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letterfromthepublisher



Nothing is more rewarding than a succeeding new endeavor. For us at NA, this new undertaking came in the form of an idea conceptualized late last year. And by the following March, it became a reality that has since continued to surpass our wildest imagination.

Natural Awakenings Pet Magazine launched this spring with tremendous success. The feedback was overwhelmingly positive, and more importantly, magazines flew off the

shelves. But surprisingly, our initial run of more than 25,000 copies did not fully meet the demand of the Gulf Coast. However, I am pleased to announce that, as of this issue, our circulation is increasing to a level that makes us, by far, the largest pet publication in this area – an accomplishment that we owe to you, our reader.

Why is the size of our publication important? Our mission is to provide positive information to our readers on natural health, nutrition, fitness, behavioral growth, green living, and the products and services that support a healthy lifestyle for companion animals. Because the magazine is solely supported by local businesses with similar mindsets and goals, reaching more individuals not only improves community awareness, but also ensures success for all the businesses found in these pages.

In this issue you will find information that is sure to help you provide great care for your animal companions during the summer months on the Gulf Coast. Be sure to find out if you are properly pet-prepared for hurricane season in the article written by Gail Condrick on page 22. Earth Talk, on page 38, provides some great information on why going green with flea and tick treatments is important to you, your pet, and the environment. Conscious Eating, page 30, and Kitty Corner, page 34, will provide you with important information on why supplying the proper foods and nutrients are important to the health of your pet. Finally, “Bow Wow Bliss” will provide insight into mediation techniques with your dog on page 24.

Reaching as many pet owners on the Gulf Coast is our goal. So please be sure to let us know if there is a location that you would like to see our magazine. We are increasing distribution every month, but there are still many businesses that have either been overlooked or others who are just not yet on board with our magazine.

Thus, we invite you to explore Natural Awakenings Pet magazine. Learn more about the pets and wildlife that warm our hearts, and offer suggestions on how we can make this the best community pet magazine possible.

Be good, purr often, wag more.



Miss
Carmella
Marcella
Garcia



contact us

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Got Fleas?

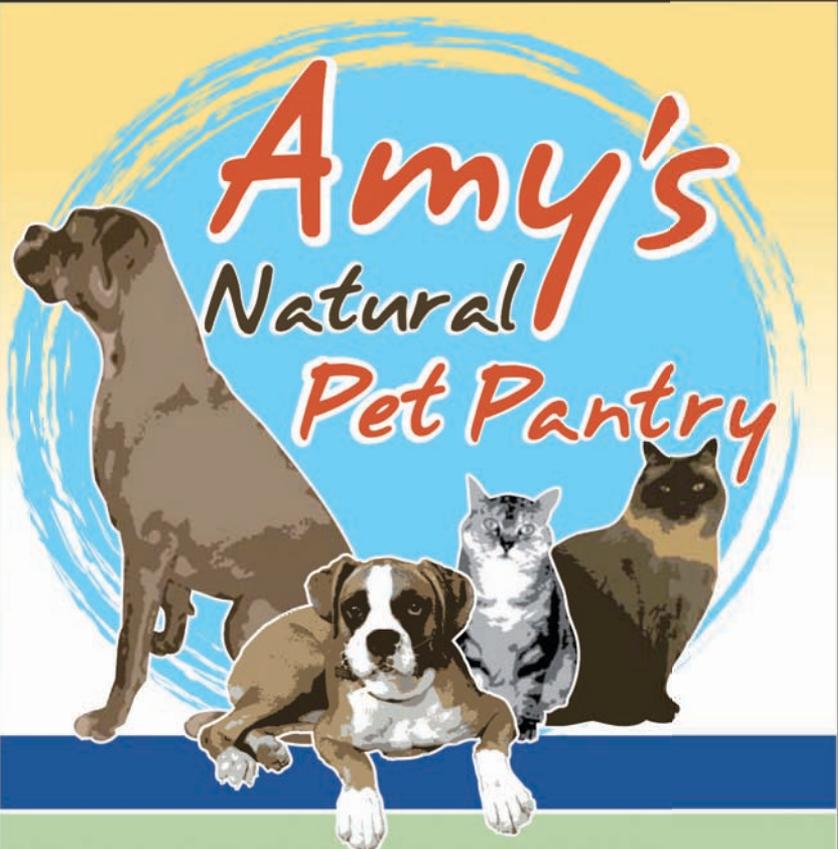
It seems these days that there are a lot more fleas and ticks around than just a couple of years ago. Those expensive topical treatments just don't seem to be working as well as they used to. Not only has their effectiveness declined, but they contain harsh chemicals and pesticides that many people don't want to subject their beloved pets to and are harmful for our environment. Great news! There are alternatives.

One way to kill those nasty little insects is by using food grade diatomaceous earth, also known as DE. Diatomaceous earth is the fossilized skeletons of one celled plants called diatoms. These diatoms lived in bodies of water in massive amounts, and when they died they settled to the bottom. Now, millions of years later, it is mined, crushed, sifted, bagged and is pure white in color. It has an unlimited shelf life provided you keep it dry. DE can come in different grades. Food grade is the only kind you should ever use for killing fleas and ticks on your pets. It is the purest form of fresh water DE that has had nothing added to it and it has not been altered in any way. It has been reviewed by OMRI and is now listed as an Organic Material. Another grade of DE is from salt water diatoms that have been heat and chemically treated and is commonly used in pool filters. You do not want to use this grade around your pets due to its toxicity.

It is impossible for insects to develop immunity to the effects of diatomaceous earth. The outside of an insect is made of a waxy exoskeleton and DE kills them by slicing into insects and then absorbing the liquid out of them, in essence, dehydrating them to death. You can kill fleas and ticks by taking a little DE in the palm of your hand and petting your animal against the natural lay of the hair and working it down to the skin. Once it gets on the flea or tick it will be dead in about 10 to 20 minutes. Because you are using food grade DE it will not harm your pet if it starts to lick it off, in fact there are many benefits to taking DE internally such as being a natural dewormer.

Pure Food Grade DE can be purchased at Amy's Natural Pet Pantry. Located in Blackburn Point Plaza at 1078 S. Tamiami Trail in Osprey. 941-244-2260.

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HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 941-351-3740 or email Publisher@nasrq.com Deadline for ads: the 15th of May.

EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: Publisher@nasrq.com. Deadline for editorial: the 10th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: calendar@nasrq.com or fax to 941-866-0949. Deadline for calendar: the 10th of the month.

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Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 941-351-3740. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.



NaturalAwakeningsPet.com

Natural Awakenings Pet is your pet's guide to a healthier, more balanced life. In each issue human companions find cutting-edge information on natural health, nutrition, fitness, behavioral growth, green living, and the products and services that support a healthy lifestyle.

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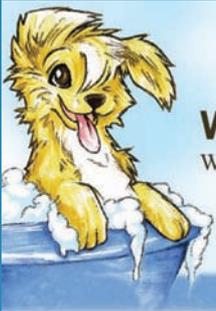


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petbriefs

All Natural Toys and Carriers at Playful Parrot



Bird toys are an item every bird owner buys for their bird. What the toys are made of is an important factor in picking the toy. Playful Parrot will now be adding to their line of

all natural woods and vegetable tanned leather a stainless steel hardware toy. This new addition is in response to the concern of metal toxicity to parrots. At Playful Parrot the toys are tested by their own birds for safety and play. Many toy sizes are available from canary to macaws. A clear travel carrier, made from food grade palastic, is also available. The carrier, called Winnebago, won Dr. Backers pick for best bird product at the Orlando Pet Expo. This carrier gives the bird a clear view of their surroundings, causing less stress when traveling.

For more information visit playfulparrot.com or email info@PlayfulParrot.com.

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Happy Dog Pet Salon announces the use of Earth friendly, all natural shampoos and conditioners in their salon. They carry a variety of soap- and detergent-free shampoos made from organic fruit extracts designed for every coat and skin type. In addition to luxury products for the coat and skin, they also offer a soothing paw moisturizer, mint, tea tree oil, aloe and eucalyptus facials and original hair accessories and nail art for the pet who loves a little flair.

Happy Dog Pet Salon books by appointment, Monday through Friday from 7:00am to 7:00pm.



Happy Dog Pet Salon is located at 5636 Lawton Drive in Sarasota. For more information visit happydogpetsalon.com or email contact@happydog-petsalon.com.

Mageeze Freeze: Not Your Average Puppy Treat



Three years ago, Donna-Marie O'Brien had an idea for a canine-friendly treat that would take the pet world by storm. Coined "Mageeze Freeze"

after her furry friend Molly "Mageeze," Donna would discover success in the form of a dairy-, additive-, soy- and lactose-free dessert for dogs.

Donna's creation stems both from her love of dogs and an inevitable concern for their well-being. With a background in Mass Communications, she explains that she never originally planned on marketing Mageeze Freeze. Initially, the concoction was in response to her endless search for a way to better her dog's health. After a continuous series of trial and error, Donna finally created a doggy delicacy using a special rice and seaweed-based formula that would prove to be the healthy solution she was looking for.

Donna learned her lesson with prior alternatives that disrupted Molly's stomach and digestive system. In fact, after putting Molly on a new diet that incorporates Mageeze Freeze, Donna was able to take Molly off all her previous medications. Where most dog treats contain additives and fillers that are damaging to a dog's well-being, Mageeze Freeze contains only 100% organic ingredients that are grown locally in the USA. "I can feel good about giving them this food," says Donna.

As of now, there are four distinct flavors available: Peanut Butter, Cranberry Banana, Carrot Apple and Pumpkin. Donna explains that each flavor has significance such as healthy digestion as well as the necessary flow of antioxidants.

Overall, it's easy to say that Mageeze Freeze will continue to "snowball" its way into the future of dog health. And with more flavors to come, Donna promises all of her 'Freeze' fans a seasonal surprise to look forward to in the near future!

For more information on Mageeze Freeze, please visit mageezefreeze.com.

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petbriefs

HSSC Earns Top Ratings



For the third consecutive year, the Humane Society of Sarasota County has received a four star rating from Charity Navigator, America's largest independent evaluator of charities. Only 13% of the approximately 5,500 charities rated by Charity Navigator have earned at least three consecutive 4-star ratings.

According to Charity Navigator, receiving four out of a possible four stars indicates that HSSC "consistently executes its mission in a fiscally responsible way, and outperforms most other charities in America. This 'exceptional' designation from Charity Navigator differentiates the Humane Society of Sarasota County from its peers and demonstrates to the public it is worthy of their

trust."

"We are honored to receive Charity Navigator's highest rating," said Humane Society of Sarasota County Executive Director, Deborah Robbins Millman. "The Humane Society of Sarasota County works hard to shelter abandoned pets and offer many community services, and we take seriously the fiscal responsibility we have to the donors who make our efforts possible. We rely on donations, bequests and sponsorships, and we are pleased that our donors have this added reassurance that the money they provide to HSSC is used in the most responsible way."

For more information, visit hssc.org or call 955-4131.



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FETCH! Pet Care of Sarasota, a locally-owned franchise, is proactive when it comes to pets and their impact on the environment. FETCH! Pet Care is a certified green business partner of Sarasota County and a proud sponsor of "Pooches for the Planet," the Sarasota Bay Estuary Program's initiative to reduce the amount of dog excrement flowing into area waters.

For customers going on vacation, staff sitters will stay in the pet owner's home, or the owner can board their dog(s) at one of the staff homes, with peace of mind, knowing that they are receiving loving care from a professional staff that is fully bonded and insured and background checked in all 50 states.

Once a pet owner becomes a client, they no longer have to find a sitter every time they want to leave their pets or have their dogs walked.

For more information call FETCH! Pet Care at 941-256-0437, or visit fetchpetcare.com.

Birds Love BIRDIE-BREAD™



As a result of Hurricane Charley in 2004, Gini Hyman became the foster Mom to four refugees from Port Charlotte. These skinny, apprehensive little birds had been exposed

to the elements for two days, drinking contaminated water, with no food and dodging predators. FWCAS (Florida West Coast Avian Society) of Sarasota (fwcas.org) helped with the rescue along with P.A.R.R.O.T.S. Rescue of Ft. Myers.

