy Campion, and Dirtie Dog Photography's Marika Moffitt created a multimedia campaign that would highlight rescue animals throughout the greater Puget Sound region. The campaign, which would air on Q13's weekend morning news on JoeTV, would help cats and dogs, horses and rabbits, goats and guinea pigs who needed just a little bit of extra attention to find their forever families.

But we had an even bigger vision than this. Our creative collaboration also aimed to illuminate the stories behind the people and places that helped these harder to adopt animals. We wanted to know their names, their stories, and what the community

could learn from them. We wanted to shine a light on harder to adopt pets and the people who helped them. "The pet community in Seattle is so generous and so responsible. You have people who care in every walk of life, and they care with their time, they care with their money, they care with their households when they foster...

What it's done over the last ten years has allowed us to rescue animals from places that are not quite so generous."

--Joni Cervenka, President of the Board, MEOW Cat Rescue

"What I have seen...is how wonderfully generous they are with supporting us...If we have a need, or we put out an ask, people in the community just step up. That's one part. The second part is this whole rescue – we have two farms now – is run day-to-day by volunteers. And they are amazing."

--Barbara Jamison, Founder & Director, Puget Sound Goat Rescue

"I love how accepting and excited people are about adoption here. It's wonderful to have a place where people line up hours ahead of time for shelter animals. In a lot of areas, animals sit in the shelter for years, and here, two days, and they're gone. So I love that – I love the passion for rescue and that people are open to rescuing animals."

--Kacy Bradley, Adoption Counselor & Marketing Coordinator, Homeward Pet Adoption Center

For every animal in rescue, there are people working hard to find them homes. We're shining the light on our rescue community because their stories are worth telling.

To learn more about The Limelight Pet Project, visit:
www.thelimelightpetproject.com

Together, we shine.

PURRRSONALS



LACEY

Mustang mare, Save a Forgotten Equine, Redmond Lacey is a small but mighty mustang whose charisma shone through once the camera started filming. She was clearly loving her fifteen minutes of fame and can't wait to share her joy for life with a person of her own.



MASLIN

Young Lamancha/Saanen goat, Puget Sound Goat Rescue, Maple Valley Friendly, funny, and oh so cute! Maslin stole the show! (How could he not, with a face like that and a personality to match?!) Maslin was bottle-raised since he was one day old and he's ready to find a home with another of the kids from PSGR.



CHAMPAGNE & MAGIC

Adolescent bunnies, Special Bunny, Seattle We loved spending time with Champagne and Magic, two beautiful bunnies who were up for adoption from Special Bunny in Seattle. Champagne and Magic were mesmerized by Marika's boots. We later found out that Champagne also has seizures, so she truly is a special gal.



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Making sense of a dreaded disease: **SPLENIC TUMORS AND HEMANGIOSARCOMA**

by Lisa Parshley DVM, PhD, DACVIM (Oncology)

When I say splenic tumor, you might think hemangiosarcoma. Most people think they are synonymous with each other. They evoke a fear beyond what either deserves. Through word of mouth and Dr. Google, splenic tumors, especially hemangiosarcoma, have become mythic monsters in animal medicine. They are considered quick, certain, death sentences. Something you never want to hear associated with your beloved four pawed family members.

Let's explore the truth about splenic tumors and hemangiosarcoma. As a lover of science and data, I always think it best to begin by searching my favorite source of dispassionate scientific truths, the National Institute of Health's online library call PubMed. In this free online resource, you will find abstracts for every peer reviewed published article pertaining to medicine and science. Or more simply, it is the place I turn to when trying to confirm or refute something that is found in Dr. Google or Wikipedia.

When using this resource to provide information about splenic tumors and hemangiosarcomas several things float to the surface. First, there has been an awful lot of recent research on both diseases. Second, some of the articles about splenic tumors contain some of the largest studies ever performed in veterinary medicine.

Splenic tumors are not tantamount to hemangiosarcoma nor even always cancer. In the case of a non-bleeding splenic tumor, there is



a 50:50 chance the mass will be benign. If a tumor is bleeding at the time of diagnosis, the chances of cancer increase to 65-68 percent. If the splenic tumor is cancer, there is only a 65% chance it will be hemangiosarcoma. It is therefore a scientific truth: splenic tumors are not the same as hemangiosarcoma. The percentage of splenic tumors being hemangiosarcoma is a much lower than Dr. Google would have you believe. Science and data have clearly debunked a myth of veterinary medicine: every splenic tumor is not automatically hemangiosarcoma.

Hemangiosarcoma, on the other hand has a past that can explain its reputation. Historically it was often a quick and aggressive cancer that spread easily to other places in the body. Traditionally, it was considered not very responsive to conventional cancer therapies.

