

The Tucson



March/April 2026

A publication dedicated to promoting the human/animal bond and raising awareness of shelter and rescue animals.

Cover Story: Woofstock Cover Dog Contest Winner

The One and Only Pi!

Features:

The Golden Pals Program
Making a Meaningful Difference
in the Lives of Seniors

When You've Just Gotta Have it!
Stray Dog Repeatedly Steals
Purple Unicorn from
Dollar General

Cats &
Horses Too!



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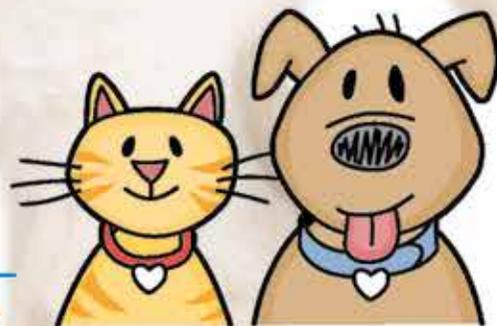


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Photo by M. Kloth

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The Golden Pals Program
Making a Meaningful
Difference in the
Lives of Seniors



When You've Just Gotta
Have it! Stray Dog Repeatedly
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from Dollar General

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The Tucson Dog Staff & Writers



Heather McShea - Publisher/Editor - Heather is the former owner of a Home Health Care company, where she often helped hospice patients find loving homes for their beloved pets. She's worked with The Tucson Dog since 2017 and became its owner in 2022. A lifelong love for her own pets, Heather's home is frequently filled with visiting neighborhood dogs, earning it the nickname "the neighborhood dog park.. Email: heather@thetucsondog.com



Candice Eaton - Cover Photographer - The award-winning photographer behind C. Eaton Photography, captures the heart and soul of every pet and their owner's unique story so that they can keep them forever. With a deep passion for storytelling, Candice ensures that each portrait is a heartfelt tribute to the special bond between pets and humans. When she's not behind the lens, you'll find her soaking up Arizona's 300 days of sunshine or gearing up for her next big adventure.



Susan Stolar - Account Executive Susan has built an accomplished career in marketing communications & media relations. She started her career in New York City, her hometown. In 2000, she relocated to Tucson and established a consulting business. Susan now serves on the Board of the Father's Day Council, is a member of the Blues Music Foundation, and volunteers for animal rights organizations. After moving here, her first stop was the Humane Society, where she adopted two rescue dogs. While volunteering at Pawsitively Cats, she added a cat to her family. Susan's fur family now includes Homer, her senior cat, and her recently rescued senior poodle, Lucky.



Cindy Lee - Staff Writer/Account Executive Cindy Lee, Account Executive for The Tucson Dog magazine, where she brings more than 20 years of experience in marketing, advertising, and sales to the team. A native Tucsonan with a deep love for pets—especially her beloved Poodle/Bichon mix, Chole—Cindy has dedicated her career to helping businesses grow through creative advertising solutions. She has worked in print, television, and online media, and now combines her expertise with her passion for dogs to support The Tucson Dog magazine and its community events.



Wrigley, cover dog contestant



Rebecca West - Staff Writer - Rebecca is a freelance writer and editor for print and digital who loves to travel the globe. A life-long pet owner, she adores animals and has taken part in fostering dogs for military members during deployment. She has given many rescued and surrendered dogs the forever home they always wanted, and her two favorite canine quotes are, "Be the kind of person your dog thinks you are," and "My dog rescued me."



Bonnie Craig - Staff Writer - Bonnie works as an educator and artist. She lives with her family which consists of 3 dogs, 3 cats, and lots of plants and chickens. They control her life, and she wouldn't have it any other way. As well as writing, she enjoys painting and playing music. She is passionate about the natural world and loves gardening, botanizing, hiking, and camping. Most evenings she can be found in the garden listening to the chickens and playing endless games of fetch with a certain ball-obsessed border collie.



Jeremy Brown - Staff Writer - An animal lover for life, Jeremy has been a dog trainer for over 16 years. As the Area Trainer for Petsmart he trained dog trainers for years and opened The Complete Canine 7 years ago. A therapy dog evaluator for years, he founded Kienrnan's Kindness, a local therapy group that spreads kindness and also trains the Pima County Sheriff Therapy dog program. A Graduate from Indiana University and Applied Animal Behavior from University of Washington. He has four dogs; Archie, Lacey, Louis and Sabine, with the first two being therapy dogs. Email: completecaninetucson@gmail.com

THE TUCSON DOG

TheTucsonDog.com

(520) 345-2801

Publisher/Editor Heather McShea

Want to share your story and comments with the Publisher?

Contact: heather@thetucsondog.com

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Christine Scheer

All stories and articles in this publication are written and reviewed by real humans.

The Tucson Dog reserves the right to editorial control of all articles, stories and Letters to the Editor. *The Tucson Dog* assumes no responsibility for errors within its publication. The views herein do not necessarily represent the policies of *The Tucson Dog* and should not be construed as endorsements.

The Tucson Dog was established in June 2017 and is a nonpartisan publication that is published bi-monthly by Heather McShea, Publisher/Editor. Entire contents copyright 2026 by *The Tucson Dog*. Layout and pre-press services: Christine Scheer (Visit xscheer.com or email x.scheer@gmail.com)

The Leader of the Pack Speaks

Dear Friends and Animal Lovers!...

This issue opens with a story that captures the joy and personality that make dogs such powerful connectors in our community. Our cover features Pi, the winner of our Woofstock Cover Dog Contest. Pi's story is heartfelt, and a true inspiration to all who have struggled through health issues, separation and a perfect reflection of what happens when dogs find their forever caring home, which includes Pi's sister and brother felines who are like true siblings. Pi will be celebrating his 13th Birthday on PI day March 14th!

Leaning into the light side of rescue life in this issue, a fun and unforgettable story about a determined pup and a Purple Unicorn, proving once again that human-like desire and determination often go paw in paw. These moments of humor are part of what make sharing our lives with animals so meaningful, they keep us laughing, present, and a lot more joyful.

As we head into April, we're focusing on health and well-being with a training feature in honor of National Canine Fitness Month. Staying active isn't just about physical strength; it's about mental enrichment, confidence, and maintaining a strong bond with our dogs at every stage of life. This article offers practical insight into why movement matters and how small, consistent choices can make a big difference.

We're also continuing an essential conversation around spay and neuter, a cornerstone of responsible pet ownership and animal welfare. Education and access play a critical role in creating a healthier future for our community's pets, and this issue highlights why this topic remains as important as ever.

Spring is also a time for outdoor gathering, and on March 29th, we'll come together at Fort Lowell Park from 10am-3pm for Woofstock. This event celebrates adoption, community, and the shared commitment to supporting local rescue organizations, another reminder of what's possible when people show up with open hearts.

This March/April issue reflects the spirit of the season itself: hopeful, active, and grounded in the welfare of animals. Whether you're here for the stories, the education, or simply the love of pets, we're grateful to share this season with you.

With gratitude,
~ Heather McShea
Publisher & Editor-In-Chief



Bear, Cover Dog contestant

THANK YOU

To our incredible advertisers, vendors, donors, and devoted supporters of **The Tucson Dog**. Your generosity makes every story possible. What you're building with **The Tucson Dog** truly matters. Because of you, we can continue shining a light on local rescues, celebrating life-changing adoptions, and honoring the compassionate, hardworking people who fight every day to give each pet the love, safety, and second chance they deserve. We truly couldn't do this without you..

DONATE

WE GREATLY APPRECIATE YOUR GENEROUS DONATIONS to *The Tucson Dog* during these trying times. Your donation will help us to continue serving our community by continuing to promote local shelters and rescues (at no cost to them), helping homeless pets find homes, providing local resources and events, and continuing to share heartwarming stories about local people who give their lives to saving animals and animals saving humans.

Please send donations and your story, if you'd like to share, to:
heather@thetucsondog.com or call 520-345-2801.



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From the Director's Desk

Making Room for Hope: More Space, More Justice, More Homes

Story by Steve Kozachik, Director of PACC

The first couple months of 2026 have included some significant new projects for our team at Pima Animal Care Center. Together they will have positive impacts on the dog census at PACC, the well-being of animals scattered throughout the community, our own internal enforcement capabilities and we're going to build new relationships with the east side community.

In mid-January we became official tenants in the new Animal Restoration Kennel (ARK) facility. The ARK is a former dog boarding business that we now have under lease for the specific purpose of impounding animals kept in hoarding or other cruel/neglectful conditions. Due to our rather persistent overcrowding at PACC we simply have not had the ability to impound large numbers of animals at a given time. The ARK is giving us the ability to remove animals from difficult conditions, get them the care they need and deserve, work with them from a socialization standpoint with the eventual hope of getting them into loving homes.



Anticipating a new home



EPAC, at Broadway and Kolb

and neglect cases. The combination of ARK and ALDF is a win for animal rights in Pima County.

The successes we will achieve due to the ARK/ALDF additions to the PACC operation will benefit from the addition of our upcoming Eastside PACC Adoptions Center (EPAC.) In January we selected a contractor to begin work on EPAC. Once construction is finished we expect to be able to house 35-

50 dogs and around a dozen cats at that site. All up for adoption, and all coming from PACC west. The chronic high dog census at PACC has been a bottleneck in our ability to impound hoards. With the addition of EPAC we expect to be able to reduce the PACC census by moving dogs to the new eastside adoptions center, get them into homes more quickly than is possible in a shelter housing over 400 dogs, and repeat the process by pulling more dogs from the main shelter. I've already met with eastside neighbors and know there's a large welcome mat waiting for our arrival at Broadway & Kolb. We're hopeful, and I believe justifiably so.



An eager adoptee



Signage, already up!

No one part of the shelter can operate in a vacuum from the others. APS is bound to some degree by what happens in adoptions and foster. The clinic is integral to finishing the adoptions process by spay/neuter surgery. Our intake team works to keep animals in homes to keep the PACC census under control. Our Central Pet partners keep the critters fed and the conditions sanitary. Back of house administration

keeps food and cleaning supplies current. Our behavior team, along with our volunteers provide daily enrichment to the animals so they are less stressed and more adoptable. And our Friends of PACC support group backstops the operation financially. It's an operation that cannot function if the operating units are in silos and disconnected.