Gini tried supplementing seed/pellet mix with a seed mash, fruity oatmeal, various shapes and sizes of pasta and beans with no luck. Finally, she baked muffins with seed mash, veggies, cornmeal, orange juice, eggs, etc. and the birds loved it. The base recipe for BIRDIEBREAD™ was born. Today, her cockatiels are no longer skinny. She even devised Hot Pepper BIRDIEBREAD™ for her bird Charley who loves hot pepper. "I have been using my friend's flock of 26 Conures, Cockatoos, Quakers and finches as a focus group. So far the top three choices are Beanie BIRDIEBREAD™ Veggie BIRDIEBREAD™ and Hot Pepper BIRDIEBREAD™", says Gini.

Gini also boasts that since January 2008, BIRDIEBREAD™ Cones in Crates can be found in the largest bird store in the US, Bird Paradise in Burlington, NJ. Coming soon in 2010, BIRDIEBREAD™ Cones & Muffins can be found on Facebook and a new website. In addition, Gini is adding 3 new retail locations, two in Florida and one in Pennsylvania.

BIRDIEBREAD™ can be found at Animals by Nature in Sarasota. Visit animalsbynature.com or online at Bird Paradise Online mybirdstore.com. BIRDIEBREAD™ donates to the Florida West Coast Avian Society and Rescue in Sarasota, FL as well as the Gabriel Foundation in CO and the Alex Foundation in MA.



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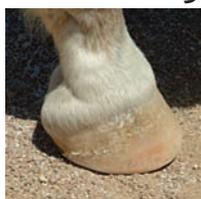


A youth interactive horse and animal care program is being offered weekly or monthly. Rosaire's Riding Academy has a variety of ponies to warm-blood horses. Campers can learn to ride English or Western style and

have fun down on the farm. The hands-on program provides equipment and the horses. The program is geared to educate on animal care and the joy of riding. A licensed petting zoo is also on the grounds for interacting and learning about the farm animals. Become a cowboy or cowgirl and learn to be in harmony with the horses.

Rosaire's Riding Academy Summer Day Camp will be held from June 14th to August 13th. For more information visit rideapony.com or email rideapony@msn.com. Ellain Rosaire is a lifetime equestrian, an award winning trainer and performer in the horse world. The staff are all adult trainers.

Healing Alternatives, Barefoot Trimming



Kelly Hall is expanding Horse Hoof care to include the Manatee and Sarasota area. Barefoot trimming is done first by evaluating the entire horse for posture and movement. Then with her expertise she works on trimming the hoof. This is a less invasive procedure

to the foot and painless due to no nails and no shoes. This procedure can help posture and balance issues in the horse and, in turn, can result in helping behavior and personality issues a horse may be having. Incorporating at times when necessary, as in abscesses or laminitis, she will introduce therapeutic pads to help remove lameness. This is the Happy Hoof Pads. Correcting the foot posture affects the whole structure of the horse. The outcome is a healthy hoof, happy horse.

Kelly is a certified proper balance hoof trimmer Level three. She has been helping horses and ponies for six years. Contact Kelly at happyhoof@tampabay.rr.com or visit happyhoofpads.com.

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Suncoast Humane Society to Host Englewood Chamber of Commerce Meet and Greet



Join us June 9th, 2010 at 5 p.m. as we host the Englewood Chamber of Commerce's Business After Five, here at the Suncoast Humane Society (6781 San Casa Dr., Englewood, FL). Meet the staff and tour the grounds

as you network with the members of the Chamber. The event is free and reservations are not required.

The Suncoast Humane Society was founded in 1971 as the Animal Aid Society of Englewood. Suncoast Humane Society operates one of the few "open admissions" shelters in Florida. We accept all animals brought to us by the public, regardless of health or temperament. Suncoast Humane Society exists to "reduce the numbers of homeless animals and to improve the quality of both human and animal life." With your support we will work to meet the needs of our communities to achieve our mission.

For more information contact Phil Snyder at webmaster@humane.org or visit the Suncoast Humane Society at humane.org.

Cat Scratch Fever



The Kitty Palm won third place in the best new innovative product for cats at the Orlando Global Pet Expo in March. The Kitty Palm is expanding their kitty tree to include multiple tiers for cat entertainment and exercise.

Cats love to climb and scratch. The Kitty Palm enables them to do this in their home with a Florida design. The design was inspired by a newly adopted kitten who would not leave a palm tree light alone. The trees are designed so they can now be shipped throughout the USA in a more cost effective way. This kitty post design adds to a pool lanai or in the home as a tropical palm tree. The feeding dish is built in to the post to keep dogs from eating the kitty's food. The multipurpose tree keeps a kitty entertained using a scratching post with style.

For more information visit KittyPalm.com.

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Check out our "Calendar of Events" on our website!

Metro Pet Salon Celebrates its 5th



Metro Pet Salon is celebrating its fifth anniversary. The idea behind Metro Pet was established nine years ago by Joni Zink, with an aim to bringing show dog style to Sarasota. Joni was current owner Amanda Reil's biggest mentor. "We purchased Metro and decided to change nothing, only upgrading equipment and staying 'up to date' on the grooming," says Amanda. She also added that, "All of our dogs are show quality to us, zero options."

Metro Pet is located at 420 Central Avenue in Sarasota. For more information call 941-955-7701.

Hurricane Event for Lovers of Animals (H.E.L.P.)

On June 12th, from 10am to 4pm, Animals by Nature is hosting the third annual H.E.L.P. Hurricane Event for Lovers of Animals. The topic of the event is hurricane preparedness. Attendees will learn how to prepare for their pets. Awareness is as important as being prepared. This event will be hosting many vendors including: Earl of Smoked Meats pet food reps, Safe Haven Animal Rescue, Doggie Diva and Connie Summers for photographs. The store will be offering a 10% off special.



Animals by Nature is located at 1215 Mango Ave. in Sarasota. For more information visit animalsbynature.com.

Designer Pet Furniture



Adding to the current custom furniture line, Osprey Custom Woodworking now makes custom pet furniture. The store now carries a line of custom dog crates to fit into an owner's home décor. These crates are made of hardwoods such as bamboo and many other quality woods. Pet owners have an alternative to unattractive metal crates in their designer home.

Customers can have a dog crate look like an end table or a multipurpose piece of furniture or even have their dog's bed match the bedroom suite. Osprey Custom Woodworking's owner, Tom Mottern, has been designing custom furniture for 20 years.

For more information visit ospreycustomwoodworking.com.

Pooper Scooper for Hire

Keeping Sarasota clean is the service that is expanding in Sarasota and Bradenton. Kelly Duncan is the owner of Pet Waste Service. She cleans up after her client's dogs in their yard. This service helps free the environment of the run-off toxins that can end up in a water source. Using a biodegradable pick up bag, she disposes of pet waste. The lawn is kept free of flies and smell. Adding to her service is a product which helps grass not stain and yellow. This service is helpful to busy moms and multiple dog homes. This service also covers litter boxes for pregnant moms who can't clean a litter box.



For more information visit propetwastescooper.com.

Mobile Bird Grooming



Located in Port Charlotte, Bonnie's Birds is a mobile bird grooming service. Companion birds should regularly have their nails trimmed and filed, wings clipped from time to time and even work on those beaks can be necessary. They travel to the customer for much less stress on the owner and the birds, and less expense than avian vet services. Bonnie Thompson is the former owner of For the Birds, located in Ohio. She has over 20 years experience handling parrots of many species and her techniques have repeatedly made friends with supposedly "untouchable" birds. The response to this service has been very positive and they are always accepting new clients.

Bonnie and Ed have, in the last year, undertaken the responsibility of rehabilitating former companion birds, so that they might once again have the chance to find a permanent, loving home. All birds are placed on a healthy diet of sprouts, veggies, fruits, rice, nuts, grains and seed and even some pellets, designed to bring rehabilitating birds back to beautiful feather and health. Each bird is worked with daily to reinforce positive behavior and correct undesirable traits. When these birds have "graduated", there is then an application, home visit, and adoption contract process that will allow Bonnie to match the right companion bird to a prospective new family. Behavioral services are also available in the home. Bonnie's Birds travels from Englewood to Punta Gorda and beyond.

For More information on Bonnie's Birds call 941-204-0548.

Fur Fun Summer at the Humane Society



Always a sell-out, the Humane Society of Sarasota County's Fur Fun Summer Program for children ages 8 through 12 will soon be in session. The Fur Fun Program offers children the chance to have hands-on interaction with animals, learn more about animal behavior, pet care and health and have fun.

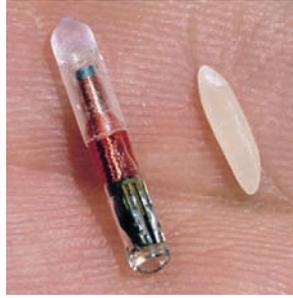
Each session is one week long and meets weekdays from noon to 4:00 p.m. Several

sessions are already full, but spots remain for the following sessions: June 14 - 18, July 19 - 23 and July 26 - 30

Activities include time with shelter animals, visits from special guests, animal themed crafts and animal themed games. The cost for the program is \$150, with a \$10 discount for siblings. Registration forms are available on the web site at hssc.org.

For more information about the FUR FUN Summer Program, call Kate or Charlene at 955-4131 or email education@hssc.org.

Hurricane Season Microchip Special



In preparation of the upcoming hurricane season, the Humane Society of Manatee County is offering \$5.00 off the regular price of \$20 for microchipping while your pet is being spayed/neutered at their clinic in Bradenton. If you and your pet are separated during a storm, a microchip is the most effective means of identification

and can aid in being reunited with your pet. This special price is valid through June 30, 2010.

Spay/neuter prices range from \$35-\$50 for cats to \$55-\$65 for dogs. Proof of rabies vaccination is required or will be given at time of surgery. The clinic serves the general public and no income verification or residency requirement is needed.

The clinic operates Monday through Friday by appointment. Please call 941-747-8808 x 302 for more information or to schedule an appointment.

The Humane Society is located at 2515 14th Street West in Bradenton. More information is available at their website, humanemanatee.org.

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Dolphin Friends

Call for More Humane Treatment

New research reveals that many modern dolphin brains are significantly larger than our own and second in mass to the human brain when corrected for body size. "Dolphins are sophisticated, self-aware, highly intelligent beings with individual personalities, autonomy and an inner life," said Lori Marino, an Emory University neuroscientist at a recent American Association for the Advancement of Science conference.

Marino and other experts are concerned by, among other things, the growing industry of capturing and confining dolphins, and then having them perform in marine parks or swim with tourists at resorts. The approach is misinformed and needs to be reconsidered, she says, as "Dolphins are vulnerable to tremendous suffering and psychological trauma." An earlier study indicated that dolphins' self-awareness is similar to that in higher primates and elephants.

The recent Oscar-winning documentary, "The Cove", addresses the extremes human disregard for dolphin populations can reach if left unchecked. Take action by petitioning leaders in the U.S. and Japan to protect the world's dolphins at TheCoveMovie.com.



Frugal Fun

2010 Designated the Year of Florida State Parks

Created in 1935 by the Florida Legislature, the Florida State Parks system has grown from eight to 160 parks that include 100 miles of beaches, eight National Historical Landmarks and 39 sites on the National Register of Historic Places, as well as lakes, rivers and springs. Today, the Florida Department of Environmental Protection's Florida Park Service manages more than 700,000 acres of Florida's natural environment. It stands as the National Recreation and Park Association's first and only two-time Gold Medal winner for the nation's best park service.

"The 75th anniversary of the Florida State Parks system represents an important milestone in the state's history, showing the foresight of Florida's early leaders to preserve valuable pieces of the state's landscape," says Florida Park Service Director Mike Bullock. He speaks on behalf of the organization's 1,000 staff, aided by 6,000 volunteers who last year contributed 1.2 million hours of service. They help maintain the system's 3,400 campsites, 260 cabins and 14,000 park programs in the public lands enjoyed by 21.4 million park visitors last year. The annual economic impact is nearly \$1 billion.

Affordable, family-friendly activities encompass swimming, hiking, bicycling, paddling, diving, fishing, camping, birding, ranger-led tours and events. Everyone is invited to enjoy the 25 signature anniversary events scheduled throughout 2010.

Find special events, contests and discounts at <http://FloridaStateParks.org> and <http://Twitter.com/FLstateparks>.