Some things have not changed over the years about hemangiosarcoma. For example, it is a cancer of older dogs and, rarely, cats. Some breeds are considered more likely than others to develop this disease, such

as Golden Retrievers, German shepherds, Clumber Spaniels, Blood Hounds, and many others.

There are many forms of hemangiosarcoma: cutaneous (skin), subcutaneous, muscular, and visceral (or the organs of the body). Reality is that any tissue can develop a hemangiosarcoma tumor. However, it is well established that the deeper into the body that this cancer develops, the more aggressive it will act.

Symptoms for the most part are related to blood loss. In a dog this could look like weakness and sometimes loss of appetite. These symptoms will come and go but gradually get worse as the cancer progresses. Hemangiosarcoma's episodic nature is due the body's ability to reabsorb lost blood, as long the blood stays in the muscle and cavities of the body.

"Hem" in hemangiosarcoma refers to blood, "angio" refers to blood vessels, and "sarcoma" means a cancer of connective tissue cells. For decades we assumed that it was a cancer of the cells that line blood vessels called endothelial cells. Recent genetic evidence, however, suggests that hemangiosarcoma is a cancer of bone marrow stem cells and not endothelial cells. What is also interesting is that this bone marrow cell may also be the progenitor or parent to macrophages or monocytes. If this is true, there may be a case to be made that histiocytic sarcoma (a macrophage cancer) and hemangiosarcoma are related cancers of the same cell line.

Why is it important to know the exact origin of a cancer?

Understanding a disease's origin helps improve and perfect the understanding of the disease. Once we have done that, we can better treat its symptoms and the cancer directly. In the case of hemangiosarcoma, we had been treating the wrong system. So of course, we were not routinely providing effective therapy against the disease. Now that we know its origin and that this is likely to be a cancer of stem cells, or even related to another cancer, we will have a much greater potential to design and use effective therapies against this disease.

Our once famed, 1996 gold standard therapy is already evolving. New drugs are rising to replace the old stand-by drugs. Some are coming from an understanding of human angiosarcoma, a related cancer. Some are derived from newly generated genetic data on hemangiosarcoma. All making our new hemangiosarcoma therapy protocols look nothing like our old 1996 protocol. For example, it is now common for hemangiosarcoma protocols to include a targeted genetic therapy, complimentary therapies such as Yunnan baiyao and ImYunity (turkey tail mushroom extract), and brand-new types of chemotherapy.

Where once we had only one option, we now have many. New therapies allow every patient a chance to have a response to therapy, thus improving previously expected life spans for hemangiosarcoma patients.

When someone says splenic tumors, say, "it might be benign." When someone says hemangiosarcoma, say, "there is hope and a future with more hope." Splenic tumors and hemangiosarcoma do not have to be monsters in the closet any longer. Reach out to any animal oncologist should either of these enter your dog's life. Get the truth before succumbing to Dr. Google and word of mouth.

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Ask an Animal Lawyer

by Elizabeth Holtz,
Animal Legal Defense Fund



What legal recourse is there to help animals who have been left out in the cold?

Thank you for looking out for the many animals who are left to suffer in cold weather. Companion animals and farmed animals left in the cold freeze to death or suffer severe frostbite every year. It's our duty to ensure that the animals in our community are kept safe and warm year-round. Even if they have fur coats, animals are just as susceptible to hypothermia as people. A good rule of thumb is – "if it's too cold for you, it's too cold for them."

Every winter, the Animal Legal Defense Fund is contacted by law enforcement officials and animal control officers seeking assistance in cases involving animals who have been left in the cold – sadly, in many cases the animal is already dead. All 50 states have animal cruelty laws addressing neglect that can be used to protect these animals. However, not all jurisdictions have cruelty laws specifically dealing with cold – or hot – weather.

Even if your state doesn't address cold weather, your city or county's animal

control ordinance may. For example, the ordinance may require people to bring companion animals inside if the temperature drops to a certain level or that outdoor housing (like a shed) have a wind flap or be elevated off the ground.

If your city doesn't have a relevant ordinance, consider working with your local legislators to enact stronger protections for animals left in the cold! Oscar's Law was passed in Baltimore County, Maryland in 2018 in honor of a dog named Oscar who suffered terribly before succumbing to hyperthermia. Numerous residents contacted animal control prior to his death, but no action was taken due to a lack of clarity in the law.

The new law requires people to bring companion animals inside when it's below 32 degrees or above 90 degrees, or when the National Weather Service declares an emergency. The Animal Legal Defense Fund funded Oscar's necropsy to support the prosecution against Oscar's guardian – among other penalties, he was sentenced to six months unsupervised probation and is barred from possessing animals for three years. But

the new law will protect many, many other animals like Oscar going forward.