The combination of ARK, ALDF and EPAC is a smaller-scale example of how the pieces fit together neatly combining to achieve a common positive end – get pups into homes. Credit to the staff who are working through all of the logistical kinks. We're learning as we dip our toes into these new waters. But we've got a great team and in the end the community, and the animals will benefit.

For information on adopting, fostering and volunteering: <https://www.pima.gov/2233/Pima-Animal-Care-Center-PACC>

Calendar of Events

MARCH EVENTS

**Every Day from 10am-2pm
Moon & Stars Animal Rescue
Feline Adoption Events**
Sweet adoptable cats at the Grant & Swan PetSmart location waiting for furever homes! (520) 322-5080 4740 E. Grant Rd., Tucson 85712 moonandstarsanimalrescue.org

**Sun. Mar. 1, 12pm-5pm
Bark N' Berry's 1st Anniversary Pawty & Adoption Event**
Join us in celebrating our 1st anniversary of being in business! There will be food, vendors, a DJ, raffle, games, & of course ice cream, as well as the premiere of toys, adoptable pets, & much more. 6121 E. Broadway Blvd. Ste. 138, Tucson

**Sun. Mar. 1, 10am-2pm
Cat Takeover at Dogs-n-Donuts**
Celebrate all things cats in honor of International Rescue Cat Day (March 2). Samples, cat-centric fun, & more! 7743 E. Broadway Blvd., Tucson 85710. (520) 722-1640 dogsndonutstucson.com

**Sat. Mar. 7, 11am-2pm
Southern Arizona Cat Rescue
PetSmart Adoption Event**
Most Saturdays you'll find us at PetSmart located at 4374 N. Oracle Rd. with adoptable kitties! Visit sacatrescue.org or FB/IG @sacatrescue for more info.

**Sat. Mar. 7, 14, 21, 28, 10-11am
Goat Yoga in the Park**
Join us Saturdays for an a.m. goat yoga session at Udall Park at 7290 E. Tanque Verde Rd., 85715. Sign up at goatsoftucsonyoga.com or call (503) 507-8639 for more details.

**Sat. Mar. 7, 10:30am-2pm
Cherished Tails Senior Sanctuary
Adoption Event at PetSmart**
The 1st Saturday of each month we will be at the PetSmart at Orange Grove & River with adoptable pets. 3850 W. River Rd., Tucson 85741

**Sat. Mar. 7, 10am-12pm
Southern Arizona Beagle Rescue
Playdate in the Park**
We have a 'beagle play date' the 1st Saturday of each month at the small dog park inside of Reid Park. Bring your beagles & have some fun in the sun beagle style! Info at (520) 247-7720 or soazbeaglerescue.com

**Sat. Mar. 7, 6pm-8pm
Cat Bed Hand Crochet Class at
Hunter's Kitten Lounge**
Join us for an evening of crafting while we learn to create the cute chunky crochet cat beds that everyone loves! Each entry will include supplies to create your own bed to take home. Ages 14+

**Sun. Mar. 8, 10am-2pm
5th Annual Tucson Subaru Pets of
Pima Parade & Friends of PACC**
Get ready to join pet lovers, local businesses, & animal welfare advocates to raise funds for Pima Animal Care Center. Parade begins in the 4th Avenue District. Register to participate as an individual or a team & raise money for shelter pets!

**Sun. Mar. 8, 11:30am
Sol Dog Adventure Course at Pets
of Pima Parade & Friends of
PACC Festival**
Join us at the festival where we'll provide a gentle outdoor course where families and dogs explore together—no experience needed. Call (520) 886-7411 for questions.

**Sun. Mar. 8, 2pm-4pm
Painting with Pigs at Ironwood Pig
Sanctuary**
Join us for a super fun & relaxing painting party at the Sanctuary, located at 34656 E. Crystal Visions Rd. A portion of the proceeds will benefit IPS. Tickets available at paintingandvino.com.

**Sun. Mar. 8, 15, 22 & 29, 10-11am
Goat Yoga in the Park**
Join us Sundays for an a.m. goat yoga session at Denny Dunn Park at 4400 W. Massingale Rd., 85741. Sign up at goatsoftucsonyoga.com or call (503) 507-8639 for more details.

**Wed. Mar. 11 & 25, 4pm-5pm
Pathways for Paws Drive-Thru
Community Outreach Clinic**
at 2035 E. 17th St. offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. More info at pathwaysforpaws.com.

**Thur. Mar. 12, 4pm-5pm
Pathways for Paws Drive-Thru
Community Outreach Clinic**
at 8796 E. Broadway Blvd. (Taylor Tack & Feed) offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. More info at pathwaysforpaws.com.

**Sat. Mar. 14, 10am-12pm
Pet Photos with the Easter Bunny**
Get your pet photos with the Easter bunny at Bark N' Berry, located at 6121 E. Broadway Blvd., Tucson. Reserve your spot online today at barknberryaz.com. Cost: \$40

**Sat. Mar. 14, 10am-2pm
Dogs-n-Donuts Adoption Event**
Come into the store between 10 & 2 & meet adoptable pups from local rescue Paws Without Borders. 7743 E. Broadway Blvd, Tucson 85710 (520) 722-1640

**Sat. Mar. 14, Registration 6:30am
20th Annual Spring Fever Golf Classic
Benefitting Aimee's Farm**
This annual tournament is held at the Kokopelli Golf Club in Gilbert. With an 8am start time, lunch will be served afterward at the Gilbert American Legion Post 39, 206 N. Gilbert Rd. Sign up for spots here: facebook.com/people/Spring-Fever-Class-Golf-Tournament/100066358996845/

**Sat. Mar. 14, 9am-10am
Pathways for Paws Drive-Thru
Community Outreach Clinic at 2812 W.
Alvaro Rd. (Lazy V) offers vaccines,
microchips & nail trims for a small
donation via cash, Venmo, Zelle &
Apple Pay. No debit/credit cards. Info at
pathwaysforpaws.com.**

**Sat. Mar. 14, 10:30am-2pm
Cherished Tails Senior Sanctuary
Adoption Event at PetSmart**
Every 2nd Saturday of the month we will be at the PetSmart at Grant & Swan with adoptable pets. 4740 E. Grant Rd., Tucson 85712

**Sun. Mar. 15, 7am-11am
Rattlesnake Avoidance Training
at Sol Dog Lodge**
Animal Experts offers Rattlesnake or Colorado River Toad avoidance sessions (request your preference when registering). \$125 per session. To register, call Lee at (520) 591-2829. Location: 11862 N. Tangerine Business Loop, Marana.

**Thur. Mar. 19, 10am-2pm
Food for People's Pets Pantry**
The Hermitage No-Kill Cat Sanctuary's Food for People's Pets Program at the Michael Cannon Community Pet Food Pantry collects donations of dog & cat food all year long & distributes it to organizations & people/pets in need. 5278 E 21st St, Tucson (520) 571-7839

**Sat. Mar. 21, 9am-10am
Pathways for Paws Drive-Thru
Community Outreach Clinic**
at 7400 N. Oracle Rd. (Post Workspaces) offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. More info at pathwaysforpaws.com.

**Sat. Mar. 21, 10:30am-2pm
Cherished Tails Senior Sanctuary
Adoption Event at PetSmart**
Every 3rd Saturday of the month we will be at the PetSmart at Wetmore & Oracle with adoptable pets. 4374 N. Oracle Rd., Tucson 85705

**Sat. Mar. 21, 7am-12pm
Paws Without Borders' Annual Garden
District Yard Sale**
On March 21st, we will be having our annual yard sale with all sorts of fun finds & items in the Garden District Neighborhood at Pima & Justin to help support the rescue. Come by! pawswithoutborders.org

**Sun. Mar. 22, 9am-4pm
Pet CPR/First Aid Class Hosted
at Sol Dog Lodge**
Through lecture, demo, & hands-on practice you'll gain the skills to respond when your pet needs you most. Includes handbook & certificate. \$175 for completed class certification. 11862 N. Tangerine Business Loop, Marana. Call to preregister (required): 520 886-7411

**Sun. Mar. 22, 3pm
Live & Let Die: The Music of Paul
McCartney Fundraiser Concert**
Benefitting Hope of Deliverance Featuring Tony Kishman with special guests Garrett James & The Wanderers, enjoy an afternoon of music at the Fox Theatre knowing that rescue pets will benefit from this live performance presented by The Drive Tucson. For more info, visit liveandletdieshow.com.

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Calendar of Events

Sat. Mar. 28, 10am-2pm
Dogs-n-Donuts Adoption Event
Come into the store between 10 & 2 & meet adoptable pups from local rescue Paws Without Borders. 7743 E. Broadway Blvd, Tucson, 85710 (520) 722-1640

Sun. Mar. 29, 10am-3pm
WOOFstock Adopt-a-Thon
Presented in conjunction with The Drive Tucson, The Tucson Dog's annual spring adoption event is back! Featuring lots of adoptable dogs, there will be contests, games, prizes, vendors, music, a kids' zone, low-cost vaccinations & microchips & more. FREE, this super fun, family-friendly event will be held at Fort Lowell Park, 2900 N. Craycroft, Tucson 85712. woofstock.com

APRIL EVENTS

Every Day from 10am-2pm
Moon & Stars Animal Rescue Feline Adoption Events
Sweet adoptable cats at the Grant & Swan PetSmart location waiting for forever homes! (520) 322-5080
4740 E. Grant Rd., Tucson 85712
moonandstarsanimalrescue.org

Wed. Apr. 1 – May 12, 9am-4pm
Sean Kenney's Nature Pop! Exhibit at Reid Park Zoo
Add a pop of wonder and a pinch of nostalgia to your spring with Sean Kenney's Nature Pop!, presented by Jim Click Holmes Tuttle. Marvel at over 40 wildly creative sculptures made entirely of LEGO® bricks at this exhibition, included with Zoo admission (*free for Zoo members*).

Sat. Apr. 4, 10am-12pm
Southern Arizona Beagle Rescue Playdate in the Park
We have a 'beagle play date' the 1st Saturday of each month at the small dog park inside of Reid Park. Bring your beagles & have some fun in the sun beagle style! Info at (520) 247-7720 or soazbeaglerescue.com.