Wilderness Vigil

Americans Benefit from Elders' Conservation Efforts

Great Old Broads for Wilderness, a nonprofit, public lands organization based in Durango, Colorado, leverages the voices and activism of elders to preserve and protect wilderness and wild lands. The group's forte is raising public awareness of the importance of wilderness and alerting the public to inappropriate development and management decisions affecting it. When its members talk with the conviction of life experience, people tend to listen, says Veronica Egan, executive director since 1992.

Established in 1989 on the 25th anniversary of the federal Wilderness Act, these Old Broads are on a mission to preserve public lands, the places they love to hike, for their grandchildren. Broads in 22 local chapters, or Broadbands, in 18 states join with other environmental groups to preserve national forests, grasslands, monuments and parks. Most of the land they monitor is in the American West, with its vast roadless areas. The most common impacts are on archaeological sites and riparian lands that contain irreplaceable biological diversity. The women are vigilant about monitoring, documenting and reporting unauthorized activities.

Wally White, a county commissioner of La Plata, Colorado, considers Egan's work "unsurpassed." She reminds him of the tradition of Native Americans, who have always relied on elders for guidance and leadership.

For more information visit GreatOldBroads.org.

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Sending Out an S.O.S.

How Everyone Can Help Contain Gulf Disaster

Environmental cataclysms from oil spills are staggering. The 1989 Exxon Valdez spill near Alaska unleashed 10.8 million gallons of crude oil that eventually covered 11,000 square miles of water. The 1979 nine-month-long Mexican government's Ixtoc 1 oil well blowout disgorged 140 million gallons of crude into the Gulf of Mexico.



Now, April's BP Deepwater Horizon spill, already one of the nation's worst environmental disasters on record, is destroying and endangering marine and bird life, nature's balance and Gulf coast livelihoods. In its wake, citizens are rallying to protect the water, land and wildlife at risk. Volunteers are needed for ongoing cleanup and wildlife rehabilitation efforts; so is hair.

The nonprofit Matter of Trust invites hair salons, classrooms, pet groomers and individuals to donate clean, leftover hair and fur trimmings for use in highly absorbent hair mats and booms. Founder Lisa Gautier says, "A pound of hair can pick up one quart of oil in a minute, and it can be wrung out and reused up to 100 times." Volunteers throughout the Gulf region are holding "Boom BQ" parties to stuff donated locks into recycled nylons to form booms that can be strung along beaches and marshes. See *MatterOfTrust.org* for easy donation instructions.

At *OilSpillVolunteers.com*, anyone can register to volunteer or join a cleanup organization. Even stepping into fragile shoreline habitats can be devastating to nesting species, so proper volunteer training is critical. The National Audubon Society (*Audubon.org*) is helping to coordinate volunteers via online registration forms. Monetary donations provide supplies and resources to benefit affected birds and wildlife. The Institute for Marine Mammal Studies (*imms.org*) is on deck, rescuing and rehabilitating affected sea turtles, dolphins and other sea mammals. Oceana (*Oceana.org*), the largest international nonprofit focused solely on ocean conservation, invites everyone to get involved in preserving Earth's oceans and restoring their healthful abundance.

Every volunteer hour, donated dollar—and lock of hair—can make a difference.

To help, call the unified response center (*DeepwaterHorizonResponse.com*) at 281-366-5511.

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Good News

Small Wildlife Victories Yield Hope

This past year saw the brown pelican fly off the endangered species list. Saiga antelope are making a comeback in Eurasia and wolf sightings are up in Oregon's Cascade Mountains.

More species winners included Chesapeake Bay oysters, England's rare lapwing (a crested plover) and its Duke of Burgundy butterfly, New Zealand's para pigeon, Southeast Atlantic coral reefs and wild-spawning Atlantic salmon, spotted in New York's Salmon River for the first time in a century.

Sources: National Resources Defense Council, Oceana, Environmental Defense Fund

Oceans Ahoy

Communities Celebrate
World Oceans Day June 8



Millions of people annually gather at hundreds of events around the world to recognize the vital importance of the "one ocean" we all share and support the present and future health of our blue planet. Last year saw 70 events in the United States alone.

This year, the 50th anniversary of the Dr. Seuss classic, *One Fish, Two Fish, Red Fish, Blue Fish*, adds to the fun. Individuals and families will join in kids' art contests, photography exhibits, film showings, essay and poetry contests, treasure hunts, sleepovers and storytelling at aquariums, museums and zoos across the country. Fests will celebrate sustainable seafood, and local volunteer squads will tackle aquatic cleanup projects.

We rely on a healthy ocean with a rich diversity of life to supply oxygen, foods and medicines, as well as millions of jobs and endless opportunities for recreation and inspiration. Because all the world's oceans are connected, environmentalists call for them to be treated as one ocean.

Locate and register events at WorldOceansDay.org. Attend Mote Aquarium's World Ocean Day Event from 11am-2pm. For more information see their ad on page 8 or visit mote.org/worldoceanday.

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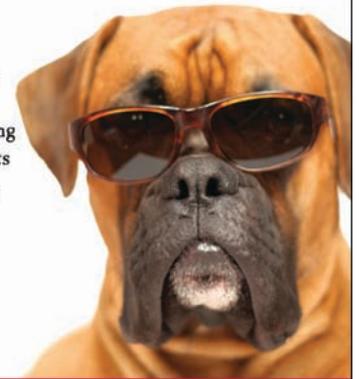


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Puppy's First Haircut

by Donna Carey

Many breeds of dogs require hair cutting and styling with coat conditioning. But before this process can begin, it is of foremost importance to first establish a sense of comfort with the new canine client. The first visit to a grooming salon occurs at a very impressionable period in the puppies life.

The appropriate introduction to the grooming process will help them throughout their lives. Groomer stylist, Mark Griffon of Yuppy Puppy introduces the puppy to a waiting area of a sanitized cage with plush bedding. Here the puppy acclimates to the sounds and smells of the grooming salon. This puppy's name is Lilly she is a five month Yorkshire terrier, Say's Mark.

The next station for Lilly is to introduce her to the grooming table. She is very wiggly at this age. Holding her firmly and gently showing her the sides of the table, here Lilly learns of the edges where her limits are to the table.

A chest harness is placed on her like her walking harness. This is to secure her from falling. This gives the groomer free hands to work with her. Then she is brushed. A Yorkshire terrier begins to get a thin downy undercoat as they mature, usually around seven to eight months. This undercoat needs to be combed, or it will mat together. The undercoat and the mature coat starts at the base of the tail.

After combing and brushing she is introduced to the hair clippers. It is turned on and passed around her and over her. This is to get her familiar with the sound and vibration. Then with a gentle firm voice from Mark, Lilly allows him to trim her belly hair.

Today for her first haircut we are only trimming the sanitary area, her face and feet. With the grooming table up high off the ground Lilly realizes this is not play time. Between each step of the groom, the puppy is highly praised and rewarded with love.

Toe nails are trimmed next. A filing tool either a dremmel or a diamond nail file are used to smooth the edges of the nails. A puppy's first grooming appointment ideally is three to four hours. This keeps the stress down for the puppy.



Upon making your appointment for your puppy, ask the groomer how long your puppy will be there.

During the grooming session, some pet stylists will have a socialization time with other puppies and dogs. A naptime and potty time are also between stations of the groom.

Tracy from Waggin Tails Grooming believes in "come for playtime and get a haircut." She first has the puppy's play with the other dogs in a no cage environment. This helps the puppy to adapt easily with the influence of the other dogs. They are happy and not scared. This way a new puppy does not smell fear and associate it with the grooming salon.

Bath time is introduced with the warm water starting at the back of the puppy. In the tub they again have the chest harness to restrain them to the tub. This also frees the hands of the groomer. The ears are then cleaned of any ear debris. This is done by plucking the ear hair and cleaning the ear with a nonalcoholic ear solution. Cotton is then placed in the ears to keep out water. Many dogs, such as Labradors and Golden Retrievers, love the water, and gladly welcome their bath.

Pet salons and Grooming Spas offer different bathing options. A hydro surge deep massage shampoo system delivers a therapeutic bath to the dog. This system pulsates the water and the shampoo into the coat while stimulating the skin of the dog. There are blue berry facials, paw exfoliations and different coat treatments available at different salons.

At Waggin Tails Grooming only hand drying is per-

formed, says Tracy. Here the puppy is unwrapped from the drying towel. Being held very gently with a stand dryer blowing over the puppy's body. During this time each hair layer is brushed with the appropriate brush for that coat. A golden sable colored Havanese named Lulu is being brushed with a fine tooth pin brush. This is to separate each hair from tangles and allow them to dry. Here a professional experienced groomer will have the knowledge of the appropriate brush and combs to use for the different dog breeds. Some of the dogs have hair some have fur.

Another drying method is having an air circulation fan. This blows gently over the puppy as it is in the cage. This dryer circulates the air from the room into the cage. No heat is put on the dog.

A no heat dryer, air circulation fan is usually used with short coated dogs, Such as a German Pointer or a smooth coat Daushund.

The finishing touches of the puppy's first hair cut include checking the hair length over the eyes and the hair on their feet.

As Lulu the Havanese is held, looking up at Tracy, her hair hanging over her face. Tracy cuts the hair with a shear to expose soft brown eyes. Next

her feet are trimmed of the hair in her pads. This is done to help prevent that pad hair from matting when it becomes wet. Trimming the hair around her foot neatens the appearance and helps keep the puppy from dragging in dirt from outside. She then combs her hair above her brow part-



ing it, to put in a rubber band and a red bow.

The expression of Lulu's face is transformed from shaggy to darling as the final touches are put in place.

The patience of the groomer is vital with the first appointment. Interviewing the prospective groomer of experience, certifications and vet referrals are a valuable tool in finding the groomer for your puppy.

Each puppy's first grooming is determined by the owner's preference. Many dog breeds are recommended to be groomed by 3 months. They do need their second set of shots, in order to be around the other dogs in the salon. This is recommended by the National Dog Groomers Association and the parent breed clubs of AKC and Designer breeds.

This puppy's first experience can be fun with lots of love and care.

Donna Carey is a National Certified Master Groomer, former Groom Team USA representative and a 25 yr. veteran pet stylist.

For more information on Yuppy Puppy Salon visit 941-365-1000 yuppypuppysrq.com

For more information on Waggin Tails Grooming visit 941-924-4462 waggintailsgrooming.com

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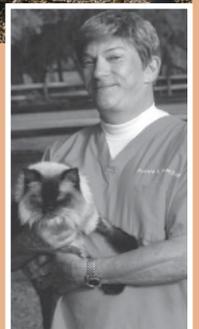
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By Gail Condrick

HURRICANE PREPAREDNESS

It is hurricane season and seven year old Bonsai Day is ready to go. In his backpack is food, water, medicine, family photos, first aid kit, and important documents to reunite him with family and friends if he is lost. And something unique to him, his leash.

Bonsai is a survivor, a rescued Weimaraner/chow mix who lives with Robert Day, Operations Chief for Sarasota County Emergency Management. For Day and Bonsai being prepared and having a family evacuation plan is a practical and necessary step in being ready to face all of life together, even emergencies.

"I have my backpack in the closet, and so does Bonsai," says Day. "I know that I will be working so our family

preparedness plan includes boarding Bonsai with family members in a safe area away from a flood zone. If a hurricane comes, or any disaster, we pick up our packs. I strap on Bonsai's, I put on mine, and we are out the door."

Creating a family evacuation plan for humans and pets in advance of a hurricane is recommended by local and national agencies. The key words are plan, prepare, and be alert for situations that everyone hopes will never occur.

If a hurricane heads here and you are told to evacuate, the Federal Emergency Management Agency (FEMA) literature advises taking your pets, stating that it is unlikely they will survive on their own and may be lost.

The Humane Society of America agrees and recommends that since over 60 percent of Americans have animals, emergency family preparedness means including your pets in the plan. They advise that if it is not safe for you to stay home, it is not safe for your animal family members.

Your choices range from staying home, living with friends and family away from danger zones, boarding your pet with your vet or boarding facility if they will be open during the storm, or bringing your pet with you to a pet friendly hotel or emergency shelter. All of these choices involve research before the storm to determine which option works best for you.

Both Manatee County and Sarasota County have plans to open emergency shelters for humans and animals during a hurricane or other disaster. In 2004 Manatee County was the

first area in Florida to introduce pet friendly shelters. "Pets are like family members," says Don Hermey, Emergency Management Officer in Manatee County. "People want to bring them, so we found a way to make that work for everyone's safety." In Manatee County, owners and pets stay together in two designated shelters. "Listen to the media or contact us to learn which shelters are open and where we are accepting dogs, cats, and birds," states Hermey.