Regardless of your community's laws, if you see an animal in distress, speak up! You are not a legal expert, don't decide for yourself whether something is illegal – an animal's life is on the line. Contact law enforcement or animal control to file a formal written complaint. If the situation is urgent, call 911. Provide as much detail as possible, including contact information, property addresses, photos, and video. If the neglect is ongoing, keep a journal documenting dates and times. For example, you'll want to be able to demonstrate that this animal has been left in the cold for a long period of time – or perhaps is left outdoors all the time. Finally, let them know that you are willing to testify in court.

Private organizations may also be able to help. In some cities, rescue groups

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either work closely with the municipal shelter to help animals in distress or have their own community programs. Someone from the group may be able to work directly with the person responsible for the dog – or cat – to encourage them to bring the animal inside or accept another form of help.

If law enforcement is unresponsive, or you're not able to find help from local groups, consider reaching out to the person responsible for the dog yourself. They might say that they're not able to bring the dog inside or don't have the resources to provide a sufficiently warm outdoor enclosure. Remember, an uninsulated dog house does not provide adequate protection. You could offer help ranging from rehoming the dog to providing a warmer area for the dog to sleep in by bringing over straw or modifying the dog house to better retain heat. Don't offer blankets – fabric materials retain moisture and can actually make the animal colder. You could also provide animal-safe, heated water dishes or non-metal dishes filled with fresh water and food.

Thank you for looking out for animals this winter!



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Parrot Ambassadors' New Year's Resolutions
by Debbie Goodrich



My 2020 New Year's Resolution...

Discover Parrots! Or maybe even re-discover parrots!

Ask yourself, what do you know about parrots? That they live a long time? That they are difficult to care for? That they bite? That they talk?

There are many misconceptions about parrots in mainstream media. In this new regular column in Pet Connection Magazine I will reveal what real life with parrots is like, impart some cool, interesting tidbits of knowledge, and answer your behavior questions.

So, what's true about parrots? First, parrots do live a long time. That is true. So, be prepared to allow your parrot to work with many people, and even other parrots, so they are ready to take on a new world should life shift.

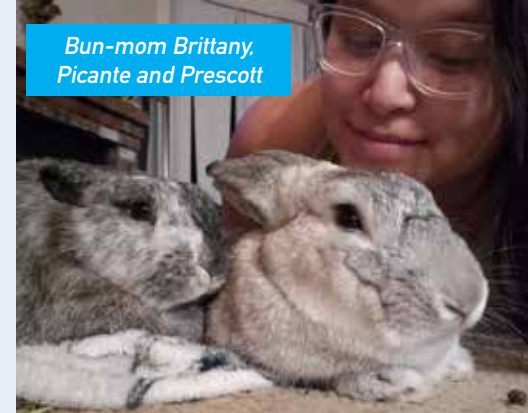
Second, they are a lot like taking care of a tiny two-year-old with the hormones of a teenager. They keep that two-year-old questioning-of-authority and boundary testing. Believe it or not, with patience, we are able to teach them the boundaries and concepts of sharing, taking turns, and more. They can even be OK if you need to work. No different than daycare for kids or a sitter for extra time!

Debbie Goodrich, CPBC, IAABC
Certified Parrot Behavior Consultant, International Association of Animal Behavior Consultants
CEO Parrot Ambassadors
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President, Flight Club Foundation
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Creator, Seattle Parrot Expo
www.seattleparrotexpo.com

The bite...ah, well, that one happens a lot. I think it's because of all animals' innate desire to sincerely touch. Par-

Bunny Speed Dating

by Tamara Adlin with Special Bunny



Bun-mom Brittany. Picante and Prescott

Two bunnies, snuggling together, grooming each other, bonded for life. It's amazing to share your home with little hopping examples of true, unconditional love and affection. So pure, so cute. It's like they were born to be together. Bunnies are social, loving creatures, so all their snuggly love makes sense.

You might have heart-shaped fantasies of getting a friend for your bunny, putting the two together, and witnessing the sappiest love story ever told. So, you get another bunny, put them together, and...

They sniff at each other, growl, start sparring like professional boxers, and before you know it, they circle each other faster and faster, and fur starts to fly. It's the dreaded Tornado of Doom! You reach in to separate them and you might even get bitten or scratched! This is not a love fest...this is a horror movie where adorable fuzzy creatures turn into scary monsters and attack each other!

Just like humans, bunnies can fall in instant sitcom love-at-first-sight, sure, but it's much more likely that they will be wary or aggressive towards each other at first. Some bunnies take weeks or even months of carefully-supervised dating to bond, and some will never bond. But we know that bonded bunnies are happier and healthier and absolutely adore being with a partner. How does it happen?

At Special Bunny, like at many other bunny-shelters, we are big believers in bunny speed-dating. Remember speed-dating? A bunch of love-seekers meet at a bar and rotate every few minutes to talk to a new potential partner. At the end, everyone would let the organizers know which people they were interested in, and then the organizers would match up pairs who were both interested in each other.