Sat. Apr. 4, 11am-2pm
Southern Arizona Cat Rescue PetSmart Adoption Event
Most Saturdays you'll find us at PetSmart located at 4374 N. Oracle Rd. with adoptable kitties! Visit sacatrescue.org or FB/IG @sacatrescue for more info.

Sat. Apr. 4, 11, 18, 25, 10-11am
Goat Yoga in the Park
Join us Saturdays for an a.m. goat yoga session at Udall Park at 7290 E. Tanque Verde Rd., 85715. Sign up at goatsoftucsonyoga.com or call (503) 507-8639 for more details.

Sat. Apr. 4, 11am-3pm
Spring Fling at Casas Adobes Plaza
Celebrate spring with pet-friendly vendors like Dogs-n-Donuts & C&T Ties & enjoy live music! Free flower bouquets with a \$50 purchase at Casas Adobes Plaza merchants. Plus, photo opportunities by our beautiful floral backdrop!

Sat. Apr. 4, 10:30am-2pm
Cherished Tails Senior Sanctuary Adoption Event at PetSmart
The 1st Saturday of each month we will be at the PetSmart at Orange Grove & River with adoptable pets. 3850 W. River Rd., Tucson 85741

Sat. Apr. 4, 9am-11am
Salvation Army Tucson's Annual Free Easter Brunch
All are welcome to join us for our annual FREE Easter Brunch at our Hospitality House. The morning will feature worship & message, Kids Unlimited entertainment, Easter baskets & egg hunt for the kids, & top it off with a photo with the Easter bunny. 1002 N. Main Ave., Tucson 85705 (520) 795-9671

Sun. Apr. 5, 12, 19 & 26, 10-11am
Goat Yoga in the Park
Join us Sundays for an a.m. goat yoga session at Denny Dunn Park at 4400 W. Massingale Rd., 85741. Sign up at goatsoftucsonyoga.com or call (503) 507-8639 for more details.

Wed. Apr. 8 & 22, 4pm-5pm
Pathways for Paws Drive-Thru Community Outreach Clinic
at 2035 E. 17th St. offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. More info at pathwaysforpaws.com.

Thur. Apr. 9, 1pm-2pm
Canine Massage with Kate Titus
A Loyal Companion founder guides you through massage techniques to strengthen the connection with your dog. In-person session limited to 15 people with their k9s. Audit spaces (sans dog) are available & the session will be livestreamed. Dogs must be comfortable around multiple people & other dogs. Register: loyalcompanion.com/events

Thur. Apr. 9, 4pm-5pm
Pathways for Paws Drive-Thru Community Outreach Clinic
at 8796 E. Broadway Blvd. (Taylor Tack & Feed) offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. More info at pathwaysforpaws.com.

Fri. Apr. 10 & 24, 11am-2pm
U of A College of Medicine's Health & Wellness Markets
Shop local the 2nd & 4th Fridays of the month at The University of Arizona. Find local craft makers, food trucks, & pet treats from Dogs-n-Donuts at Arizona Health Sciences Center - Main Outdoor Plaza. 1501 N Campbell Ave., Tucson 85719

Sat. Apr. 11, Opens at 10am
Land Between the Tracks Vendor Fair in Vail
Make your pup happy & get their Homemade Happiness Dog Treats every 2nd Saturday. 13109 E. Colossal Cave Rd, Vail 85641

Sat. Apr. 11, 10am-1pm
Doggie Pictures at Woof Gang Catalina Hills
Come into the store at 4748 E. Sunrise Dr, Tucson, 85718, & get your pup's picture taken! (520) 286-5153

Sat. Apr. 11, 8am-9am
Puppy Yoga at Sol Dog Lodge
The most joyful way to start your day with adoptable puppies from Oracle Animal Rescue & Rehab. \$30 pp. Advanced registration please: (520) 886-7411. Location: 11862 N. Tangerine Business Loop, Marana.

Sat. Apr. 11, 10am-11am
Donuts, Donations & Dogs at Sol Dog Lodge
We are collecting pet food on behalf of the Marana Food Bank. Canned, bags (opened are fine), & cash donations are all accepted. While you're here, enjoy free coffee & donuts. Go to 11862 N. Tangerine Business Loop, Marana. Questions? Call (520) 886-7411 No rsvp needed.

Sat. Apr. 11, 9am-10am
Pathways for Paws Drive-Thru Community Outreach Clinic
at 2812 W. Alvaro Rd. (Lazy V) offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. Info at pathwaysforpaws.com.

Sat. Apr. 11, 10:30am-2pm
Cherished Tails Senior Sanctuary Adoption Event at PetSmart
Every 2nd Saturday of the month we will be at the PetSmart at Grant & Swan with adoptable pets. 4740 E. Grant Rd., Tucson 85712

Sun. Apr. 12, 7am-11am
Rattlesnake Avoidance Training at Sol Dog Lodge
Animal Experts offers Rattlesnake or Colorado River Toad avoidance sessions (request your preference when registering). \$125 per session. To register, call Lee at (520) 591-2829. Location: 11862 N. Tangerine Business Loop, Marana.

Sun. Apr. 12, 12pm-3pm
SACR Kitten Shower at Motosonora Brewery
Help Southern Arizona Cat Rescue get ready for kitten season! Gifts for kittens appreciated but not required. Join us for a drink & kitten cuddles. Raffle baskets & food truck! 1015 S. Park Ave, Tucson 85719

Thur. Apr. 16, 10am-2pm
Food for People's Pets Pantry
The Hermitage No-Kill Cat Sanctuary's Food for People's Pets Program at the Michael Cannon Community Pet Food Pantry collects donations of dog & cat food all year long & distributes it to organizations & people/pets in need. 5278 E. 21st St., Tucson 85711, (520) 571-7839

Fri. Apr. 17 thru 26
The 34th Arizona International Film Festival
The 2026 Arizona International Film Festival, the oldest film celebration in Arizona, runs from April 17 to April 26 at The Screening Room (downtown), the Historic Hotel Congress, & other venues throughout Tucson. 127 E. Congress St., Tucson 85701 (520) 401-4328

Sat. Apr. 18, 1pm-4pm
"Uncorked for Canines"
Four Tails Tasting Room, Sonoita Wine, wagging tails, chef-crafted treats, & live music — raising a glass to Animal Care & Control Appreciation Week

Sat. Apr. 18, 7am-1pm
15th Annual Sporting Clay Event at Ben Avery Clay Target Center for Soldier's Best Friend
Join us for a tournament where every shot makes a difference. Your participation directly supports our mission to benefit U.S. veterans living with service-related PTSD or TBI & an AZ homeless dog in need. soldiersbestfriend.org/news-events/events.html/event-form/registration-form/111688/tickets

Sat. Apr. 18, 9am-10am
Pathways for Paws Drive-Thru Community Outreach Clinic
at 7400 N. Oracle Rd. (Post Workspaces) offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. More info at pathwaysforpaws.com.

Sat. Apr. 18, 10:30am-2pm
Cherished Tails Senior Sanctuary Adoption Event at PetSmart
Every 3rd Saturday of the month we will be at the PetSmart at Wetmore & Oracle with adoptable pets. 4374 N. Oracle Rd., Tucson 85705

Sat. Apr. 25, 10am-11am
Yoga with Cats at Hunter's Kitten Lounge
Join Melissa (Life Connection Yoga) for an hour-long yoga class with the cats of Hunter's Kitten Lounge. This class is for all levels of yoga, but we do ask that all yogis are over 10 years of age. Can bring your own mat or we have a few to borrow.

Woofstock Cover Dog Contest Winner, The One and Only Pi!

Story by Bonnie Craig



Sasha, first Cover Dog entry

The cover of the Tucson Magazine has been graced with many a beautiful face over the years- big dogs, small dogs, short hair and long, black dogs, white dogs, gray and fawn-without completely derailing into a Doctor Seuss story, let us suffice to say that we are proud to have presented such a diverse range of dogs at whose resplendence the public can marvel. Our latest cover dog does not disappoint, with his unique pattern of polka dots

and face full of the sweetest sincerity. He may not have endless digits, but Pi truly is transcendental.

Before we celebrate this wonderful pup, we must, of course, give our fabulous runners up their flowers. First off, husky mix Sasha's eyes are as icy blue as the great frozen north, although she hails from slightly warmer climes. She was adopted in June of 2025 from Maricopa County Animal Care Center.



Shelby, Cover Dog runner up

After the recent heartbreak of euthanizing their previous husky, her people dropped into the shelter. When they saw Sasha, they knew she was the one. Despite her initial timidity, she quickly warmed to her new family, and now she even has a sister, Stella, adopted through AZ Husky Rescue. Sasha loves playing with Stella and going on family adventures, as well as napping and eating anything she can get her paws on, earning her the nickname of Pac-Man. It sounds like Sasha is doing life right!

Next up we have Shelby, a two-year-old Yorkie. For anyone who might be wondering, Scorpio is her sign, and she exhibits trademark Scorpio passion, especially when it comes to local dog ice cream shop, Bark 'N Berry, Camp

Bow Wow, parks, and also just going literally anywhere else in the car. She still gets to see her bio mom and siblings, and really likes spending time with her BFF, Ms. Cow (a dog), her kitty sister, Daphney, and her growing collection of Lamb Chop toys. She enjoys getting dolled up with a bow in her curls, and

is just an all around fun loving gal. Keep the good times rolling, Shelby!