Hermey, who owns both cats and dogs, is out of a flood zone and his preparedness has centered on structurally protecting his home from hurricane force weather and a backup plan to board with family members.

Kris Weiskopf, Director of the Manatee County Animal Shelter, reminds all pet owners that they will be the ones caring for their pets in shelters, and must bring their own food and medications. Proof of vaccinations is required for admittance.

These are the same guidelines for the six pet friendly shelters in Sarasota County. The actual shelters to be activated will be determined if a storm occurs, with dogs and cats near their owners in adjacent/neighborhood buildings, but not co-located.

As Day says, "A shelter for pets is not a drop off point; pet owners are required to bring provisions for their animals, and to care for them while in the shelter." He continues, "We have rules that owners must follow in a County shelter, including proof of vaccinations and crates or carriers to stay in during the emergency. I recommend that you laminate your important documents and clip them to the cage. I have a photo of Bonsai with me and family members in case we are separated, his rabies certificate, proof of vaccinations, medicine information, and human contact information. It's all together and ready to go anytime."

Pre-planning also enables you to continue a holistic approach to pet care even in an emergency. Dr. Jaime Gonzalez, a Sarasota veterinarian who specializes in integrating conventional and holistic medicine in his practice, has special recommendations for pet owners. "The three areas to focus on are up to date medical records and vaccination information, food choices, and calming anxiety," he says. "A core principle of natural pet health is not to vaccinate pets annually unless it is needed. This is checked by pre vaccine blood tests or titer testing which shows levels of immunity.

You should be prepared by having all vaccines and titers up to date and copies of your records, then you can discuss with your vet the best options for your situation."

Emergency Services recommends you have a two week supply of food, water, and medicine for you and your pet. "I recommend integrating dried holistic food into your pet's diet pre-emergency so that transition will be easier," states Dr. Gonzalez.

Finally, a hurricane or evacuation may make both you and your pet anxious. Pet friendly ways to calm anxiety can include natural alternatives. Dr. Gonzalez recommends products that you can find at pet stores that specialize in holistic remedies, like Happy Traveler, or specialized comfort vests. Some basics may be on your shelves already. Check for Sleepy Time tea with Valerian and homeopathic drops like Rescue Remedy to help calm your pet. Ask your vet for the correct dosage for the size, weight and age of your pet.

If you prepare, plan, and include all your family members, you can ride out the storms together. And don't forget to pack those homeopathic solutions for anxiety; you may just want a few drops for yourself.

Gail Condrick is a freelance writer and mind/body coach offering classes and workshops around the country. To contact Gail, niavisions.com.

For more information on hurricane preparedness and creating an emergency plan for your pets and family consult these resources.

*FEMA. fema.gov
Humane Society of America,
humanesociety.org*

*Jaime Gonzalez, DVM, CVA
Bear Creek Veterinary Alternatives,
bearcreekvetalt@live.com,
941-312-6825.*

*Florida Disaster Planning,
floridadisaster.org, for an on line
interactive family planning tool.
Hotels Accepting Pets, petswel-come.com*

*Robert Day, Sarasota County
Emergency Management, scgov.net, 941-861-5000*

Professional Pet Sitting, propet-sitting.net. Information for caregivers and suggestions for exotic pet care during emergencies.

*Don Hermey, Manatee County
Emergency Management, my-manatee.org, 941-749-3500.*

ADVICE FROM A HOLISTIC VETERINARIAN

"Make sure you get your medicines ready and have vaccine records well in advance."
-Dr. Jaime Gonzalez

Things to Pack:

1. Medicines
2. Vaccine Records
3. Good Holistic Dry Food
4. Anxiety Relief
5. Bottled Water
6. Favorite Toy or Blanket

CHECK LIST FOR EMERGENCY PREPAREDNESS

Before the Emergency

- Create an emergency plan for your family and your pets.
- Assign each pet a responsible family member
- Determine shelter options by checking local government websites
- Research the pet shelter rules for your County
- Determine hotels that allow pets and veterinary offices and boarding facilities as potential shelters

WHAT TO PACK

- Identification, vaccination or titer papers and certifications
- 1. Two weeks supply of food and water
- 2. Medicines
- 3. A favorite toy or blanket
- 4. Photo identification with family members
- 5. Plastic bags and cat litter for waste disposal
- 6. Newspapers, disinfectant, and paper towels for clean up
- 7. If the storm comes, listen to local media for the latest updates on evacuation and shelter information.

Bow Wow Bliss

Five Ways to Meditate with Your Dog

by James Jacobson and Kristine Chandler Madera



Meditation is as simple as a walk in the dog park. Imagine sitting down with your dog. As you both begin to relax, your breaths become longer, less hurried. Your thoughts slow down until it seems like you are not thinking at all. If you and your dog already share moments like these, then you've glimpsed the bliss of meditation.

Meditation is great for dogs. Not only does it improve a dog's health and well-being, but excitable dogs become calmer, aggressive dogs become more loving, and dogs that once whined and howled for attention become quieter and more content. Meditation is great for you, too. It relieves stress and sharpens your mental focus.

Here are five ways to get started on a non-dogmatic meditation practice.

Schedule a regular time. First thing in the morning is a great time, or right after you get home from work but before you get into your evening activities. The more consistent you are, the more you and your dog will be able to ease into meditation.

Develop a ritual. Ritual helps to prepare you and dog for meditation. Light a candle, burn incense, put on quiet music, or sit in the same place and position each day.

Let go of expectation. If you have a pre-conceived idea of what your meditation experience will be, you'll just get frustrated. Your experience will not be the same as someone else's and chances are, will be different for you from day to day. Enjoy your meditation, however it turns out.

Connect with your dog. When you sit down to meditate, your dog should be either lying next to you or on your lap. Put one or both hands on your dog. This connection is soothing to him. Your dog may get up. That's okay. Just stay quiet, and when your dog returns, put your hand or hands back on him.

Conclude your meditation the same way each time. This signals your body and mind, as well as your dog, that it's time to move on to the next part of your day. The transition should be gentle rather than jarring. Pet your dog slowly, lengthening the stroke from short to long; whisper or say aloud an affirmation, quote, or prayer; or roll your head from side to side.

Meditating with your dog is as individual as your relationship with your dog. Be patient. Try different things. There are few rules about meditation. The perfect meditation is whatever brings you and your pooch bow wow bliss.



The Bare Bones

Here is an example of the steps that I take in my meditation practice with my dog Maui.

1. We go to our meditation room and sit.
2. I may turn on music.
3. I place my hands on Maui.
4. I close my eyes and focus on Maui's breath.
5. Our breathing synchronizes.
6. When a thought comes, I let it go and refocus on our breath.
7. I continue this process for as long as it feels right—observing my thoughts, releasing them, and synchronizing my breath with Maui's.

--James Jacobson

James Jacobson and Kristine Chandler Madera are authors of *How to Meditate with Your Dog: An Introduction to Meditation for Dog Lovers*, which presents a non-dogmatic approach to meditation. To fetch a free chapter from the book - "The Three Un-Dogmas" - and the introduction from the audiobook go to DogMeditation.com.

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Oil Spill Impact on Birds

By Gail Condrick



This spring a major Save Our Seabirds (SOS) activity is caring for rescued baby birds as predators or

human error have caused nests to be abandoned. It is a full time operation as the birds need to be cared for 24/7 for their survival. This is a normal and busy spring activity and takes many SOS resources, a challenge as many volunteers have left for the summer.

But this is not an ordinary May. SOS Executive Director Lee Fox, who authored a manual used internationally on caring for oiled wildlife, is on call to assist the Breakwater Horizon oil spill protection effort. Staff and volunteers are collecting supplies and donations and fielding media calls in addition to daily duties. SOS will also lead the response along the Gulf Coast. The disaster, while tragic, shows the importance of the role of organizations like SOS in assisting with environmental changes and disasters.

At the height of the migratory and nesting season, the spill has created dramatic danger to birds along the Gulf Coast and the entire ecosystem. The Louisiana wetlands are home to many migrating and nesting birds and over 400 other species. As part of an intricate food chain, what affects one, impacts the whole.

"The terrible loss of 11 workers may

be just the beginning of this tragedy as the oil slick spreads toward sensitive coastal areas vital to birds and marine life and to all the communities that depend on them," said Melanie Driscoll, director of bird conservation for the Louisiana Coastal Initiative. "For birds, the timing could not be worse; they are breeding, nesting and especially vulnerable in many of the places where the oil could come ashore," she said. "The efforts to stop the oil before it reaches shore are heroic, but may not be enough. We have to hope for the best, but prepare for the worst, including a true catastrophe for birds."

The International Bird Rescue Research Center states a dime-size glob of oil can kill a bird. As birds are coated with oil or ingest plankton or other ocean life that have oil in their bodies, the danger continues as baby birds are also fed the poison.

Birds familiar to Gulf Coast natives and visitors are at risk. The National Wildlife Federation (NWF) says that gulls, pelicans and other water birds can experience hypothermia when oil destroys the insulating quality of their feathers. The birds eat more to stay warm, but their ability to forage changes as they sink lower and lower into the water, their buoyancy decreased by oil. The birds desperately groom their feathers with their bills, consuming oil, which may lead to illness and death.

Less obvious long-term impacts can occur. The entire food chain, from plankton to fish eating birds, may be disrupted by the presence of oil. Toxic chemicals may accumulate in birds' bodies, weakening them and making them more prone to disease and predation. If oiled birds don't die from exposure, there is evidence that reproduction is lowered by exposure to even small quantities of residual oil according to NWF.

Lower birth rates are a concern as many of the seabirds seen on our beaches are already at risk. Brown pelicans, the state bird of Louisiana, nest on barrier islands and feed near shore. Late spring is breeding season and many pairs are already incubating eggs. The species was taken off the federal endangered species list last year, but their relatively low reproductive rate means any disruption to their breeding cycle could have serious effects on the population..

Least Terns, whose low numbers are also a concern in Florida, are in danger. Alison Sharpe, director of the Louisiana Wildlife Care and Rescue Center, Inc., says, "The spill has the great potential of wiping out the entire population of Least Terns



along our coast area.”

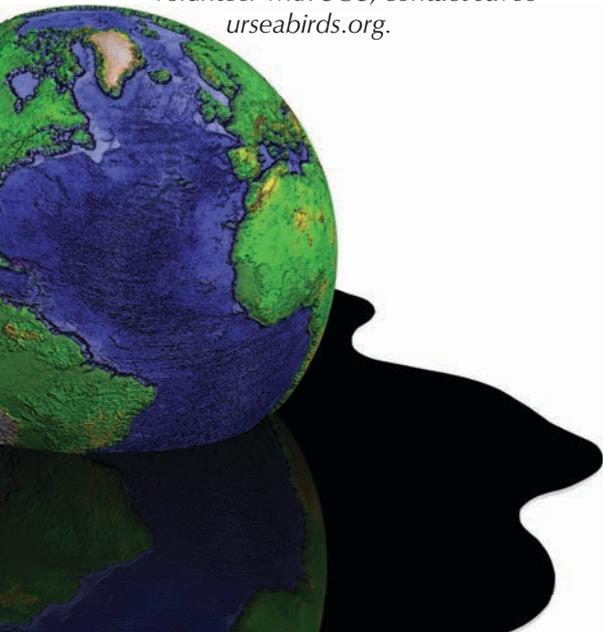
Least Terns were once plentiful on the shores of Mississippi. At one time, 12,000 of the species lived there but now only 2,000 terns remain. According to CBS News wildlife expert Jeff Corwin, “It only takes about 20 days for the eggs of the Least Terns to hatch and another 20 days for the chicks to leave the nest, which means right now is the most critical period in the life cycle of these birds, when they’re most vulnerable.”

Other species of beach nesting birds common to the coast such as gulls, shorebirds, large wading birds, marsh birds and ocean-dwelling birds are also at risk, along with migratory shorebirds and songbirds. Compounding the problem is the number of migratory birds seeking shelter in early May, some 500 million estimated in a 1998 study by Louisiana State University.

“The journey across 500 miles of open water strains their endurance to its limits,” the Initiative said. “They depend on clear skies and healthy habitats on both sides of the Gulf in order to survive the journey.”