It's not so different with rabbits.

Here's a true rabbit speed-dating story. Brittany and Manuel were proud parents to Prescott, whom they adopted as a singleton from our

shelter. A couple of years later, they contacted us about getting a friend for Prescott. They were excited but nervous—Prescott is a little bunny and he sometimes has stomach issues, so they didn't want to stress him out, and they certainly didn't want him to end up in a fight. At the same time, they knew the magic of bonded bunnies, and they wanted Prescott to have the happiest life possible. So they contacted us about bonding him.

Because Prescott was adopted from our shelter, we already knew that he was neutered and had regular health checks. The first step was to ask Brittany if she and Manuel had their eye on a particular bunny for Prescott. From a shelter's point of view, the best scenario is to hear that "we are fine with any bunny Prescott chooses." But, more often, a particular bunny has caught the eye of the humans involved, and that's fine too. At our shelter, we only try bonding opposite-sex pairs. While bonding same-sex pairs is certainly possible, it's typically a lot trickier and time consuming. Brittany and Manuel were open to any of the bunnies at the shelter, but were particularly interested in one of the young-adult girls we had: Watermelon, the one with the stripe on her back.



The buns spent a lot of time in close quarters during their bonding process.



So, Prescott came to the shelter for speed dating! We set up a very small pen, with towels on the floor and an experienced bunny-bonder holding spare towels to use in case of fights. In went Prescott, and then Watermelon went in. There was instant animosity, which is OK, if handled properly. Our bonder worked to calm them down for a few minutes, but decided they weren't the best match when their animosity only increased.

Out with Watermelon, in with the beautiful all-gray Pear! This time the bunnies were much more calm. It wasn't instant love, but there was a noticeable difference. This could work!

Everyone decided to try one more girl, so out came Pear, in went Grape with her cute spotted ears. Grape hid and cowered in the corner, and Prescott just sort of ignored her. Again, we gave it a few highly-supervised minutes, and then all decided things "felt better" with Pear.

So, we put Pear back in with Prescott, and he shoved his face into her side. She was startled and swirled around, but didn't attack. Prescott watched her carefully, but didn't seem stressed. We all decided to move forward with the pair.

After their first dates, Prescott and newly-named Picante had many more dates. Sometimes it was two steps forward, one step back (just like human couples!). They were housed side by side in "love jail" for weeks, so that they could get used to each other's scents and movements. They had supervised dates that included the "smoosh" (holding two bunnies side-by-side for as long as possible to let them relax and learn to enjoy company). And finally, the two came back to the shelter for a few days to finish the bonding process—often a truly neutral or foreign space helps, as does the "professional" help of experienced bunny bonders, who are much less nervous than bunny-parents.

And presto! Three supervised dates and many weeks later, Prescott and Picante became a couple...and they just keep getting couple-ier! Bunnies continue to develop their bond with each other over months and years, just like they develop their relationships with their favorite humans. Today, you'd never believe that Prescott and Picante were ever wary of each other, or even that they ever lived independently. They are completely, totally bonded, love each other unconditionally, and little hearts follow them around where ever they hop.

If you would like to learn more about bonding bunnies (or if you are interested in adopting), please visit specialbunny.org/bonding



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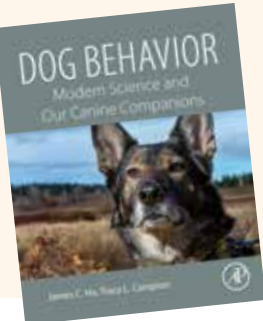
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The Modern Science of Animal Behavior



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by Dr. James C. Ha

The modern science of animal behavior, called "ethology," has come a long way in the past few decades, from a largely observational, descriptive science, to a modern, quantitative science based on solid foundations of evolutionary biology and quantitative methodology. One of the most common situations in which I realize this is when I see, read, and hear old, outdated animal behavior concepts and ideas, and long-ago-rejected hypotheses, used by companion animal behaviorists. Many trainers and veterinarians received whatever animal behavior education they might have gotten long ago, and often have not stayed up-to-date.

As a professional and academic ethologist, I of course have the time and professional need to peruse the latest journals, read and review the latest textbooks, and make sure that my university courses are up-to-date. But when I enter the world of companion animal behavior, I am often taken back to a time long, long ago, to terms presented to me in my long-ago introductory courses as historical concepts, mistakes, or simplifications used only for pedagogical purposes.

Let me give you an example: the question of whether dogs have a "dominance hierarchy." Most companion animal behaviorists are working with VERY old

ideas about what a dominance hierarchy is! The thinking is often, "Wolves have a dominance-controlled social system, and dogs are evolved from wolves, so dogs must be the same!"