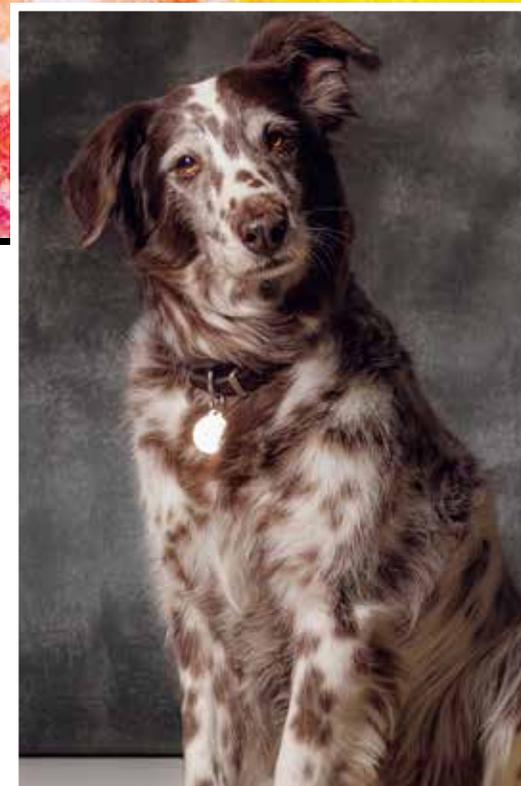
Most people like pasta, but you'd be out of your mind not to fall in love with Eddie Spaghetti. Currently around 5 or 6, this well traveled Chihuahua pug mix has, like Johnny Cash, seemingly been everywhere. Rescued in Texas, he then headed to New Jersey where he was adopted in July of 2023. He and his person, Meg, split their time between Pennsylvania



Eddie Spaghetti, Cover Dog runner up

more fun clearly hasn't met TicaRoja.

Finally, we must become acquainted with our amazing cover dog, the one and only Pi! Why the name Pi? Well, suffice to say, a number of factors went into the decision. He came from PACC with the name, Payaso, but despite his flamboyant makeup, Pi is no clown. Add to this the fact that his people both have backgrounds in math and that they were able to estimate his birthday to around March 14, AKA Pi Day, arriving at the name Pi seemed a foregone conclusion. His breed was a little more mysterious. Many guessed he



Our Cover Dog Winner, Pi

and Delaware before finally ending up in Tucson. Now dwelling in the Garden District, he enjoys outings but also staying in for snuggles and slurps of his favorite snack, peanut butter.

He likes to spend time with his foster sister, Bailey (who is currently available for adoption!), walks, sniffing new scents, and playing fetch with his beloved squeaky pickle. Basically this guy loves life and it loves him back. Keep sharing those good vibrations, Eddie!

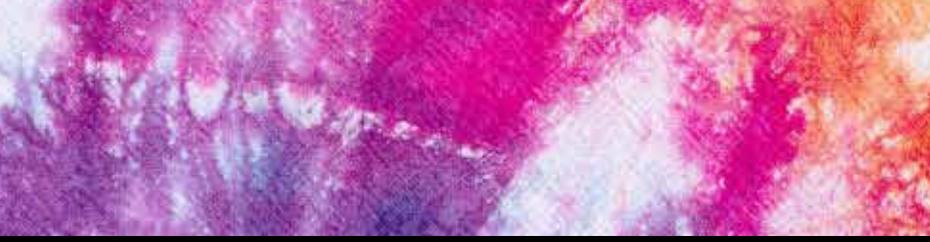
Last but not least, we have TicaRoja, a lovely red-headed AussiePoo. While her name means "red lady" in Costa Rican slang, some call her Chewy for the obvious reason of their respective luxurious auburn locks. In addition to her good looks, this happy-go-lucky 2 year old is playful, loving, intelligent and she he always has a favorite toy on hand... paw? Whoever said blondes have



TicaRoja baby, Cover Dog entry



Pi, at attention



was part Dalmation, and while his family didn't think so, a DNA test finally revealed that he is indeed 55 percent! German shepherd came in at 15, and perhaps the most wonderful dog "breed" of them all, supermutt, came in at 30.

As with so many of Tucson's beloved dogs, he began as a foster from PACC. Though this was a lucky break for Pi, the road was not an easy one to travel. When he was rescued and admitted to PACC's Ajo substation in 2016

the then 3-year-old was very ill. Once transferred to the Tucson campus for care, Pi was diagnosed with a number of serious medical conditions including tick fever, valley fever, and a rare form of cancer known as Transmissible Venereal Tumor or TVT. Despite these challenging diagnoses, Pi was able to receive care for all three conditions while in foster. His health soon stabilized in that calm and loving environment, and unsurprisingly, he became a foster fail.

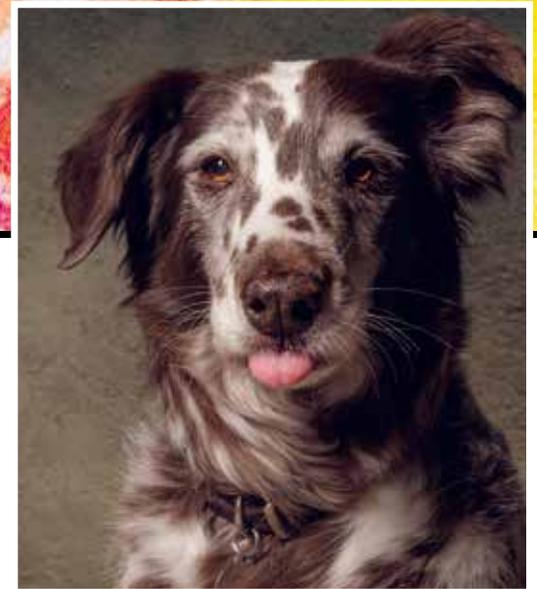
The three cats already living in the home were used to dogs, assuring that Pi knew who ruled the roost. Despite some curiosity, however, Pi was a perfect gentleman around them, as well as around everyone else he met. He has helped care for several other medical dogs and cats his family has fostered through PACC. Perhaps because of his own struggles and the care he received, Pi seems to be particularly compassionate toward these guests in his home. In the early days with his family, he could not be around other dogs due to his immunosuppression. He could, however, enjoy the company of cats, and already having established a relationship with the family's elderly cats, he was ready to welcome other senior and hospice kitties such as Tiki after they passed away. Pi's people even muse that he is part cat, given his predilection for

curling up in cat beds rather than those his own size.

Despite a little social awkwardness owing to his previous need for isolation from other dogs, Pi has come to enjoy hosting senior medical dog fosters as well, building his confidence and social skills, while helping other shelter dogs to find the second chance in life that he did.

All of these aspects add up to one amazing and resilient dog. Throughout chemotherapy, various medications, and all of the fear and discomfort he endured, Pi maintained his strength, sweetness, and zest for life. At the age of three years, his prognosis was concerning, but this inspiring soul will celebrate his 13th birthday this Pi Day! In his golden years, Pi continues to win hearts wherever he goes, regardless of species. He has taken two road trips across the country, leaving a legion of adoring fans in his wake. He enjoys lounging on dog friendly patios and loves to eat his veggies, especially baby carrots. Pi has even taken up barking, despite not doing so until recently, other than in his sleep. Now the doorbell sets him off, just like it would any other self respecting dog.

Pi's story should be an inspiration to us all, a study in resilience, empathy, and compassion. Happy birthday, dear Pi, and may you enjoy many more.



Pi, looking adorable

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Business Spotlight

Caring for Tucson's Animals and its People:

The Impact of Veterinary Education in our Community

Story and Photos courtesy Pima Medical Institute



Tucson is a city built on compassion, whether it's the pride we take in our beloved desert landscapes, the way neighbors look out for one another, or the way we care for our four-legged family members. Today, that compassion extends into a growing and vital need: preparing skilled professionals who understand animal health, community wellness and the science that connects both.

At the heart of this effort is veterinary education. A field that

not only equips students for careers supporting the physical and emotional well-being of animals but also strengthens the fabric of our community.

More Than a Career: A Calling to Care

Veterinary medicine is often thought of in terms of loving pets, but in reality, it extends far beyond clinics and kennels. Veterinarians, veterinary assistants, veterinary technicians and other support professionals play

indispensable roles in public health, preventive care, animal behavior, community outreach and emergency response. Tucson's animal shelters, rescue organizations, private clinics and research institutions all depend on these qualified professionals to keep both animals and people healthy. Yet, the need for skilled veterinary professionals continues to grow.

According to recent workforce data, demand for veterinary assistants and veterinary technicians is expanding rapidly as pet ownership increases and

veterinary medicine becomes more advanced. Local employers are seeking graduates who not only understand animal anatomy and clinical procedures but also communicate with pet owners, collaborate with interdisciplinary health teams, and meet the highest standards of patient care.

Hands-On Training, Real-World Preparedness

This is where Pima Medical Institute's Veterinary Assistant and Veterinary Technician programs make a difference. Pima Medical focuses on career-ready education, training students with the skills, knowledge and confidence to enter the workforce on day one. In Tucson, that translates to hands-on labs, real animal care simulations and supervised clinical experience in environments that mirror today's veterinary workplaces. From performing diagnostic procedures and administering medications to mastering surgical assistance and client communication, students learn what employers expect and what Tucson's animals deserve.

The curriculum is designed to balance science, critical thinking and compassion, preparing graduates for certification and success in a dynamic field that is continuing to evolve and change. This emphasis on practical skills has a ripple effect across the community. Clinics staffed with well-trained professionals are better equipped to offer quality care, increase

preventive services and strengthen owner education.

Community Impact Runs Deep

For many Tucson families, pets are cherished companions, emotional support and even therapy partners. Ensuring access to skilled veterinary professionals means fewer barriers to care, earlier detection of health issues and stronger partnerships between pet owners and providers.

But the impact doesn't stop with animals.

Veterinary professionals often intersect with broader allied health care needs, especially in areas like zoonotic disease prevention, nutrition, emergency medicine and behavioral health. Working alongside veterinarians and public health specialists, veterinary assistants and veterinary technicians contribute to community well-being in ways that touch both animal and human health.

"Tucson thrives when we have professionals who are not just trained in technical skills, but who understand the role of animal health in overall community wellness," says Katie Foust, CVT, Veterinary Program Director at Pima Medical Institute's Tucson campus. "My greatest passion is encouraging others in the veterinary and animal care fields to continue to expand their skills and knowledge so that each day their patients can receive better care than they did the day before."

Whether graduates go on to work in local clinics, animal shelters, research labs, or community outreach programs, their contributions help ensure that Tucson remains a city where every animal, and by extension, every family, can live a healthy, fulfilled life.

Supporting Diverse Student Pathways

Pima Medical Institute's approach to education embraces inclusivity and accessibility. Students come to the program from varied backgrounds, some straight from high school, others transitioning careers, and many seeking flexible pathways that balance work, family and study. Through hands-on labs, online learning components and mentorship from experienced instructors, students develop both technical competence and the professional confidence needed to thrive in veterinary settings.