Tidal currents, wind, and fate will determine if the oil comes ashore on the Gulf coast or is carried by currents into the Everglades or Atlantic Ocean. No one knows the entire impact of the Breakwater Horizon oil spill, but one fact is certain: SOS will play a role in protecting and rescuing wildlife and will continue to need assistance, both volunteer and financial to assist in the effort.

Information in this article was compiled from various local and national news reports, including Save Our Seabirds, Sarasota Herald Tribune, CNN, CBS News, L. A. Times, and reports from wildlife organizations. For the latest information or to contribute or volunteer with SOS, contact saveourseabirds.org.



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Brain Food for Pets

by Dr. Anne Chauvet

Nourishing our pets is more than just finding high-quality, natural foods. Like us, dogs and cats also need brain food, which goes beyond what we put in their bowls every day.

A proper combination of wholesome diet with the right supplements and plenty of cerebral and physical challenge is not only a formula for a long and healthy life, but also for staying razor-sharp mentally. Today's pet owners are willing to take advantage of advancements in veterinary care and treatment, leading to longer lives for their pets. As a result, we are seeing more aging-related cognitive dysfunction, including Alzheimer's-like problems.

Symptoms are many and can include decreased activity, significantly increased sleep time, not recognizing familiar people, forgetting tricks and day-to-day routines, getting stuck in corners or around furniture, increased agitation and excessive crying or barking. Since these also may signal other problems, including hyperthyroidism, stroke or even a tumor, an evaluation by your vet is a must.

As caring pet owners, we can do many things to help our animal companions age with grace by giving their brains those things that it craves. First and foremost, the brain loves oxygen and the best way to satisfy that craving is to increase the blood flow to the brain through exercise.

Of course, a pet must be healthy enough for the exercise, and that means no orthopedic lameness or a cardiac condition that would make strenuous or excessively long exercise inadvisable. Your vet is your ally here too and can help develop an appropriate exercise program for your pet.

Increased exercise can be as simple as having your dog or cat chase a ball or squeaky toy indoors. Walks are great, but if you plan to run with your dog, keep in mind that they do not sweat like we do. Panting is a dog's primary cooling

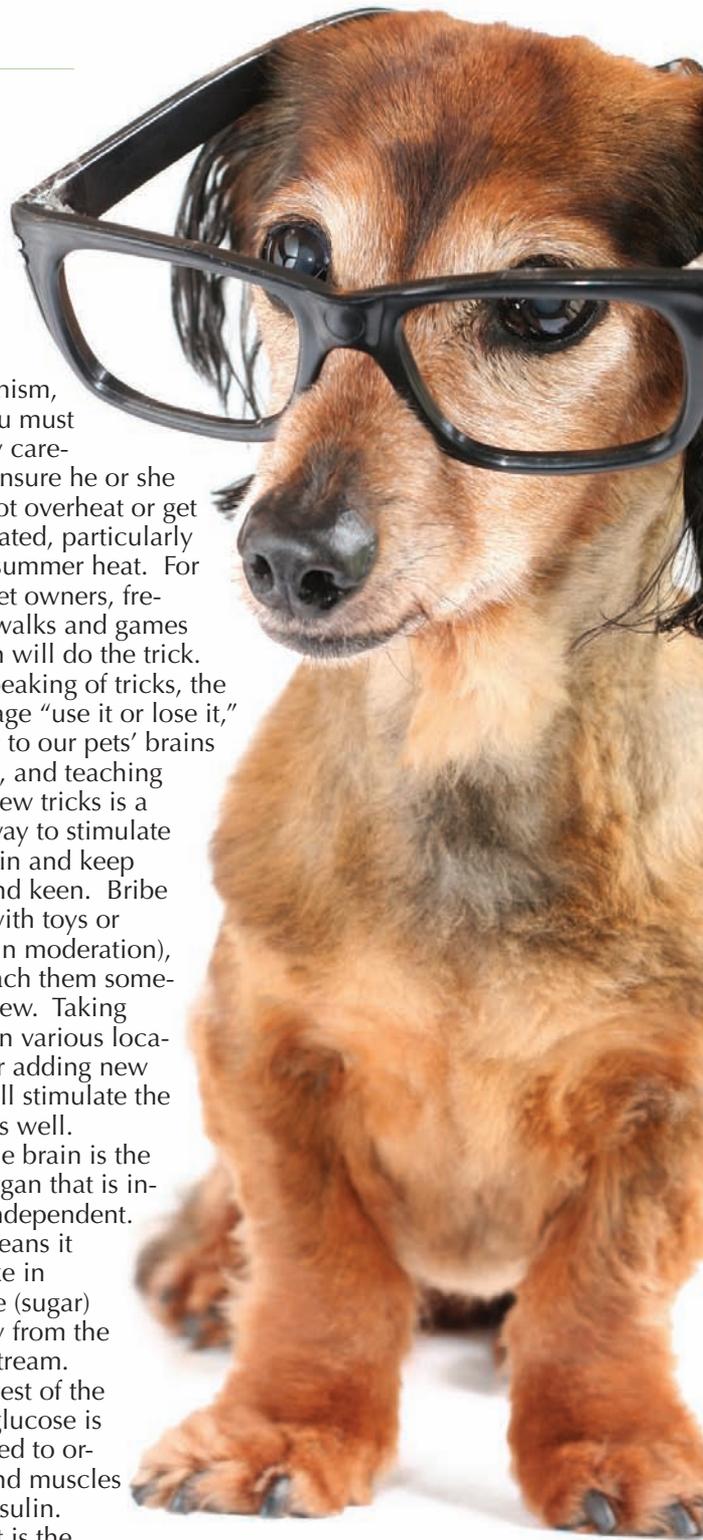
mechanism, and you must be very careful to ensure he or she does not overheat or get dehydrated, particularly in the summer heat. For most pet owners, frequent walks and games of fetch will do the trick.

Speaking of tricks, the old adage "use it or lose it," applies to our pets' brains as well, and teaching them new tricks is a great way to stimulate the brain and keep the mind keen. Bribe them with toys or treats (in moderation), and teach them something new. Taking walks in various locations or adding new toys will stimulate the brain as well.

The brain is the only organ that is insulin independent. That means it can take in glucose (sugar) directly from the bloodstream. In the rest of the body, glucose is delivered to organs and muscles with insulin.

That is the reason diabetic patients are weak and still have high blood sugar. Insulin is lacking and thus the glucose is not absorbed by the organs.

So, our brains will not suffer from too much sugar, but too little is a different story. Low blood sugar and rapid drops in blood sugar have a negative impact on brain function. Smaller and younger mammals tend to have a much higher metabolic rate and consume more glucose than large mammals. That's why we're more likely to see the Chihuahua puppy go into a hypoglycemic seizure than an old mastiff if the dog is fed only one meal per day. That does not mean the



dog should be fed more food, but it is better to feed the proper portion twice a day instead of just once. Just to be clear, added sugar is not good for your pet. Proteins are best because they provide a metabolized sugar that is far more beneficial to the body than plain carbohydrates and also are released at a steadier pace that keeps blood sugar at a good level.

Proper supplementation is important, but use a high-quality brand like Platinum Performance, and there are others.

Fish is called brain food because it is teeming with healthful Omega 3 fatty acids. Wild salmon also is a good source. In dogs, absorption is not as good in capsules, so the liquid form is preferred—despite the smell.

Generally speaking, feeding pets people food is not recommended, but there are exceptions. Blackberries and blueberries are delicious and full of antioxidants that minimize the damage caused by free radicals formed as byproducts of oxygen metabolism. Ginkgo biloba is an antioxidant best known for helping improve early-stage cognitive dysfunction in seniors, and acai is a great energy source. A combination of these substances helps the brain manage damage and improves memory and coordination.

Minerals and salt, are also important and are included in the proper balance in high-quality pet foods. Our pets' nutritional requirements are complex and supplements, while helpful, are no substitute for a balanced diet just as there is no substitute for the sustenance we and our pets find in each other's company.

Dr. Anne Chauvet is a veterinary neurologist and founder of Veterinary Neuro Services, 3900 Clark Road, Sarasota. She also has produced the DVD "Canine Rehabilitation for Spinal Injury or Back Surgery--Including Exercises for Your Pet's Health and Long-Term Fitness." For more information, call 941-929-1818 or visit PetNeuro.com and HealthyPetRehab.com.

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The Remarkable Lives of Service, Therapy and Companion Dogs

by Danielle Hope Hier

From the moment Lincoln entered Life Care Center of Sarasota, he knew he had work to do. Ambling over to Emily Murphy, a recent stroke survivor in therapy, he stood there patiently as she brushed his hair. Occasionally, Emily would drop the brush, bending over slowly to pick it up and start again. On any given day, Lincoln might be asked – through physical or verbal cues – to stand still, fetch or lie down. He is one of more than a thousand therapy, companion and service dogs throughout the US.

It all begins with a puppy raiser.

“As a puppy raiser, I am responsible for teaching my dog household manners,” Alice Gross (a retired nurse turned South Eastern Guide Dogs volunteer) said. “I have to teach him how to ride on the floor of a car, how to behave in restaurants, and how to act in public.”

Volunteers such as Alice receive their puppies at nine weeks of age, and work with them until the dogs are ready to be turned over to trainers —approximately eighteen months later. Following a physical examination making sure that these well bred puppies are healthy enough to meet the demands required to become a successful guide dog, they begin their work with the trainers at South Eastern Guide Dog Inc.

“Our services are offered free of charge, and funded solely by the philanthropy of caring members of the community,” Patsy French, Director of Development at South Eastern informed me. “We do not request any government funding.”

Founded in 1982, South Eastern Guide Dogs Inc. trains more than seventy dogs a year for work as service dogs, and sends these helpers all over the US. “We have teams made up of seven or eight dogs per trainer, and our dogs learn through praise and repetition.”

What does this training model look like?

Prospective service dogs are taught forty distinct obedience and directional commands. For example, with the “find” command, a dog might be requested to find a curb, find an elevator, find a door or find a bench. When told to move “forward,” a dog must move forward, but only if this command does not pose a threat to his future caretaker. “They have a responsibility to each other,” French continued. “A blind person needs to listen, and the dog needs to see.” Service animals must exhibit “intelligent disobedience” in situations where obeying may result in the injury of his caretaker (such as an obstruction of a pathway by a low lying branch).



Trained to observe in three dimensions, a service dog is responsible for seeing six feet above, three feet below, and “body block” his caretaker if there is a sign of danger (like a pothole in the road). Additional unique commands might be “right, right” or “left, left,” instructing the dog to find the first available right turn or left turn on the street. For approximately six to eight months, these special animals are harness trained, teaching them that when their “uniform” is on, they are working. When the harness is removed, they are “off duty.” They learn to relieve on command, train in one hour increments, and run twelve miles a day.

Where do they go from here?

Once training is completed, the Director of Training – who is conversant with dog behavior – will determine if the graduating canine will be used as a service dog (a guide dog), a therapy dog (helping in rehabilitation centers), or a companion dog (being paired with an individual for therapeutic needs). Special services for gifted canines also include search and rescue, narcotic and arson detection, and even reading programs where a student learning to read will read to a patient and non-judgmental dog – which will certainly not be correcting pronunciation or laughing if a child stutters!

Some disqualifiers for work as a service dog include instances where a dog is so loyal that it is unable to demonstrate intelligent disobedience, or one that is fearful and emotional where it would be unhealthy for the canine to be used as a service dog. What about the friendly dog that sniffs exces-

sively? Well, that special dog is given a job in which he will excel, and may be used in bomb, arson or drug detection. Otherwise, service dogs are paired with an appropriate recipient based on matching their pace and temperament with that of its new caretaker.

Therapy Dogs at Life Care Center Sarasota

For more than four years, Life Care Center of Sarasota has been using therapy dogs to assist in recovery for patients who have undergone surgery, suffered a stroke, or have been in an accident. Their Animal Assisted Therapy (AAT) method has been shown to decrease patient recovery time, the reliance on pain medication, and minor health issues.

Keith Helm, Occupational Therapist at Life Care said, "We've seen patients stand for three minutes vs. thirty seconds when they are distracted by [an enjoyable task like] petting a dog." Helm also noted a considerable drop in the blood pressure of patients who have received AAT.

The day I visited Life Care, Ruth Agnew – a retired geriatric nurse and current volunteer – brought her nationally certified and registered poodle, Lincoln, to the rehabilitation center. Agnew's role was to oversee the behavior of Lincoln by giving commands.