First, we now know that the existence of dominance hierarchies in wolves (as well as numerous other species) varies on the basis of ecology, their lifestyle, prey, resource needs, etc. *Some* wolves have dominance-structured social systems... sometimes. It's not open-and-shut for wolves.

Now for dogs: first, dogs are NOT descended from wolves, but from a shared ancestor with wolves. An ancestor that may, or may not, have exhibited dominance social behavior. We don't know.

Second, the facts show clearly that the use of dominance, the importance of dominance hierarchies in the life of, even the ABILITY to communicate such information, varies widely from breed to breed, due to our artificial selection of this, and other related traits like coat color, hair type, and temperament. So, it's a continuum: for some breeds, social structure is VERY important; for others, it can influence their behavior; and for yet others, they can't even recognize the signals.

And the same goes for the common argument that while dogs may have social structure, they don't include humans in their hierarchies...again, as an across-the-board claim, it's clearly wrong. Some breeds do, some breeds don't.

Sometimes, you just have to fall back on the cliché: "It's complicated..." There are other "complications" in the modern dog world, like the scientific futility of being a "balanced" trainer, or the (very human) thinking that your dog is "guilty," or spitefully out to get you.

So resolve this New Year to educate yourself in this modern world of dog behavior. I feel strongly enough about this issue that Tracy Campion (Pet Connection Magazine co-owner and co-publisher) and I have written a popular book on canine behavior, titled imaginatively "Dog Behavior: Modern Science and Our Canine Companions."

If you'd like to learn even more, my wife, Dr. Renee Ha, and I have developed and currently teach a 9-month University of Washington Certificate Program in Applied Animal Behavior. We invite people from all background and disciplines to join the program, currently in its 6th year.

THE GYPSY CHRONICLES

A woman's determined return to a life with horses.

- PART 22 -
Sarah Bous-Leslie



I walked into the arena and my eyes slid over to the poles set up in the corner. Quickly I averted my gaze, hoping by some miracle that my coach would forget that they were there. Not missing a beat, she said, "YES. We are doing pole work today."

Gah! My absolute nemesis! My stomach immediately began cramping with anxiety as my thoughts frantically traveled back years into the past. The same coach, the same golden horse, and the same raised poles. Like a movie projector that was playing my worst fears, I saw us trot the poles, I saw Gypsy trip and fall, and I saw myself go flying over her head into the sand.

We've both come so far since that day, but the fear welled up anyway. Determined to be stronger than the fear, I continued to warm Gypsy up, my eyes averted from the poles. I focused on my breathing. I slowly inhaled in and slowly blew out. To make matters worse, the raised poles were set up around the corner of the arena, meaning we would be trotting over them in a circle, not a straight run. Ick!

Once we were warmed up, I knew I was at a mental crossroads. I needed to choose whether I was going to forge ahead, or if I was going to wimp out and refuse to try. I have made both decisions in the past depending on my mental state, but today, I was going to do it. My eyes went to the poles set up in a straight run in another part of the arena. "We're going to start over here and get our sea legs," I announced. My coach smiled, knowing I'd won the battle raging in my mind.

I do NOT recommend riding with your eyes closed, but hey, we made it! I got a little braver and we trotted over several times each direction.

Gypsy and I got going into a nice, ground-covering trot and headed straight down the middle of the series of poles. Internally I reminded myself: DON'T LOOK DOWN. I willed my eyes to stay focused on a point outside of the arena, and Gypsy trotted the poles like they weren't even there. Not even the tip of one hoof touched a pole. My confidence grew as we took a few more passes, with similar results.

"Great job," my coach encouraged. She was standing over by the poles set up in the corner. One by one, she was knocking one end from the raised position to the ground. She was making the poles appear lower. I knew it was an optical illusion, because one end was still raised, but I didn't care. "Thank you!" I breathed.

I turned Gypsy to that end of the arena and began trotting in a circle heading right for the poles. I could feel myself pulling back on her out of fear, and I could feel her slowing down. She

slowed to a walk, to basically keep me safe because I was leaning too far forward. I have a tendency to curl towards the fetal position when scared – NOT a good seat to stay aboard. "That was my fault!" I said over my shoulder. "Sorry Gypsy, good girl!" I told her. We worked our way back into a

trot and as we approached the poles. I gave her her head (meaning I gave her a loose rein to choose her own way) and squeezed my eyes shut. I felt her lift her legs high over the poles, and then we were on the other side. Whew! I do NOT recommend riding with your eyes closed, but hey, we made it! I got a little braver and we trotted over several times each direction.