In a community as diverse as Tucson, that flexibility matters. It means passionate individuals, regardless of age or background, can build meaningful careers doing what they love while addressing a real community need.

Looking Ahead

As Tucson continues to grow, so too does the demand for qualified allied health professionals, especially those focused on animal care. Veterinary education isn't just about preparing students for jobs; it's about shaping professionals who contribute to community health, partner with local organizations and elevate the standard of care for animals and their people. From the joyous wag of a tail when a patient hears its owner's voice to the relief of a pet parent after successful treatment, the impact of veterinary professionals is deeply personal and profoundly community-wide. And, as more students enter careers in this field, Tucson will be stronger, healthier and better equipped to care for the animals we love.

For more information about Pima Medical Institute and its veterinary programs, go to pmi.edu



Pets of Pima Parade & Friends of PACC Festival

TUCSON SUBARU
SUBARU



Sunday, March 8, 2026 • 4th Ave District • Parade @ 10am • Festival @ 11:30am

Ways to Support

Walk in the Parade! Register and raise \$50 to march in the Parade with your pet(s). Walk as an individual or create a team. Kids 17 & under can participate for free with their families, making it an event for the whole family, furry babies and all!

CORBETT'S VIP Party: Watch the Parade like the Wizard himself while supporting vulnerable pets at PACC. Get your tickets for the best seats on the Yellow Brick Road, along with hosted munchies and cash bar.

Come Cheer! The parade is free to attend as a spectator. Come cheer on the furry, scaly, feathery adorable pets. The Parade is filled with 'WOW' moments and countless smiles. For an exclusive experience you can purchase tickets to the VIP Party. After the Parade, stay for the Friends of PACC Festival on 7th Street.

Make a Business Team! Recruit your company to have a team with either a donation or in-store fundraising. Central Pet is matching donations from new businesses (up to \$250 per), doubling the impact of the contribution and number of participants the team can have.

The WIZARD of PAWS
There's No Place Like HOME



Why Support

Friends of PACC produces the Tucson Subaru Pets of Pima Parade to support the lifesaving work of Pima Animal Care Center (PACC). As the community's largest, and only open admission animal shelter, PACC provides care for 19,000 homeless animals every year. Registrations, donations, and sponsorships provide aid to these homeless and vulnerable pets. By celebrating love for your pet, you can help save the lives of less fortunate animals.

Event made possible by our WONDERFUL Sponsors!





Points of Interest

- Assembly Area presented by One Hour Air:** Staging area for the Parade from 8:30am to 10:00am.
- Start:** We're off to see the Wizard of PAWS!
- iHeart Radio Announcers:** Yaya and Ivan from iHeartRadio welcome the parade participants.
- FOX11/CW18 Broadcast:** FOX11 announcers will proclaim the action for spectators and TV audience.
- CORBETT'S VIP Party:** The premiere viewing experience with great sightlines and delicious treats. Tickets available for purchase on Parade website. Limited seating capacity.
- HSL Properties 'If I Only Had a Home' Adoption event:** Meet your new best friend and be pop-u-lar! Begins at the conclusion of the Parade.
- Rio Nuevo Finish Line:** Where the Parade's Yellow Brick Road ends, the Festival begins!
- Pet First Aid Station and EMT:** Located on 7th Street just east of 5th Ave.
- Friends of PACC Festival:** Post-Parade fun in the Emerald City. Runs until 2:00pm with dozens of vendors and fun activities.
- Tattoos by Spark Project Collective:** Celebrate your pet with an animal themed tattoo for a good cause.
- Sol Dog Adventure Course:** A gentle outdoor course where families and dogs explore together.
- Art and Photos at Poe's:** Parade selfie station and the Mystical Creatures Art Exhibit.
- Festival Videoboard presented by University of Arizona College of Veterinary Medicine:** Catch video replays of the Parade on the large screen.
- Parking for Participants and Spectators:** Tucson High School Animal Rescue Group is offering convenient \$7 parking with all proceeds donated for medical care at PACC. Cash only.

Parade Map



About the Parade

The Parade starts at 10:00am. The Parade has seven (7) segments:

Pima Loves Pets!: Celebrates our community's love of animals, featuring the Grand Marshal, costume contest finalists, and energetic entertainment to kick off the festivities.

Raising Cane's Procepción de los Perros: The largest segment of the Parade featuring hundreds of doggos, floats, and more.

Animal-Human Connection by Maddie's Fund: This segment honors the importance of animals in our lives and celebrates local organizations that promote the human animal connection and care of animals.

Geico Pet Pride: Pets come in all species, types, and sizes. This segment highlights the wide variety of pets who enrich our lives.

That's so Tucson!: Take all the things that make Tucson so unique and add a bunch of adorable animals. This segment has 'WOW' moments for adults, kids, and pets alike.

TEP Cat Convoy: Make way for the cats! This section includes four-legged felines and two-legged ones – as Wildcats join the fun celebration.

The Grand Finale: Brings the Parade to a spectacular conclusion, featuring floats, entertainers, and you guessed it – more precious pets!



Scan the QRC for the digital map & to sign up your PACK today!

PetsofPimaParade.com



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SUNDAY 4-9PM



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The Golden Pals Program and Others Are Making a Meaningful Difference in the Lives of Seniors

Story by Rebecca West

Everyone deserves companionship, regardless of age or any other factor that might appear as a barrier to some. Recognizing that, local rescue Hope of Deliverance had a brainstorm leading to the announcement of a new program in honor of renowned animal activist Betty White. It's called Golden Pals, and its purpose is to match senior citizens with senior pets.

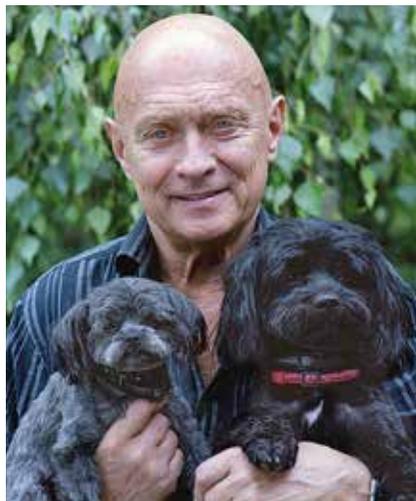
According to founder Bree Kishman, the inspiration for the program came from the PAWS for Seniors model, where people over the age of 65 who live independently and would like pet companionship but do not have the finances to be a pet owner can apply to permanently foster a healthier, older animal. It's a win-win situation, mutually beneficial to all parties!

Hope of Deliverance would be the actual owners of the dogs and provide supplies, food, and vet visits. Besides the joy and companionship given to the permanent fosters, this also keeps senior pups out of shelters and into comfortable homes with doting caregivers. It's a stroke of genius for helping to ease the ongoing shelter crisis of overcrowding, as well as the loneliness seniors often experience as they age and friends and family pass before them.

Anyone interested just needs to fill out a foster application and check the box enquiring whether it's for the Golden Pals program. <https://www.hopeofdeliverance.org/foster-application>

Hope of Deliverance is not alone in its desire to see seniors (*dogs and humans*) find happiness in their golden years. Cherished Tails Senior Sanctuary, based in Marana, focuses on finding homes for senior pets and has a similar program, Permanent Paws, for dogs in forever foster care. It provides loving foster homes for senior dogs in hospice care, known as "fospice" (*foster + hospice*). The program offers a sanctuary for dogs that are too ill or have behavioral challenges, rendering them unadoptable.

The caring and compassionate fosters ensure the dogs can live out their remaining days happily and comfortably. Before the fospice program, many of these animals faced premature euthanasia or spent their last days confined to a cage. Through the Permanent Paws program, they can experience dignity, comfort, and support, receiving necessary medical treatments.



The focus is on managing the effects of aging or illness and prioritizing pain relief and comfort (think palliative care) rather than trying to treat the underlying disease. The goal is to provide a peaceful and loving environment for these dogs to enjoy their final days. <https://www.cherishedtails.com/about-1-1>

There's also Old Souls Animal Rescue & Retirement Home here in Tucson, which rescues geriatric, special needs, and hospice animals. Its mission includes giving them a loving home, a soft bed, compassionate care, and the dignity they deserve in their final chapter.

Besides taking in shelter animals, they take in the aging pets of people entering nursing homes or hospice care with no family or friends to care for their beloved pets. In addition to permanent residents, they also have animals available for adoption or foster care. oldsouls.org

Another source of relief for geriatric dogs is Tucson Cold Wet Noses, a rescue focusing its efforts on senior canines, dogs with medical needs, and hospice cases. Similar to the Permanent Paws program, they offer forever foster care and pick up the tab for the costs associated with caring for the animals until they cross the Rainbow Bridge. tucsoncoldwetnoses.com



It takes a special kind of person or persons to do these things. If you've ever toyed with the idea of adopting or fostering a senior dog, consider this:

Senior dogs are grown up enough to fit into many living and lifestyle situations. Plus...

- Older dogs are usually housetrained, so you won't have to go through teaching them house manners.
- Unlike puppies, older dogs are not teething, so in most cases they won't chew your shoes, socks, slippers, underwear, furniture, etc.
- Older dogs are able to focus better because they've mellowed with age and, as a result, learn more quickly.
- Senior dogs know what "NO" means.
- Dogs in their golden years settle in with less disruption because they've already learned to be part of a pack and they're no longer spastic pups.
- Older dogs are particularly good at giving love once they get into their new home and are grateful for the second chance they've been gifted.
- Unlike puppies, older dogs have already grown into their size and personality, so you know what you're getting into up front. Puppies can grow to be quite different from what they initially seemed.
- Senior dogs can be made-to-order companions ready for walks, hiking, road trips, couch potato movie marathons, lazy Sundays, and other stuff you enjoy.
- Older dogs don't make the kinds of demands for your time and attention that juvenile canines do, leaving you some "me time" if/when you need it.
- Adult dogs generally allow you to get a better night's sleep because they don't require night-time feedings, constant soothing, or potty breaks keeping you up all night.

A VISIT TO THE



DOGHOUSE

All the dogs on these pages are available for adoption at the time of this publication. Interested in meeting any of these adorable friends? Some get adopted very quickly, so please go ahead and contact the group listed with the picture to find out more.