Emily Murphy was eight weeks into her rehabilitation program, when she arrived in the fitness room to begin working with Lincoln. Since the right side of her body lost mobility and balance following her stroke, Murphy's tasks were to stand and brush Lincoln, throw a ball for him to fetch, and hold a canine ice cream cone for him as a treat, once therapy was over.

According to Keith Helm, tasks will vary from patient to patient, based on what type of injury a person may have suffered. A person recovering from a shoulder injury might be asked to throw a ball in a game of "fetch" to build strength. Someone with a knee surgery finds it painful to stand or walk, and may be distracted with the task of standing while petting a therapy dog, or walking with the dog down the hallway. A person that needs help developing trunk strength might be asked to play "tug of war" with the eager to play dog. Additionally, these special animals can be used to help a patient improve memory (by remembering facts about the dog), communication (by talking to the animal), and even redevelop fine motor skills (by unbuckling and buckling the dog's collar). Therapy goals are modified based on need and the progress of a patient.

A Life of Service

Therapy, service and companion animals are not just limited to dogs. Cats, birds and other exotic animals have been successfully trained as well. It takes the collaborative effort between the people who volunteer their time, those who train, and those who provide therapeutic goals to make programs like AAT a success. It also takes the extraordinary talents of these remarkable animals to help improve the lives of the people they serve.

For more information about South Eastern Guide Dogs Inc., call (941) 729-5665 or visit guidedogs.org. For more information about Life Care Center of Sarasota, call (941) 360-6411 or visit lcca.com.

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If you're one of the 35 million cat guardians in the United States, you undoubtedly want to know whether your feline is getting the food it needs for optimal health:

For the domestic housecat, the wrong diet can contribute to health problems ranging from kidney disease and diabetes to allergies and cancer. To make the most of its nine lives, your cat requires a diet that strengthens its immune system -- and that means the natural foods that closely resemble the diet of its ancestors.

Cat evolution: Felis catus has been lounging around since antiquity, living for most of that time on birds, insects, and anything else it could get its claws on -- especially small animals that nibbled wild grasses, seeds, and nuts. Bones of small prey cleaned teeth, fur provided fiber, and innards provided moisture and small quantities of grains and berries. It all added up to a wild but well-rounded diet. As cats' domesticity evolved, so did their food; mice and squirrels were replaced by dry kibble. But, according to Michael Dym, VMD, a homeopathic veterinarian in Morristown, New Jersey, dry food "is not in [cats'] evolutionary diet." Because feline biology isn't suited for kibble, many

holistic veterinarians believe that dry, processed food is a main cause of illness and premature death in the modern cat.

Cats' digestive systems are short and acidic, meaning they can handle and process meat, bones, and most bacteria quickly and effectively. But a grain-heavy or purely vegetarian diet spells trouble for a cat's tiny fermentation system. Carb-rich foods, such as dry grain and plant material, are difficult to digest and cause an imbalance in the normal pH levels of a cat's urinary system, potentially leading to irritation of the bladder lining and increasing risk for urinary tract infections. Overworked by production of the digestive enzyme amylase, the pancreas becomes stressed; undigested grains and a pH imbalance create toxins in the kidneys and bladder; and the weakened immune system can't fight off illness.

Dry foods also deprive cats of the moisture they need to digest foods and remain hydrated. "A cat cannot drink enough water to compensate when eating a total dry-food diet," says Sue Green, co-owner of the Whole Cat in Denver. Many veterinarians agree that drinking a lot of water is usually a sign of a physical imbalance. "In a pure state of health, they should be thirstless," says Dym.

Going raw: Dry food may be the preferred option for many feline caregivers, yet in a purr-fect world, cats would eat moist, low-carb diets, with supplements as necessary. Raw food holds sway with many holistic vets, who cite the research of Francis M. Pottenger, MD, and his controlled-feeding study on cats from 1932 to 1942 (see www.price-pottenger.org). While experimenting on the function of cats' adrenal glands, Pottenger discovered that felines fed a raw-meat diet were much healthier than those given cooked meats, particularly over several generations. Sara Winikoff, DVM, of Rockland Holistic Veterinary Care in Blauvelt, New York, adds that a raw diet "will most likely prevent intestinal cancer, cystitis, and immune-system disorders."

Natural switch

Raw or cooked, the safest meats for cats are chicken, turkey, and beef. Organ meats are crucial for the vitamins and minerals they offer cats, according to Marty Goldstein, DVM, a Palm Harbor, Florida-based holistic vet.

Vegetables, particularly puréed pumpkin, green beans, broccoli, zucchini, and carrots, supply fiber, vitamins A and C, and water. Vets also recommend salmon or other fish oils for omega-3 fatty acids, plus finely ground eggshells and ground bones for calcium.

A few cat-food cautions: Avoid onions; they destroy



red blood cells and cause anemia in cats. Many holistic veterinarians forgo feeding fish to cats because of mercury concerns; fish treats two to three times a week are a better option, says Don Hamilton, DVM, author of *Homeopathic Care for Cats and Dogs* (North Atlantic, 1999). And under no circumstances feed your cat chocolate; even a tiny amount can kill. Chocolate contains the chemical theobromine, which is toxic to dogs and cats. Although theobromine levels vary with the type of chocolate, any type or amount ingested by a cat should be treated as life-threatening.

Nature's toothbrush

Randy Klein, owner of Whiskers Holistic Petcare in New York City, suggests giving your cat bites of raw chicken neck once a week to exercise and clean gums and teeth. Simply freeze a chicken neck, defrost in the refrigerator, cut into nickel-size pieces, and serve.

Whether homemade or purchased, a diet that doesn't meet your cat's nutritional needs is still a raw deal. Consult with your veterinarian or an animal nutritionist to find a recipe that is suited to your cat and has been used by others with healthy results. And naturally, kitty can't tell you when it's hurting, so learn to recognize what's normal and pay attention to any changes in your cat's usual habits.

Deborah W. Johnson dedicates this article to her cat, Ninja, who passed away at age 19. Perhaps on a raw diet, he would have lived to be 30.

Cat's Meow Chicken Mix

Makes 1 cup / To reduce bacterial risk, always freeze meat for 72 hours prior to use and defrost in the refrigerator. Introduce new foods into your cat's diet just a dot at a time, doubling the amount every second meal until you work up to a regular serving. It can take cats several weeks to adjust to a new food.

1/2 pound cooked chicken (thigh or breast meat), cut into pea-size pieces

2 drops olive oil

1 organic egg yolk

1 teaspoon bone meal

1/2 teaspoon fish oil

1 cat multivitamin per serving, crushed
Pet digestive enzymes (read label for dose)

1 tablespoon vegetable baby food, such as carrot, squash, or peas (no onion powder), optional

Mix together all ingredients until well blended. Feed an adult cat as much as it will eat in 20-30 minutes: about 1/2-3/4 cup for a small cat, 3/4-1 cup for a medium cat, and 1-1/4 - 2 cups for a large cat. Refrigerate leftovers for up to 4 days.

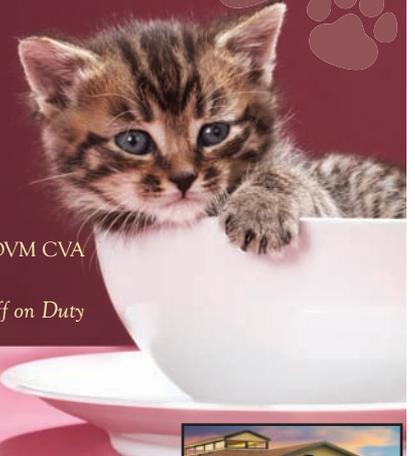
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travelingpet Travel Tips for Queasy Companions



by Georgina Dawdy

If the prospect of a car ride sets your four-footed companion to drooling or incessantly meowing, you may be more than a little hesitant to plan a lengthy trip with your chum.

Unfortunately, dogs and cats, and some people too, may experience anxiety in a moving vehicle. Others find the conditions associated with motion physically upsetting when, in their minds, they believe they're sitting still. Your trip doesn't have to be a bust, however. There are a number of things you can try so you and your companion can enjoy your travel to the fullest—or at least make it tolerable!

Do not feed dogs or cats within several hours to ½ day of traveling. Animals travel best on an almost empty stomach. And there's less to clean up if your friend gets sick. You can, however, offer your friend a little water before you leave and during your stops along the way.

Provide fresh air. Dogs will naturally stick their heads out the window of a moving car but this is dangerous. Instead, point open vents in your animal's direction. In warmer weather, even air conditioning can help settle his stomach.

Acclimatize the animal. This is very important for animals who have genuine fear of the car and not just physical motion sickness. If possible, start when your cat or dog is still a kitten or puppy. Nervous adults, though, can benefit from step-by-step conditioning. First, get your animal comfortable inside a parked car. Let her explore, pet her and offer some tasty treats. Next, start the engine but stay in the driveway. When your animal is comfortable, take her for a short drive, preferably to the park or a good friend's house.

Try using flower or tree essences. These natural infusions can calm your "nervous Nelly's" fears of travel. There are several brands on the market, including Bach Rescue Remedy as well as blends made specifically for animals such as Canadian Forest Tree Essence's Animal Rescue and Anaflora's Relocation, Special Stress or Tranquility formulas. Administer well ahead of time

and throughout your trip, up to four times a day. You can also put a diluted form in a spray bottle and mist your car at intervals along the way. Be sure you do not bring any essential oils into contact with felines.

Consider herbs. There are several calming formulas on the market, as well as herbs that address stomach upset. Ginger is one herb recommended to fight nausea (as many pregnant women know) and it can work for animals too. Try either ginger capsules—1/8 to a full capsule for dogs, depending on the size of your animal (cats need only a sprinkle) or ginger snap cookies. Sugarless cookies are best and can usually be found at one of the local pet bakeries popping up in cities everywhere or even by mail order. Treat a pet to a cookie before traveling and then periodically throughout the ride, but take care not to overdo it. Ginger works



best if given 20 minutes before the trip starts.

Also consider Chinese herbal formulas (Nature's Herbs for Pets has one) that address nausea as well as calming formulas, which may contain chamomile and valerian, such as Animals' Apawthecary Tranquility Blend.

By conditioning your companion to learn that car travel can be more than a ride to the vet's office and using some of the above natural treatments and recommendations, a dog or cat can feel like a queen or king of the road. All it takes is planning and patience.

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EarthTalk®

From the Editors of E/The Environmental Magazine



Dear EarthTalk: I'm told that, despite improvements in recent years, pesticides in flea collars are still harmful to pets and humans. Are there ways to minimize fleas without resorting to chemical concoctions? And is anything being done to ban these dangerous products from store shelves?

-- Nancy Trouffant, Lancaster, PA

Americans spend some \$1 billion each year on products designed to combat fleas. Many of these products do their jobs handsomely, but two of the most egregious chemicals widely used in flea collars, tetrachlorvinphos and propoxur, have been shown to cause damage to our brains and nervous systems, and are known human carcinogens. Residues containing these chemicals can stay on a pet's fur—and whatever he or she rubs up against, including your rugs, furniture and children—for weeks on end.

The Natural Resources Defense Council (NRDC) found that residue levels produced by some flea collars are 1,000 times higher than that which the U.S. Environmental Protection Agency (EPA) considers safe for children to be around. Previous campaigning by NRDC and other nonprofit groups convinced the federal government to ban six other dangerous pesticides formerly common in flea collars, but tetrachlorvinphos and propoxur are still wreaking havoc on the environment and human and pet health.

In light of these dangers, what's a concerned pet owner to do? For starters, ditch the collar and buy a flea comb. NRDC reports on its GreenPaws.org website that regular combing of a pet can help reduce fleas while allowing owners to monitor the extent of a given flea problem. Fleas caught in the comb should be drowned in soapy water. Also, vacuum frequently to

rid your carpets, floors and crevices of fleas and their eggs. Dispose of any used vacuum bags immediately so fleas don't escape and re-infest the room.

In the case of an extreme infestation, a professional steam carpet cleaning might be your best bet. As for your pet, frequent soapy baths are a great way to control fleas. Pet bedding should also be washed weekly in hot water. Outside of the house—where your pet romps and frolics—keep your grass and shrubbery clipped short to increase dryness and sunlight, which inhibits fleas. Nematodes—all-natural non-chemical biological agents available at most garden stores—will get rid of fleas in problem areas outdoors.