I think that I must have been high on endorphins because when my coach said, "The next step will be cantering these," I said, "Let's do it!" My heart raced, but I wanted to prove to myself I could do it! I continued trotting the circle and then kicked her up into a canter. I saw the poles approaching fast and willed myself NOT to pull back on the reins. DaDooop! We cantered over the poles. Sure, it wasn't the best form, but WE MADE IT! I was on cloud nine as we did it a few more times.

It was a good place to stop for the day, as my legs were shaking, and the adrenaline was coursing through my body to such a degree that I wanted to vomit. Once my body came back from the fear that I was going to die, I was so proud of myself!

Another battle won with myself, thanks to a patient coach and a patient blond horse!

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WINTER DOG MYTHS DEBUNKED

by Angie Hill, Woofdog.org.

In the interest of helping all dog owners out there, we are debunking some winter dog myths you might have heard floating around.

A Dog's Fur Keeps Them Warm

Certain breeds, such as the Husky and American Eskimo Dog are perfectly suited to colder climates, but not all coats are the same. This means that not every dog is well-protected from the elements in the winter months.

Even with dogs that do have fur that's suitable for winter, it doesn't mean that they're immune to extreme weather conditions, such as frostbite and hypothermia. Ideally, dogs should have a doggie-coat for walking in cold conditions, whether they are big and fluffy or short-haired.

You Can Feed Dogs the Same Amount All Year-Round

As temperatures fall, adjusting food portions might be necessary. People come up with all kinds of reasons why a dog should eat the same quantity of food that they do in more active months, but in reality, owners are less inclined to exercise their dogs in winter because people don't like to head out in the cold weather.

Therefore, less exercise means that dogs burn off fewer calories. When dogs are expending fewer calories,

they don't need as much food for energy. If you keep feeding dogs the same amount, but exercise them less, they may become overweight through the winter, and that's unhealthy. Feed your dog based on the calories they burn, rather than uniformly.

Dogs Don't Require the Same Amount of Water in Winter

Dogs get dehydrated and thirsty, regardless of the season, and winter months bring dry air with the cold temperatures.

No matter how cold or wet it is outside, it's essential that you keep your dog well-hydrated so that they can remain happy and healthy. Pay close attention to this before and after walks as well as other types of physical activity to prevent your beloved pet from becoming dehydrated.

You Can Forget About Fleas and Ticks

Fleas and ticks will gladly take comfort in a warm shelter during those cold winter months. This means that they could well be relocating to a spot, or spots, in your home!

Stay on top of your flea and tick inspections on your pet. You should also remain on track with any flea and tick medication, in order to keep these irritants at bay.

If your dog does get fleas or ticks, they'll almost certainly start scratching themselves more, which can do damage to their skin when it's already drier than usual because of the weather. Pay attention to any abrasions that may develop.

Dogs Only Need Booties on Longer Walks

While some humans find booties awkward to put on a squirmy dog, the hard work of putting on paw protection is essential during winter.

A dog's paws have to endure a great deal throughout the winter. Dogs are at risk of suffering from injury and frostbite simply by walking around. Harmful salt is scattered on lots of surfaces they walk on. The salt is damaging because it sets off a chemical reaction that burns their paws.

Furthermore, dogs can absorb harmful chemicals like anti-freeze through their paw pads, which can be very bad for them. So, even if they look silly, and they take some work to put on, remember those booties, whether it's a short walk or a long one.

the Journey of SMART DIXIE JONES

Part VII

by Tracy Campion

It started as a small crack. Small and quiet. It was almost imperceptible at first, but the weight of the snow pushed. And pushed. And pushed. And then it broke.

Our beloved arena roof collapsed, and with it, thousands of pounds of snow came down: a great, white wave. My trainer, Sarah Weideman, and her husband, Rob, were just getting ready to go on a wintry trail ride when it fell. Sarah was riding her horse, Diamond, and Rob was riding Mint; both of them were beyond the reach of the crash, but the ground thundered as wood and ice and metal came down around them. Sarah and Rob dismounted and began to survey the damage. It was severe.

Sarah sent the message to our barn family that there had been a calamity at our horses' home, and that half of the arena would be unusable for the foreseeable future. Losing our only dry place to ride in the heart of winter was devastating, but it was devastating, too, for Sarah's business. After the insurance company weighed in, the timeline for repair stretched out for many months, and with the chance of missing so much riding and training time, Sarah made the difficult choice to move our barn family to another facility. I'd only had Smarty at the barn for nine months when the crash happened, but many of the riders in the barn family had been there for years. Their kids (and in the case of Gypsy, their horses),



had grown up there. I'd learned so much here. It was a wonderful, friendly barn. It was homey. This had been my beloved horse, Beau's, last home. And for Smarty, it was his only forever home. But now we had to move.