Pathways for Paws

Pathwaysforpaws@yahoo.com
pathwaysforpaws.com/adoption-application



RUSTY

I'm a hardworking 2 y/o Heeler mix who lives for adventure & the chance to be your loyal "Velcro" companion. Whether we're out on a long hike or I'm recharging in my kennel, I get along great with everyone from cats to other dogs. I'm already neutered, chipped, & ready to start our life together now!



SPROUT

I'm a polite, charming Shepherd mix born in September eager to find a forever home where I can plant some roots. I have impeccable manners & love everyone I meet, but I'm still a "student of the world" working on crate/leash training. I'm chipped, vaccinated, & just waiting for a loyal partner to help me grow!



FORSAKEN

I'm a gentle soul who finally learned how love feels & want a family to cherish me. I'm a well-behaved girl who gets along with everyone & doesn't even need a kennel, but I'll need a patient guide to help me master my potty & leash routines. I'm fully vetted, spayed & ready to spend life melting into your arms.

Cherished Tails Senior Sanctuary

Main Campus: 520.616.0171 PO Box 631, Marana, AZ
<http://form.jotform.com/cherishedtails/dog-application>



MILO

I'm a sweet, polite, loving boy who's mostly housebroken. I adore the 7 y/o in my foster home & am good with their dog. About 8 y/o, I walk nicely on a leash, do very well in a crate, & am not vocal or demanding. I'm just an all-around easygoing fella who could fit into lots of different living situations.



LUNA

I'm a bit timid but sweet & do great with other furry friends. Once I gain trust, I love to cuddle with humans. I've done well adjusting to the potty routine at my foster's & am mostly housebroken, but sometimes I "fear piddle". I have nice house manners, do well in a crate, & am pretty good on a leash.



DOLLY

I'm a 7 y/o 65lb Heeler-mix lady who enjoys slow meals, routine, & silly games at treat time. I love lying beside my people on the sofa, sleeping on the bed, gentle hands, short walks, & a safe, quiet home. After dad died, my foster family has found it takes patience to earn my trust. Please call about me soon.

Hope of Deliverance

Hopeofdeliverancerescue@gmail.com,
hopeofdeliverance.org/adoption-application
(330) 647-9963



NUTELLA

I'm a senior tripod ready to take up that empty spot on your couch! My owner had health issues & could no longer keep me. I had a sarcoma on my leg, & after my amputation, I'm now cancer-free. Sweet as pie, I'm 10 years young & would like to be your only furry companion.

PRINCE HARRY & PRINCE WILLIAM

We're Double Trouble! Jack Russell Terrier people, we're lookin' for you! We'd like to go to separate homes so we don't get ourselves in trouble; but trust us, one of us will fill your home! We like other dogs & love to play. At just 4 m/o, we have tons of time to make great memories!



JAVA BEAN

Lookin' for a little Java in your cup?!? That's me - 28 pounds and 1 year of spice! I love playing all day with my foster siblings & afterwards, we take one heck of a nap! I like my crate, too! So, if you're looking for a dog for your dog, look no further!



Arizona Stray Savers

Arizonastraysavers@gmail.com or call (520) 401-1038

BUTTERCUP

I narrowly dodged becoming a shelter statistic when kind humans rescued me—thinking I liked other dogs. LOL, nope. I'm a "one-woman wolf pack." I'm 2 y/o & love to have fun but am currently sulking at boarding like a teen grounded from Wi-Fi. Got snacks, hikes, & no other dogs? Congrats—you just met your new soulmate!



ATTICUS

A 2 y/o full of energy, love & personality, I'm the kind of boy who's always ready for adventure but loves cuddling up when the day's done. Loyal & eager to please, I just need someone to guide me with a little training & lots of love. Good with other dogs, I'd thrive in an active home with a yard or daily walks.



The Animal League of Green Valley (TALGV)

Adoption fee: \$125 • TALGV (Appointments 10-2 daily) • 520-625-3170

ANDY

I'm a 5 y/o, 86lb Lab-mix fella that wants to be your one & only companion. My ideal home is adults-only, calm & predictable, with a secure yard, water to splash in, & high-energy games of fetch. Because I'm a longtime resident at the shelter, I come with Vet Care Support for Life. Plz call about me!. Support for Life. Please call about me.



Pet Aquamation Grows in Popularity as an Appealing Alternative to Cremation, No Trident Required

Story by Rebecca West

You may have heard the term but were unfamiliar with its meaning or origins. For starters, it has nothing to do with the popular DC Comics character who first appeared in 1941, nor the hunky movie superhero portrayed by Jason Momoa clad in golden armor and glistening green scales. They both relate to water, but that's as far as the similarities go.

Instead, aquamation is a form of remains reduction intended for the burial or memorial process. Often noted as a natural alternative to traditional cremation, which is currently under the gun for its purported environmental impact on the planet, it's also known as water cremation or bio-cremation. In America, it was first legalized for use with humans in Minnesota in 2003 and is now available in approximately 28 states.

While a personal choice, aquamation appeals to people who fear the idea of being reduced to ash and those who are environmentally conscious. As for pets, it's conveniently approved everywhere in the U.S. and Canada.



Kindred Spirits

In 2019, Tucson-based veterinarian Dr. Kellie Barrett of *Kindred Spirits* began providing a humane end-stage pet service that included aquamation as an option. At the time, she was the first and only person to provide the service in all of Arizona and the first to offer the whole continuum of end-of-life care from hospice, to euthanasia, to aftercare and grief support. Her practice now

focuses solely on providing those particular services rather than aquamation.

Described as “the most gentle and eco-friendly aftercare option for your loved one,” the process is based on alkaline hydrolysis, a procedure that's been around since 1888, when it was first patented for use. Modern applications of the technology have been in place for more than 25 years. It has been employed for both pet and human disposition in leading hospitals, such as the Mayo Clinic, and in major universities across the country, including UCLA and Duke University.

Dr. Barrett explained that the process is essentially an accelerated version of what takes place during natural decomposition in the ground. Bodily remains are placed in a container that is then placed inside a stainless-steel unit where a combination of gently flowing water, warm temperatures, and alkalinity is used to accelerate the breakdown of tissue. (See the ad for *Kindred Spirits* on page 7).

What to Expect

During the process, all organic materials are reduced, leaving a sterile water solution (Did you know that the human body is approximately 65 percent water to begin with?) and mineral bone remains that easily crush and turn to dust. The ash is then returned to the family or pet owner.

For those “inquiring minds need to know” types, the process uses a 95 percent water and 5 percent potassium hydroxide solution heated to approximately 150°C/300°F under pressure. For humans, the liquidation process typically takes 4 to 16 hours (6 to 8 is average) to complete, and for pets, the timeframe is

surprisingly similar. Once completed, the bone remains require an additional 24 to 72 hours to dry.

If you opt for it for Fido, you can generally expect to have their cremains returned to you within 10 to 14 days. Should you decide to examine them, you'll see they're lighter in color than cremated remains, which somewhat resemble kitty litter.



Photos by Bio-Response Solutions

Eco & Other Advantages of Aquamation vs Cremation

- Sometimes referred to as a green cremation alternative, the process reportedly uses 90 percent less energy than cremation, rendering it significantly more energy efficient.
- As aquamation doesn't burn fossil fuels, it produces no toxic airborne emissions, has zero direct greenhouse gas emissions, and avoids releasing mercury from dental fillings, leaving it with a 75 percent lower carbon footprint than traditional cremation, which makes it more environmentally friendly.
- The water-based process leaves between 20 percent and 30 percent more remains for return to families.

Historical Milestones

According to the Internet, here are some key milestones in connection to the process's use since its inception.

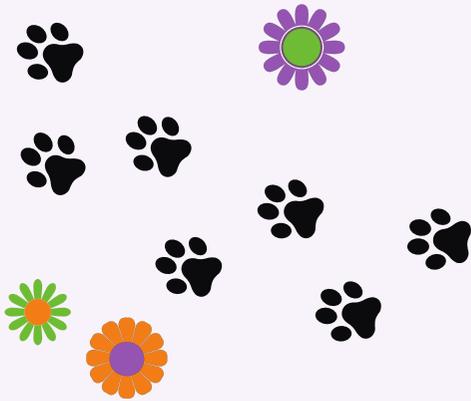
- **1888 (Patent):** British farmer Amos Herbert Hobson originally patented the process in the U.S. to render animal remains for fertilizer and gelatin.
- **1990s (Medical Use):** Dr. Gordon Kaye at Albany Medical College adapted the method for disposing of research cadavers.
- **2003 (Human Application):** The Mayo Clinic installed the first system for in-house, dignified reduction of human cadavers.
- **2007 (Commercialization):** Scottish biochemist Sandy Sullivan launched Resomation, Ltd., bringing the technology into the commercial funeral market.
- **2011 (Funeral Industry Adoption):** The first commercial, public-facing, human-use systems were installed in funeral homes in Ohio and Florida.
- **2021 (Global Recognition):** Archbishop Desmond Tutu chose this method for his final disposition, significantly increasing global awareness about the alternative method.

Currently, there are only two facilities that provide the service in Tucson. They are *Cholla Afterlife*, a pet funeral home offering individual and communal bio-cremation, and *Aqua Crossings*. Heavily dependent on size and weight, the cost of aquamation vs cremation is quite similar. However, aquamation tends to be a bit more.



The Scratching Post: Cats for Adoption

All the cats on this page are available for adoption at the time of this publication.
If you are interested in meeting any of these adorable kitties, please contact the group listed with the picture.



Southern Arizona Cat Rescue

Website: sacatrescue.org, sacatrescue.org/contact-us,
sacatrescue.org/adoption-application (520) 200-1643



SAGEBRUSH

I'm a 2.5 y/o girl who's mellow & graceful. I chirp softly when I want attention, lounge in sunbeams like I invented them, & get along with cats, dogs & humans. Affectionate without being clingy, a professional biscuit maker, I radiate good vibes. The perfect companion for anyone wanting a gentle, easygoing cat to share quiet moments with.