Of course, all this diligent work might still not be enough to keep fleas at bay, so you may need to turn to products formulated with essential oils that repel insects but do not harm pets or people. Be sure to start with small doses and monitor pets and family for allergic responses. Another non-pesticide option is S-Methoprene, a so-called Insect Growth Regulator which halts the growth of chitin, the substance that creates an insect's exoskeleton, and won't harm humans or pets. S-Methoprene is best used as a tool in preventing an extended infestation since adult insects are unaffected by it.

With the federal government apparently uninterested in banning tetrachlorvinphos and propoxur from flea products, NRDC is taking the issue straight to the people. Via its GreenPaws.org website, users can customize a letter to PETCO and PetSmart, the nation's two largest pet supply retailers, asking them to stop selling products containing such dangerous chemicals. And whether or not these companies will heed the call may well depend on consumer behavior, so the more you buy safer alternatives, the better.

CONTACTS: U.S. EPA, www.epa.gov; NRDC, www.nrdc.org; GreenPaws.org, www.greenpaws.org.

SEND YOUR ENVIRONMENTAL QUESTIONS TO: EarthTalk®, c/o E – The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; earthtalk@emagazine.com. E is a nonprofit publication. Subscribe: www.emagazine.com/subscribe; Request a Free Trial Issue: www.emagazine.com/trial.



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and

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JUICING is definitely for the birds!

Birds, like people, need a variety of fresh foods to maintain health. Dr. David McCluggage, a nationally recognized expert in holistic avian medicine, believes "juicing fruits and vegetables for birds is an incredible way to improve a bird's diet." He recommends going out and purchasing a juicer, and

*Improve a bird's diet:
Juicing fruits and vegetables for birds is an incredible way to improve diet.*

adding fresh juices, along with the pulp, three times a week or more. It is an easy way to add concentration of valuable nutrients, in a readily digestible form, to their diet, as well as increasing fiber content.

McCluggage suggests using organic fruits and vegetables whenever possible because of their higher mineral and vitamin content. Choose only ripe produce, firm to the touch and without excessive bruising. The combination of fruits and veggies is limited only by your imagination and your bird's tastebuds. But remember to clean them very thoroughly to remove wax and pesticides, and peel



if necessary before popping them in the juicer.

Serve juice as you would water, but do not leave juice in the bird's cage for an indefinite period of time. "Use the three-hour rule," McCluggage says. "If you are prepared to eat food left on the counter for three or four hours, then it is also all right for your bird to eat." Foods such as nuts will be fine, but soft food and juices will spoil.

As well as offering juices, make fresh water available to your bird at all times, and change it at least twice daily for maximum cleanliness. McCluggage recommends giving either bottled water

or water from home treatment systems. So pull out that juicer, and share a cup with your bird. You will both benefit from nature's goodness.

Dr. David McCluggage runs a holistic veterinary practice in Longmont, Colorado. Recipes reprinted with permission from Holistic Care for Birds, by Dr. David McCluggage and Pamela Leis Higdon, Howell Book House, 1999.

JUICING RECIPES FOR BIRDS

■ Eat Your Broccoli

- a few pieces of broccoli
- 1/2 of an apple
- a slice of peeled lemon
- 1/2 of a pear
- a few sprigs parsley
- 1/2 of a fresh apricot

■ An Apple a Day

- 1 apple
- 1/3 of a peeled orange
- 1/3 of a banana

■ Fruit-Juice Mania

- 1/2 of a ripe banana
- 1/2 of a peeled orange with white pulp
- a few grapes (dark-skinned are best)

■ The Intestinal Healer

- 1/2 of an apple
- 2 tbsps yogurt
- 1 tsp aloe vera juice
- 2-3 leaves of spinach
- 1 tbspc cooked rice (with water added in equal portions, left overnight in refrigerator before using)
- 1 tsp apple cider vinegar

Juice apple and spinach, and add to other food items mixed together in the same bowl.



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HEALTHY LIVING MAGAZINE

pet

calendar of events

NOTE: All Calendar events must be received via email by the 12th of the month prior to publication and adhere to our guidelines. Go to www.nasrq.com for guidelines and to submit entries. No phone or fax submissions, please.

TUESDAY, JUNE 1

SW Florida Network of Pet Professionals Meeting - 10-11am. Meets the first Tuesday of every month at Animals by Nature/Tree of Life Club. 941-953-2983.

WEDNESDAY, JUNE 2

Managing Your Pet's Allergies - 8pm. Holistic for Pets together with Herbsmith present an installment in a series of informative webinars. Allergies are one of the most common issues with today's pet. Dog owners everywhere continue to struggle to find solutions that don't result in negative side effects. There are natural options. Visit herbsmith.com/webinarseries.asp to learn more or to register.

THURSDAY, JUNE 3

Bow Wow Cruise -- 6pm & 7pm. Laishley Marina, Punta Gorda with Captain Louie. Benefits EARS Animal Rescue Sanctuary in Englewood.. 941-380-6814.

SATURDAY, JUNE 5

Tellington Touch and Animal Communication Class -- Improve the behavior, well-being, performance and bonding for and with your dog. K9 Korral Obedience Training Center, Sarasota. 10am-5pm. 941-915-8181. Also Sunday, 6/6.

Reading for Fun -- HSSC hosts this special program where pet-therapy registered dogs listen to kids read. Books-A-Million, 14th St., West Bradenton. 11am-2pm. Free. 941-955-4131.

Low-Cost Vaccinations -- Take advantage of the savings on vaccinations offered by Healthy Pets at Texaco; Fruitville Rd. & East Rd., Sarasota. 3:30-4:30pm.

THURSDAY, JUNE 10

Low-Cost Vaccinations -- 11am-12pm. Take advantage of the savings on vaccinations offered by Healthy Pets at Babes Hardware, 14355 Tamiami Trail, North Port. 11am-12pm.

The Florida West Coast Avian Society Meeting - 7-9pm. Parrot & Exotic Bird Rescue. Meets every second Thursday of the month at Animals by Nature/Tree of Life Club 941-953-2983. Visit fwcas.org for more information.

SATURDAY, JUNE 12

Low-Cost Vaccinations -- 10-11am. Provided by Animal Health Services. All animals to be in a crate or on a leash, offered monthly. For more information call 1-888-680-7387 or visit pawsplus.com

or protectmypet.com. Animals by Nature/Tree of Life Club. 941-953-2983.

Low-Cost Vaccinations -- 2:30-3:30pm. Take advantage of the savings on vaccinations offered by Healthy Pets at Old Packing House Café, 987 Old Packinghouse Rd., Sarasota from 9-10am; Babes Hardware, 14355 No.Trail, North Port, 11am-12noon; Babes Hardware, 450 N. Indiana, Englewood, 1-2pm; and Pawprint Essentials, 1033 US 41 Bypass, S. Venice, 2:30-3:30pm.

Third Annual H.E.L.P. Day & Open House -- 10am-4pm. "Hurricane Event for Lovers of Pets" Hurricane Kits Available, Lifesaving Information, Safe Haven Animal Rescue of Florida with Pet Adoptions, Connie Summers Photography, Pet Food Vendors and Earl's Smoked Meats serving BBQ, Guest Speaker and More! 10% OFF Throughout the Club! Animals by Nature/Tree of Life Club. 941-953-2983.

SUNDAY, JUNE 13

Sarasota Bird Expo -9am-4pm. Cages, food, birds, toys, and much more featuring local vendors. Sahib Shriners, N.Beneva Rd., Sarasota. Contact Nanette at 727-517-5337.

Charlotte County Bird Expo -- 10am-4pm. The Companion Bird Club of Charlotte County hosts a vendor expo displaying birds, exotics, and bird-related products. Grand Raffle. Charlotte County Fairgrounds, Port Charlotte. \$4; children under 10/ free. Carol Runyon at 941-475-3440 or Nikki Chouinard at 941-764-0631.

TUESDAY, JUNE 15

Welcome Center Training -- 6-7pm. Cat Depot in Sarasota, an adoption, rescue and education resource center for cats holds a volunteer training session for their welcome center. 2542 17th St. 941-366-2404.

THURSDAY, JUNE 17

Pet First Aid & CPR Class -- 6-9pm. \$25 per person. Must Pre-register. Limited Space. Animals by Nature/Tree of Life Club. 941-953-2983.

Downtown Summer Block Party -- 6-9pm. Benefiting the Humane Society of Tampa Bay. Wine tasting, food and drink specials from the Wine Exchange Bistro and Wine Bar along with live music and raffles. Open treat bar and discounts at Downtown Dog, Tampa. 813-250-3647.

Pet Loss Support Group -- 7-8pm. For pet owners who have lost their beloved four-legged companions, this group was created to honor Bentley, the beloved dog of the support group's co-founders.

Unity Church, Sarasota. Free donations accepted. 941-955-3301 ext. 23.

SATURDAY, JUNE 19

Reading for Fun -- HSSC hosts this special program where pet-therapy registered dogs listen to kids read. Books-A-Million, 14th St., West Bradenton. 11am-2pm. Free. 941-955-4131.

SUNDAY, JUNE 20

Buddy's Feral Cat Day -- A free clinic sponsored by Animal Rescue Coalition (ARC) to spay & neuter feral cats. For feral cats only. Ashton Animal Clinic, 5660 Ashton Rd., Sarasota.7:30am-1pm. 941-957-1955. Volunteers are always needed/welcomed.

THURSDAY, JUNE 24

Kitten Bottle Feeding Training Class -- Cat Depot in Sarasota, an adoption, rescue and education resource center for cats holds a training session on how to bottle feed kittens. 2542 17th St. 6-7pm. 941-366-2404.

SATURDAY, JUNE 26

Pet Healings -- 11am-12pm. Offered every fourth Saturday of the month. Bring your pet or a picture for a healing. Love donations accepted. Animals by Nature/Tree of Life Club. 941-953-2983.

Seniors Weekend and Adoptathon -- Discount prices, refreshments, raffles, games, bingo with great prizes and tours at Cat Depot in Sarasota. 11am-5pm. 941-366-2404. Also Sunday, 6/27.

Playday! -- 10-11:30am for dogs under 20 lbs. 11:30am-1pm for dogs 21lbs. and over. \$2 per dog and you must stay with your dog. Registration form provided and filled out to participate. Dogs over 6 months old must be spayed or neutered. Dogs must be up-to-date on all shots and parasite free. See full rules posted in the club, offered monthly. Animals by Nature/Tree of Life Club. 941-953-2983.

Low-Cost Vaccinations -- Take advantage of the savings on vaccinations offered by Healthy Pets at Feeds 'N Needs, 5639 Jason Lee Pl., Sarasota. 4-5pm.

SUNDAY, JUNE 27

Animal Blessings and Fair -- A blessing of the animals by Rabbi Ann White includes an animal fair, animal communications, goodies and drinks. Venice Holistic Center. 10am-3pm. Donation. 941-323-8033.

Bark at the Ball Park -- Bring your dog to the



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Monetary donations can be made online at www.saveourseabirds.org

Volunteers are needed at the SOS office and bird sanctuary. Call 941-388-3010 or email saveourseabirds@gmail.com.



www.saveourseabirds.org

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*Save Our Seabirds is located at the former Pelican Man's Bird Sanctuary site.
email: saveourseabirds@gmail.com www.saveourseabirds.org

SOS is a 501(c)(3) business and all donations are fully tax deductible.

ballgame. Pre-game festivities and vendors. Gates open at noon. Bright House Field, Coachman Rd., Clearwater. Proceeds benefit the Humane Society of Pinellas. 727-712-4300

TUESDAY, JUNE 29

Humane Trapping Class -- Cat Depot in Sarasota; an adoption, rescue and education resource center for cats, teaches a class on humane trapping. 2542 17th St. 6-7pm. 941-366-2404.

SATURDAY, JULY 3

Reading for Fun -- HSSC hosts this special program where pet-therapy registered dogs listen to kids read. Books-A-Million, 14th St., West Bradenton. 11am-2pm. Free. 941-955-4131.

Low-Cost Vaccinations -- Take advantage of the savings on vaccinations offered by Healthy Pets at Texaco; Fruitville Rd. & East Rd., Sarasota. 3:30-4:30pm.