Sarah began to look for a facility that could accommodate all of us in the worst of Washington's weather. There were few facilities that had the space for everyone, but one barn did. We took several "field trips" out to the new facility to see how we would like it. Smarty dutifully loaded into the trailer each time, calm and quiet. One morning, we stayed at the old barn instead, grooming the horses and exercising them on the roofed half of the arena. Afterward, I was brushing Smarty outside when he started to go through my bucket of brushes. He pulled out one brush, and then another, and then he pulled out a riding crop, and began to wave it around as I tried to clean his hooves out. Sarah and my friend, Ari, began to laugh.

"What are you going to do with that?" Sarah asked him, laughing. "Are you going to hit your mommy?" Sarah tried to take the crop



For me, riding was therapeutic and it was social. Smarty and I loved to ride with our group of friends and, at our old barn, it had always felt like a supported team effort.

from Smarty, and he bit down on it and pulled back, clearly playing tug-of-war with his trainer. His eyes were soft as he finally let go. It was a well-comed moment of brevity.

Ari and I were staying in a hotel close to the new barn to help with the transition. We had originally scheduled a riding clinic for this time, and when the weather didn't cooperate, we improvised.

Ari and I woke early the next morning; in the half-light, we got ready. Sarah picked us up. She had coordinated all of the details, including packing saddles, bridles, brushes, and blankets, and hauling them over. And, of course, hauling the horses. I was nervous, but Smarty loaded up quietly again. As we unloaded him, though, he spooked at...well, either air or a blade of grass. We all laughed again. Within moments, Smarty had recovered, and he began to survey the area. And slowly, we began to settle in and find our new, post-crash normal.

The new barn had a large, covered arena, spacious stalls,

and a scenic view. I took my twice-weekly lessons and made great strides with Smarty, who continued to grow healthier. We started to bond in earnest. But this barn didn't feel like home.

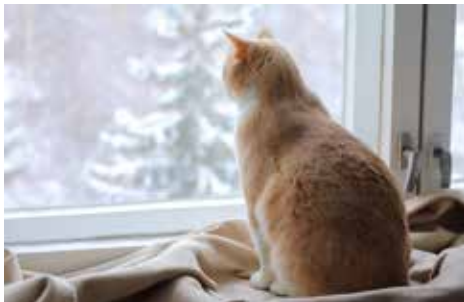
Riding is an interesting sport, because there are so many components that go along with it: English or Western, competitive or casual, who you ride with and when, and why you ride, to name a few. For me, riding was therapeutic and it was social. Smarty and I loved to ride with our group of friends and, at our old barn, it had always felt like a supported team effort. Most of the family had moved along with us, and Smarty and I were making great strides (literally and figuratively) with our lessons, but something was missing. And as the winter weeks ticked on, that feeling didn't subside. I didn't realize it, but I wasn't the only one who felt this way. As winter wound down, Sarah began to look for another barn for us to move to.

When she found a new barn, I felt ambivalent at first. I'd recently gone through a difficult home sale, a flood in my new home, and I was in the midst of a lengthy remodel to fix the damage left behind by said flood; I didn't want any more "change" in my life. But we trusted Sarah to find a barn that we would all love. A barn that would have that special something that we'd all been missing at the new place.

As the first blooms of spring were unfurling, Ari and I drove to the new barn. All had felt dark, and cold, and unwelcoming where we were before; here everything was suddenly lighter, and brighter, and, welcoming. The wind was whipping up as I pulled past the sign that read "Rainbow Meadow."

As we walked across the lush, green grounds of the new barn, I glanced over at Ari. There was so much to take in: rolling fields, big barns, a cross country course, trees, and a half-mile sand track. I could see why Sarah had chosen this place. We were here. We were home.

Does your cat have the winter blues?



by Susan Wyatt

Have you noticed your cat sleeping or eating more since the weather turned dark and cold? Just like humans, cats can get the wintertime blahs. If kitty begins to gain weight or starts exhibiting behavior problems, it's time to get her moving. Here are some ideas for you and your cat to have some fun together:

- Paper bag and paper ball – One of the simplest games is to cut a hole in the corner of a large bag and poke a toy in the hole and watch kitty attack. Toss and chase with a wadded-up piece of paper is also a good game. The sound of paper skittering across the kitchen floor can be very enticing.
- New toy – Changing up your cat's toybox can be a great way to get your cat interested in play.
- Scratching post or cat tree – When you think of play you may not think of a cat tree or scratching post, but climbing and scratching are fun activities, so your cat may enjoy a new addition. These activities are also good for your cat's health.
- Catnip – Some cats don't like catnip, but if your cat enjoys it, there's no harm in adding this treat (either fresh or dried) to her diet.
- Kitty TV – Place a bird feeder or birdbath outside your window. The birds will thank you and your cat will enjoy hours of mental stimulation.
- Window perch – Whether you live in the city or in the country, a window perch is a great place for your cat to hang out and survey their territory.
- Puzzle feeder – Puzzle feeders provide mental and physical stimulation because they bring out your cat's natural chasing and hunting instincts. Buy one make one yourself using an egg carton. Simply put dry food into each compartment and watch kitty work to get the food out.
- Exercise wheel – This can be a great choice if you have a cat that is easily trainable. Fun for your cat and great videos for your Facebook and Instagram pages.