ROWAN

I'm an adorable, energetic, confident 7 m/o special-needs boy who lives life to the fullest. Playful & curious, I'm always where the excitement is, cuz I'm a self-appointed household supervisor who believes I belong in everything. Good with other pets & older kids, soft blankets are a favorite for makin biscuits when I'm tired. I need bladder & colon expression a few times a day, but it's a breeze.



CLEOPATRA

I live life like a true queen—regal, graceful, & on my own terms. I'm 6 y/o & love to keep watch over my family, staying close enough for pets & lovin'. I'll happily display my best manners for a treat. I enjoy wand/ feather toys, catnip, & basking in sunny spots bird watching. No cats or kids. Dogs ok with slow intros.



SOS Cat Rescue AZ



Info@SOScatrescueAZ.org,
soscatrescueaz.org/adoption-application, (520) 445-3889



SIMBA

Single & ready to mingle, I'm a blue-eyed Cupid who wants to strike a love arrow straight through your heart! So, I'm rockin' an FIV+ status, which is cool, cuz it gives me some street cred, yet I'm actually a lover, not a fighter. Yes, I'm a regular Romeo regarding humans & other animals around me.



WELLINGTON

Since there's no match website for kitties & humans, I wanted to test my profile here, so here goes: I'm a 6 y/o boy with a calm, easygoing personality. Always ready for snuggles, I'm looking for a loving home with someone who's kind & appreciates a gentle soul. A home where I can share purrs, cuddles, & a big heart..



LOID

I'm handsome Tuxedo boy LOID, an outgoing 3 y/o ball of love from Yuma. I'm smart, loving, & always ready to snuggle, purr, & play. If you're looking for the best starter cat to enrich your home, look no further than right here!

Hermitage No-Kill Cat Shelter & Sanctuary

5278 E. 21st St., Tucson 85711 www.hermitagecatshelter.org
Adoption application: shelterluv.com/matchme/adopt/HERM/Cat



BIRD

Hi! I'm Bird, & just turned 1. I'm a bit shy, preferring to hang with my friends (like most teens, right?). I love playing with my kitty-friends & snoozing. I'm a treat-fan, & if you're slow, I love gentle ear scritches. Do you have room in your heart for a quiet, teen-kitty? Come meet me!



PULSAR

Do you like naughty kitties? I get called that when I chew things. It's not often, but plastic is so tasty! I'm a very playful 4 y/o tuxedo kitty who loves scritches. I'm not bad, just a little, in a roguish kinda way. I do try! Come down & let me charm you!



OPINIA

I'm Opinia, & while, yes, I do have some ideas about things, what do you expect? I'm a tortie! I was rescued with a broken ankle, but it's healed up pretty good. I'm 4 y/o, a bit sassy, & love attention. I'd love to be your kitty boss — oops, I mean companion!



The Animal League of Green Valley (TALGV)

Adoption fee: \$50 • TALGV (Appointments 10-2 daily) • 520-625-3170



LANCELOT

I'm an 18 m/o boy with a handsome black fur coat. Over a year ago a kind rescuer brought me to TALGV. I'm sitting on my window perch waiting patiently for a better life with someone who will encourage my brave, heroic nature to shine. Please call & make an appt. to meet me!



YETI

I'm an energetic 5 y/o bob-tailed lady with gray fur & huge green eyes. I'm a petite beauty who loves to play with feathered wands & balls, sleeping in my cat tree, & playing fetch. I can be nervous around strangers & need a calm person to redirect my energy. Please call for an appointment to meet me.



JETTA

I'm an 8 y/o, gray tabby girl who was a "bottle baby" at PACC before placement with a foster home. Six years later, I was found outside, then was adopted by a nice man who later passed away. I am most happy sitting in my human's lap & would enjoy being your one & only. Please call about me soon!

When You've Gotta Have it, You've Gotta Have it! Stray Dog Repeatedly Steals Purple Unicorn from Dollar General

Story by Rebecca West

Photos via Duplin County Animal Services/Mary Shannon Johnstone

A few years back, we told you about a dog named Scout in Traverse City, Michigan, that kept escaping the confines of the shelter he was being held in and making his way to a seniors' home where he'd quietly sidle in in the middle of the night and make himself at home on the sofa in the front reception area. After the third time, the staff there decided it was a sign and kept the dog, much to the delight of the residents.



They took to the animal with such enthusiasm that they started keeping dog biscuits in their bedside tables and carrying them around in their pockets. The story of Scout was so popular that it made the rounds across the country for years after the events unfolded. We were just one of many publications to report on the incident well after the fact. But good stories seldom die days or weeks after they surface. They live on to capture our attention and hearts for years to come.

The same can be said for the story of Sisu, a sweet, stray dog in Kenansville, North Carolina, who repeatedly snuck

into a Dollar General to steal the same purple unicorn. In this case, the events transpired in the Spring of 2021, and the story resurfaced in late 2025, never having completely faded away. But Sisu was no thief in the night. He was making his brazen attempts at larceny in broad daylight, unlike Scout's escapades, which were conducted under the cover of darkness.

As the story goes, Sisu, described as a Lab mix and estimated to be 1 year old at the time of his "crimes," coveted a purple-and-red-stuffed unicorn on display within the store. Each time the automatic doors slid open for a customer to exit or enter, he would sneak in and make a beeline for his beloved purple unicorn. The thing is, the unicorn wasn't front and center or on display in the window. Rather, it was in the back of the store in a section where Easter decorations had been arranged.

After repeatedly trying to abscond with what would become his purple pal, store employees finally called animal control to come and pick him up. Here's where the heart-warming story really heats up. Responding to the call that day was Duplin County Animal Services Officer Samantha Lane.

Upon arrival at the Dollar General, located approximately 80 miles outside of Raleigh, she was apprised of the situation and prepared to take Sisu with her. But before she left, she purchased the \$10 purple plushie so that Sisu wouldn't have to be parted from it, and off they went.

Once the media got wind of the story, it rocketed around the city, then the state, and before you knew it, it made the news everywhere. After his brief stay at Animal Services, Sisu was initially intended to travel to Lab Rescue LRCP to receive weeks of training for his behavioral issues. But only a short time later, he and his purple pal reportedly found a forever home!

Before that happened, however, members of the Duplin County Animal Services noted that not only did Sisu drag his toy with him everywhere, but it seems he was particular about the condition it was in. Apparently, he was not happy about it getting soiled, and when the unicorn got dirty, he wouldn't touch it.

"We've had to wash it a bunch. If it's dirty, he puts it off to the side and just stares at it. But once you wash it, he'll lay on it," they were quoted as saying at the time.

Because the dog was considered a stray when all of this first occurred, no one knew what he'd been called before. So, shelter workers decided to give him the moniker Sisu, named after the dragon in Disney's *Raya and the Last Dragon*.

As it turns out, Sisu is a unique Finnish concept embodying extraordinary determination, resilience, grit, and courage, often described as a strength of will to persevere through extreme adversity when one feels they have exhausted all other reserves. It's said to be a deep-seated part of Finnish culture, representing the ability to continue pushing forward against seemingly impossible odds. Sounds about right.



TIPS TO HELP YOUR PUP LOSE WEIGHT

Four Tips for Pet Weight Loss

Story by Meganne Carpenter,
Regional Scout for Camp Bow Wow Tucson and Tucson East



Weight gain and weight-loss challenges aren't just something humans deal with, our pups can struggle too. Extra weight can affect your dog's energy levels, mobility, and overall health. If your veterinarian has recommended that your dog lose a few pounds, you're not alone, we've got you covered with these tips!

1 Monitor Treat Intake

Treats are a great way to reward good behavior, but too many can quickly add up. Many dog treats are high in calories and fat, which can slow down a weight-loss journey if not monitored. Keep an eye on how many treats your pup gets each day and consider swapping high-calorie snacks for healthier options like blueberries, baby carrots, peas, or low-calorie training treats.

Quality matters just as much as quantity. Choose treats made with natural ingredients and avoid those with artificial additives or excess sugar. Breaking treats into smaller pieces is another easy way to keep your pup happy while cutting back on calories.

2 Adjust Their Diet

Along with treat changes, your pup may benefit from a diet update. Your veterinarian can recommend a high-quality food formulated for

weight management, so be sure to stay in close communication with them. Look for diets rich in protein and fiber, which help your dog feel full and satisfied while supporting healthy weight loss.

Avoid foods with fillers like corn, wheat, and soy, which provide little nutritional value. A balanced, nutritious diet helps ensure your dog stays energized and healthy while shedding extra pounds.

3 Increase Daily Exercise

Exercise is a key part of a successful weight-loss plan. Aim for at least 30 minutes of activity each day! Daily walks, games of fetch, playtime with friends, or even the occasional dog daycare visit are great ways to keep your pup moving. Active play and socialization help dogs burn calories, stay mentally engaged, and have fun in a safe, supervised environment.

4 Be Patient and Consistent

Healthy weight loss takes time. Celebrate small wins like increased energy, improved mobility, and a happier attitude. With patience, consistency, and plenty of love, your pup will be on their way to a healthier, more active life!

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How Sipping Coffee with Felines is Translating to Significant Adoption Numbers for Local Cat Rescues

Story by Rebecca West Photos courtesy: El Jefe, Hermitage, Hunter's Kitten Lounge

Over the last decade, the world has been introduced to an increasing number of cat cafés. In the U.S., they've cropped up coast to coast, and here in Tucson, we have two now. The allure is understandable if you're a feline fan. You get to chill in a tranquil atmosphere surrounded by creatures lithe, agile, and graceful in form and sweet in spirit, all while sipping your favorite mocha, macchiato, latte, or frappuccino. Add activities such as yoga or movie nights with cats, and you've got yourself a winner of an idea, if attendance is any indicator.



At least that's been the case for El Jefe Cat Café and Hunter's Kitten Lounge, both of which cater to cat fanciers while helping to reduce homeless cat populations. That's

because the felines who loll about the confines of these establishments aren't neighborhood strays or personal pets of the proprietors. They're rescue kitties housed or fostered by local shelters and rescues brought in daily in the hope that their immediate proximity to ailurophiles will encourage adoption, and it's working in a big way!



The Hermitage & El Jefe

We contacted Michelle Blumenberg, Interim Executive Director of the Hermitage No-Kill Cat Shelter & Sanctuary, about the facility's experience with El Jefe. As a cage-free cat sanctuary, the setup at El Jefe would be ideal, as the felines there are used to being able to roam freely and explore their environs. Blumenberg informed us that over the seven months they joined forces with them, they saw more than 100 cats adopted by Tucson residents.