THURSDAY, JULY 8

The Florida West Coast Avian Society Meeting -- 7-9pm. Parrot & Exotic Bird Rescue 7-9pm. Meets every second Thursday of the month. Visit fwcas.org for more info. Animals by Nature/Tree of Life Club. 941-953-2983.

SATURDAY, JULY 10

Bark at the Park -- Bring your dog to the ballpark. George M. Steinbrenner Field, 3802 West Dr. Martin Luther King Blvd., Tampa. Proceeds go to the Humane Society of Tampa Bay. 813-875-7753.

Low-Cost Vaccinations -- Take advantage of the savings on vaccinations offered by Healthy Pets at Old Packing House Café, 987 Old Packinghouse Rd., Sarasota from 9-10am; Babes Hardware, 14355 No. Trail, North Port, 11am-12noon; and Pawprint Essentials, 1033 US 41 Bypass, S. Venice, 2:30-3:30pm.

Low-Cost Vaccinations -- 10-11am. Provided by Animal Health Services. All animals to be in a crate or on a leash, offered monthly. For more information call 1-888-680-7387, or visit pawplus.com or protectmypet.com. Animals by Nature/Tree of Life Club. 941-953-2983.

THURSDAY, JULY 15

How to Become a Kitty Foster Parent -- Learn how to be a foster parent to a cat at the Cat Depot in Sarasota-an adoption, rescue and education resource center for cats. 2542 17th St. 6-7pm. 941-366-2404.

Pet Loss Support Group -- For pet owners who have lost their beloved four-legged companions, this group was created to honor Bentley, the beloved dog of the support group's co-founders. Unity Church, Sarasota. 7-8pm. Free, donations accepted. 941-955-3301 ext. 23.

SATURDAY, JULY 17

Pet First Aid & CPR Class -- 11am-2pm. \$25 per person. Must Pre-register. Limited Space. Animals by Nature/Tree of Life Club. 941-953-2983.

Reading for Fun -- HSSC hosts this special program where pet-therapy registered dogs listen to kids read. Books-A-Million, 14th St., West Bradenton. 11am-2pm. Free. 941-955-4131.

SUNDAY, JULY 18

Buddy's Feral Cat Day -- A free clinic sponsored

by Animal Rescue Coalition (ARC) to spay & neuter feral cats. For feral cats only. Ashton Animal Clinic, 5660 Ashton Rd., Sarasota. 7:30am-1pm. 941-957-1955. Volunteers are always needed/welcomed.

TUESDAY, JULY 20

Cat Socialization Training -- Cat Depot in Sarasota; an adoption, rescue and education resource center for cats, teaches a class on socializing your cat. 2542 17th St. 6-7pm. 941-366-2404.

FRIDAY, JULY 23

Canvas and Cork Painting Party -- Enjoy wine, appetizers, raffles, door prizes, and fun with proceeds going to the Cat Depot of Sarasota. 6-8pm. 941-366-2404.

SATURDAY, JULY 24

Playday! -- 10-11:30am for dogs under 20 lbs. 11:30am-1pm for dogs 21lbs. and over. \$2 per dog and you must stay with your dog. Registration form provided and filled out to participate. Dogs over 6 months old must be spayed or neutered. Dogs must be up-to-date on all shots and parasite free. See full rules posted in the club, offered monthly. 941-953-2983.

WEDNESDAY, AUGUST 4

The Magic of Birds -- (8/4-8/7). The American Federation of Aviculture presents their 36th annual convention. Learn about bird behavior, breeding, conservation, health and nutrition from internationally recognized speakers. Live magic bird show, incredible raffle and silent auction prizes. Hilton Bayfront Hotel, St. Petersburg. More info: 512-585-9800.

SATURDAY, AUGUST 7

Reading for Fun -- HSSC hosts this special program where pet-therapy registered dogs listen to kids read. Books-A-Million, 14th St., West Bradenton. 11am-2pm. Free. 941-955-4131.

THURSDAY, AUGUST 12

The Florida West Coast Avian Society Meeting -- 7-9pm. Parrot & Exotic Bird Rescue. Meets every second Thursday of the month. For more information visit fwcas.org. **Thursday, August 19**

Pet Loss Support Group -- For pet owners who have lost their beloved four-legged companions, this group was created to honor Bentley, the beloved dog of the support group's co-founders. Unity Church, Sarasota. 7-8pm. Free, donations accepted. 941-955-3301 ext. 23.

SUNDAY, AUGUST 15

Buddy's Feral Cat Day -- A free clinic sponsored by Animal Rescue Coalition (ARC) to spay & neuter feral cats. For feral cats only. Ashton Animal Clinic, 5660 Ashton Rd., Sarasota. 7:30am-1pm. 941-957-1955. Volunteers are always needed/welcomed.

SATURDAY, AUGUST 28

Pet Healings -- 11am-12pm. Offered every fourth Saturday of the month. Bring your pet or a picture for a healing. Love donations accepted. Animals By Nature. 941-953-2983.



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ongoing events

NOTE: All Calendar events must be received via email by the 12th of the month prior to publication and adhere to our guidelines. Go to www.nasrq.com for guidelines and to submit entries. No phone or fax submissions, please.

Sunday

Feral Cat Spay/Neuter Clinic -- The ARC (Animal Rescue Coalition) Mobile Clinic is a state-of-the-art surgical facility, staffed by a Florida licensed veterinarian and two veterinary technicians. One Sunday each month the ARC Mobile Spay/Neuter clinic performs spays and neuters on feral cats for free. Call for date/times. 941-957-1955.

Cat and Dog Adoptions -- Stop in and adopt a new family pet. Dogs, cats, kittens and puppies at Nate's Place, Animal Adoption Center. 12-4pm. University Park. 941-302-0933.

Wine & Wet Noses -- Wet Noses opens bottles of its finest wines for the sampling pleasure of the charming shop's patrons. Proceeds from wine sales are donated to the Humane Society of Sarasota County (HSSC). St. Armands Circle. 1-4pm. 941-388-3647.

Fun with Fido -- Bring your leashed dog out for some fun and recreation at the following Sarasota County locations: Ken Thompson Park, Bay Front Park at Marina Jacks, Gillespie Park, Nokomis/Osprey, Arlington Park, Bird Key Park, Brohard Beach/Venice. For more information on parks and recreation in Sarasota County call 941-316-1172. Open year round.

Paw Parks -- Your pet may run freely in the designated areas of these parks: 17 Street Park, Sarasota, Woodmere Park, Venice, Lakeview Park, Sarasota. 941-316-1172. Open year round.

Happy Tails Dog Park -- 3+ acres of off-leash area, with small and large dog areas. Location: 2900 block of 51st St West, Bradenton. Part of GT Bray Park, open from dawn till dusk. Open year round.

Monday

Low Cost Spay/Neuter -- No income verification needed and open to residents of any county. Surgery is performed Monday-Friday by appointment only. Humane Society of Manatee County. 941-747-8808 x302.

Pit Bull Free Spay/Neuter -- Thanks to a grant from Florida Animal Friends, the clinic at Humane Society of Manatee County is offering spay/neuter for pit bulls and pit bull mixes while grant monies are still available. You must be a Manatee County resident to qualify for this program. Surgery is by appointment only. Call 941-747-8808 x 302 today before these funds are gone.

Cat and Dog Adoptions -- Stop in and adopt a new family pet. Dogs, cats, kittens and puppies at Nate's Place, Animal Adoption Center. 12-4pm. University Park. 941-302-0933.

Puppy Pre-School -- AKC S.T.A.R. for any breed or mixed breed 9 to 13 weeks old. Animals by Nature/Tree of Life Club, Sarasota. 6-7pm. 941-953-2983.

Puppy Kindergarten -- AKC S.T.A.R. for any

breed or mixed breed 14 to 18 weeks old. Prior to starting class, you must e-mail Jeanine@comcast.net for a registration form & screening. Animals by Nature/Tree of Life Club, Sarasota. 7:15-8:15pm. 941-953-2983.

Tuesday

Puppy Class -- Greater Venice dog training classes. For puppies 8-16 weeks. Introduction of basic obedience skills and vocabulary including "Sit, Come, Down, Stay" and controlled walking on leash. Class is very informal with a focus on positive motivation and socialization. Venice Civic Association, South Venice. 6-6:30pm. \$60/6wks. 941-925-0103.

S.T.A.R. Puppy -- A new program offered by AKC. Once puppy completes their 6 week training session they can be tested by an AKC Approved CGC Evaluator, if passed, get an application to send to AKC and enroll puppy in the AKC S.T.A.R. Puppy Program. For all puppies, including purebreds and mixed breeds. 6-6:30pm. \$60/6wks. 941-925-0103.

Beginning Obedience Class Level 1 -- Greater Venice Florida Dog Training Classes. Dogs must be at least 5 months old for obedience classes. Class emphasizes getting and keeping your dog's attention so that it can be trained effectively. Work on the commands: "Sit, Come, Down, Stay" on leash. Venice Civic Association, So. Venice. 6-7pm. \$90/6wks. 941-925-0103.

Beginning Obedience Class Level II -- Greater Venice Florida Dog Training Classes. Dogs must be at least 5 months old for obedience classes. Class emphasizes getting and keeping your dog's attention so that it can be trained effectively. Work on the commands: "Sit, Come, Down, Stay" on leash. Venice Civic Association, So. Venice. 7-8pm. \$90/6wks. 941-925-0103.

Wednesday

Cat and Dog Adoptions -- Stop in and adopt a new family pet. Dogs, cats, kittens and puppies at Nate's Place, Animal Adoption Center. 12-4pm. University Park. 941-302-0933.

Conformation Training Class -- Classes offered every Wednesday except the second Wednesday of each month at Manatee Kennel Club. 7:30-8:30pm. \$5. 941-729-4408.

Thursday

Conformation Class -- Classes offered the first, second and third Thursday of each month. K9 Korral, 15th St. Sponsored by Manatee Kennel Club. 7:15-8:15pm. \$5. 941-729-4408.

Dining with Dogs on Main -- Special offers to diners and their dogs. Benefits Humane Society of Manatee County. Lakewood Ranch. Every 3rd Thursday. 941-747-8808.

Big Cat Habitat -- Big Cat Habitat and Gulf Coast Sanctuary is a non-profit safe haven for big cats, bears, and other animals in need. Guided tour and

educational demonstration. Summer schedule: gate opens at 6pm, exotic animal educational demonstration at 6:30pm. \$20/adults, \$12/kids 12 and under. 941-371-6377.

Friday

Cat and Dog Adoptions -- Stop in and adopt a new family pet. Dogs, cats, kittens and puppies at Nate's Place, Animal Adoption Center. 12-4pm. University Park. 941-302-0933.

Big Cat Habitat -- Big Cat Habitat and Gulf Coast Sanctuary is a non-profit safe haven for big cats, bears, and other animals in need. Guided tour and educational demonstration. Summer schedule: gate opens at 6pm, exotic animal educational demonstration at 6:30pm. \$20/adults, \$12/kids 12 and under. 941-371-6377.

Saturday

Pups at the Point -- Bring your pup to beautiful Historic Spanish Point by the water the third Saturday of each month. Hosted by the Humane Society of Sarasota. Historic Spanish Point, Osprey. 9am-12noon. 941-966-5214.

Dog Adoption -- All dogs and puppies are spayed/neutered; vaccinated, micro chipped and rabies vaccine. Adoption fees are \$80 for mixed breed, \$150 for pedigreed and \$60 for senior dogs, 6 yrs and older. Honor Sanctuary Dog Ranch: 5401 Lorraine Rd. Bradenton. 941-773-7737.

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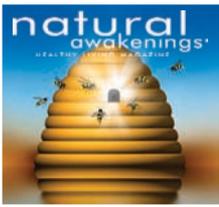
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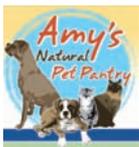
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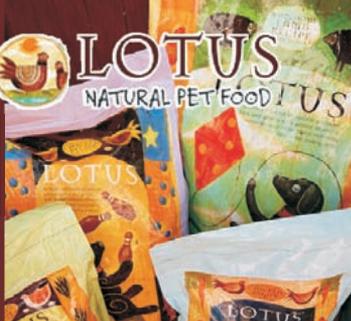
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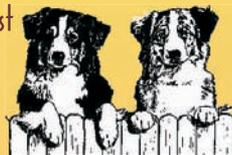
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