Northwest adventure cats are living the life

by Susan Wyatt

If you spend much time on Instagram, you've probably come across "adventure cats," the kitties that aren't content to watch the world from a windowsill. They enjoy outdoor excursions – from hiking to camping to kayaking!

Moose

Instagram: @moosetheadventurecat



Two-year-old Moose of Seattle is a veteran adventurer. The fluffy Siberian has traveled to Cannon Beach, Oregon, Eastern Washington, and the Skagit Valley Tulip Festival, and has gone kayaking in Lake Union.

Moose's person Anneka says when she and partner Ryanne adopted the 10-week-old kitten, she put him in a harness to wear around the house, just to let him get used to the feeling.

"Once he forgot it was there, I attached a leash and had him start practicing walking down a straight hallway," she said.

When he was comfortable indoors on a leash, Moose went on walks around the apartment complex, and was eventually introduced to the car. Then he moved on to trips to the Ballard Farmers' Market and Pike Place Market.

"When Moose doesn't want to walk, he'll climb up on my shoulder, or Ryanne's to rest," said Anneka, who adds that Moose can also ride in a backpack, if he feels so inclined.

Moose now has a new baby sister, a Tortoiseshell named Duckie, who has already been on outdoor trips.

Anneka said the best part about having an adventure cat is seeing people's reactions to him out and about.

"We always get tons of questions about how we trained Moose to walk on a leash or sit on our shoulders. The answer to the first is to start early," she said.

"The key to success with this is to go at a pace your cat is comfortable with and have tons of patience!"

Honey Bee

Facebook: blindcathoneybee

Sabrina Aeluro, who is a very active animal advocate, was traveling in Fiji when she first met baby Honey Bee, who is blind.

"I spent three days with the animal clinic, Animals Fiji during my trip. Honey Bee was one of many cats living at the clinic," said Sabrina. Sabrina adopted Honey Bee and brought her home to Seattle.

Honey Bee spent the first few months of her life as a free-roaming cat, so Sabrina decided to take the kitten outside in the yard.

"That turned into taking her to parks further from home and going on walks on a leash," said Sabrina.

"Blind cats can do almost everything a sighted cat can do," she said. "People don't always notice that they don't have eyes immediately, since they walk around and play just like any other cat."



Sabrina adopted another blind kitten, Fig, who has no interest in going outside.

"He's a very talkative and affectionate boy, and follows me around the house," she said. "Every cat's personality is different. Honey Bee goes on her little adventures because it's something she wants to do, not because it's something I'm forcing her into."

Midnight and LJ

Facebook: luther.lassen

On the Olympic Peninsula near Sequim, there are two kitty siblings who've just begun their outdoor training. Six-month-old Midnight and LJ are shop cats. Their people, Marc and Christie Lassen, own the Wild Birds Unlimited store in Gardiner. The two kittens took over at the store after their predecessor, a beloved ginger cat named Luther, passed away.

"We made the decision, in (Luther's) honor, to try to help as many cats and people as we could going forward, so we put some feelers out there to help foster cats in our shop," said Christie.



In a matter of weeks there were six bouncing bundles of kitten energy in the store.

"It was wonderful, chaotic kitten therapy in the shop," said Christie.

Four of the six kittens were adopted into great indoor-only homes, but, said Christie, "We foster failed on two of them."

"Marc and I love to be outdoors, and we are trying to adventure train ourselves by just getting out into nature as much as possible. We thought it would be great to be able to hike and travel with the kittens," said Christie.

"The kittens were a little scared of the harness going over their heads initially, but treats helped with that, and then lots of play with the harness on made them forget they were wearing it."

The kittens were five months old when they went on their first outdoor walk.

"They were great, and excited to be outdoors," said Christie. "We try to get them outside a couple of times a week now, and they love it."

Christie's advice for people who want to take their cats outside:

"Use lots of good treats, give them lots of love, encouragement, and pets while you are training. Be patient and start your training in a place they feel safe."

Laura Moss, Editor-in-chief and Co-founder of Adventure Cats, said the most common mistake people make is giving up too soon.

"They put a harness on the cat, and the cat walks funny or falls over, and they think oh well, this isn't for my cat," she said. "(Cats) aren't used to the sensation of having something on them. Use positive reinforcement." The basics:

- Be sure your cat is interested – don't force it
- Your cat should be microchipped and current on vaccines
- Practice indoors first
- Give treats!

Adventure Cats:
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