She stated, "During our partnership this past year (2025), we saw wonderful results — 144 cats and

kittens were adopted through El Jefe, which represents a significant number of animals finding their forever homes. The collaboration was mutually beneficial and helped increase visibility for adoptable cats in our community."

She went on to explain, "While we had a lovely partnership during the time we worked together, El Jefe has since transitioned to working with multiple rescue organizations rather than partnering exclusively with one shelter," and that they were "grateful for the opportunity our partnership provided" during their convivial working relationship.

When you take in as many felines in one year as the Hermitage, about 700-800 — they miraculously place between 600 and 700 cats and kittens into new homes annually, regardless of outside adoption opportunities — you've got to be creative and open to new ideas and opportunities when presented. hermitagecatshelter.org / eljefecatlounge.com

SA Cat Rescue & Hunter's

The Southern Arizona Cat Rescue is a foster-based rescue that relies on volunteers to help them in their mission to give every kitty a chance at their best life. In July of 2024, they opened Hunter's Kitten Lounge, another bright and airy café where patrons can enjoy a beverage and commune with cats available for adoption. In this case, the cats come from their own rescue.

It was a brilliant idea based on the rising success of cat cafés both near and far, which has worked out quite well for them. Like the Hermitage, they are inundated with cats each year and manage to find homes for most of them, adopting out approximately 650 per year. According to Director Melissa Lesinsky, "It goes up every year with more people learning about us and our mission."

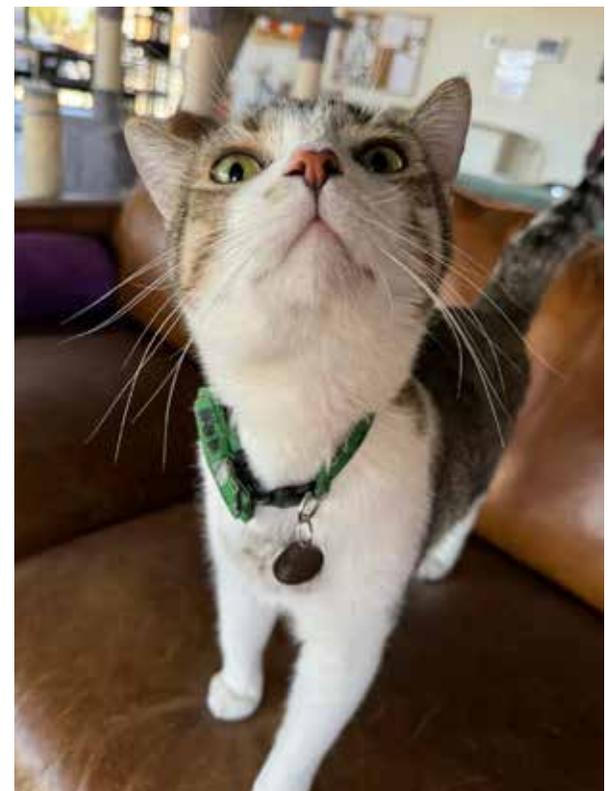
The lounge's first year in business saw 290 adoptions take place. Kittens are understandably adopted the fastest due to their irresistible appeal. As to the clientele the lounge attracts, "Most guests are first timers and some repeat, but we do have a handful of regulars that we see weekly, and the cats really start to know them. It's cute. The majority of regulars are those who can't or don't want to adopt, but need kitty love," Lesinsky shared with us.

The staff frequently hear visitors say that being there was a very relaxing experience, and that they feel so calm they don't want to leave, which is incredibly encouraging considering the numbers involved. The Hermitage and Southern Arizona Cat Rescue are but two of the many feline rescues in and around Pima County. From the stats they provided, you can do the math on the estimates for vulnerable, at-risk felines in the area. sacatrescue.org / hunterskittenlounge.org

Benefits of Cats

Cozying up with cats can lower blood pressure and trigger the production of serotonin and dopamine, the happiness hormones, in addition to other positive aspects of their company.

They include, but are not limited to, stress reduction, social connection, empathy, rising self-esteem, a sense of purpose, and better heart health, while decreasing loneliness, anxiety, and depression. When you adopt one, everybody wins.



The Important Facts About Spay & Neuter

Story by Rebecca West



The growing problem of homeless pet populations across the globe isn't exactly news. The reasons are varied and include factors such as overbreeding, irresponsible pet ownership, a lack of funds and/or resources to adequately address the problem, and, in many cases, outright apathy towards their plight or the unsafe conditions their increasing presence creates for everyone.

The life street animals lead is harsh and unforgiving, with consequences ranging from lack of food and shelter to disease, physical attacks by humans and other animals, contaminated water sources, poisons left in their paths, vehicular strikes, and other grim particulars. While not a cure-all for such a complicated issue, sterilization is one of the tools communities turn to to curb the rise of homeless animals.

While almost nothing we do is without consequence in some form or another, spaying and neutering have been associated with *many* medical benefits — but it's admittedly complicated. Recent studies have pointed to the timing connected with sterilization as having the potential for negative impacts, but we'll begin with the known benefits and revisit the topic in just a bit.

Medical Conditions Negated or Reduced in Female Dogs Due to Spaying



- **Pyometra** is a severe, life-threatening uterine infection that can reportedly be eliminated via spaying.
- **Mammary Tumors** and the risk of breast cancer are said to be dramatically reduced if a dog is spayed, particularly when the procedure is performed before the animal's first heat.
- **Ovarian/Uterine Cancer** risks are moot in regards to these reproductive organs once removed.
- **Transmissible Venereal Tumors** or TVTs in dogs are a contagious cancer that spreads primarily through infected

tissue during mating. While it is highly treatable (*primarily with intravenous chemotherapy*) with a high cure rate, it's less likely to be an issue once they're fixed.

- **False Pregnancies** caused by hormonal imbalances are negated.
- **Birth Complications** (*dystocia*) that can lead to emergency surgeries (*especially in smaller dogs*) or even death **are** also rendered moot.

Medical Conditions Negated or Reduced in Male Dogs Due to Neutering

- **Testicular Cancer** is eliminated once the testicles are removed.
- **Testicular Torsion** is also eliminated, as there is no longer a risk of the spermatic cord twisting.
- **Benign Prostatic Hyperplasia (BPH)**, a condition common in older, intact dogs, is prevented, thus keeping the prostate from becoming dangerously enlarged.
- **Prostate Infections and Cysts** are said to be reduced or prevented with neutering.
- **Perineal Hernias** near the tail are often caused by hormonal factors. Neutering decreases their likelihood.
- **Transmissible Venereal Tumors** or TVTs are most common in stray, unneutered dogs.



Behavioral Improvements Affecting Health

- Reduced Roaming significantly lowers the risk of trauma from accidents, fights, or injuries.
- Decreased Territorial Marking/Aggression are also benefits of mitigating certain hormone-driven behaviors accomplished via neutering.

Best Age to Spay or Neuter

According to research, the optimal age to spay a female dog depends on the animal's breed size, with small breeds (*25 lbs or less*) often spayed at the 5- to 6-month point before their first heat. For medium breeds (*25-50 lbs*), it's between the ages of 6 and 9 months. Ideally, it's recommended that large breeds (*50-90 lbs*) are left intact until the 12- to 15-month point to allow musculoskeletal structures to fully mature.



As to giant breeds (*90+ lbs*), it is recommended that pet owners wait until 15 to 18 months to avoid joint problems, something large breeds are already prone to. The benefits of waiting in connection to large and giant breeds, besides allowing for proper joint and bone development, are reducing the risk of orthopedic issues such as hip dysplasia, per research conducted by UC Davis.

Possible Perils of Spay & Neuter vs. Benefits

The 10-year study, published in the journal *Frontiers in Veterinary Science* in 2020, examined 35 dog breeds during the course of the investigation. Their findings concluded that **some** dog breeds have a higher risk of developing certain cancers and joint disorders if neutered or spayed within their first year of life.

On the flipside, waiting too long purportedly reduces the protective benefit against mammary cancer. These are things you should discuss with your vet, especially if your dog is female and could become pregnant in the interim.

Some will say that the combined benefits of canine sterilization — that of lowered, more manageable population rates and numerous health pluses — are proof enough that the procedures should be performed across the board regardless. But again, this is a decision for you and your veterinarian to make together.

If you should decide to put it off until they reach a certain age or because you are afraid of the possible consequences of either procedure, then it is up to you to be a responsible pet parent and ensure they do not recklessly breed and add to the burgeoning overpopulation crisis, because that's what it is at this point. A crisis that has led to the untimely deaths of thousands of dogs, most of whom there was nothing wrong with.

Additionally, it's imperative that the general public is educated about responsible and ethical pet ownership and the alternative of adopting rescue pets. If there's a breed, there's a rescue focused on finding homes for animals belonging to it. Please adopt, don't shop, and help stop the madness by getting your dogs and cats fixed.

Training For The Dog With Endless Energy: When Physical Exercise Isn't Enough

Story By Jenny Cain, The Complete Canine



Lick mats are a pup-approved favorite! Freezing it ahead of time can make it last twice as long!

It's widely understood that all dogs need exercise, but some dogs just seem to require more than average. At times, it seems as though nothing quite burns off enough energy. While this trait is often associated with certain breeds, it can be found with any type of dog regardless of breed.

I'd like to share a story of one of my clients and her dog Archie.

Archie is an adorable bundle of energy that was non-stop all day. He's a small mix of unknown breeds. Upon meeting him he enthusiastically jumped like a living pogo stick and greeted me like I was his best friend! Despite having another dog in the house to play with, a good sized backyard to run around in, and walks, he never seemed to run out of energy. It quickly became clear that Archie needed much more than just physical exercise. He needed a combination of physical exercise that incorporated mental cognition, unstructured physical exercise, mental exercise and activities that would help him settle down when his session was over.



Playing fetch with balls of different sizes and textures adds stimulation. Try an irregularly shaped ball for even more focus

I created a simple "formula" that combined activities from each category, with the goal of practicing them two to three times a day. I provided her with a menu of activities within each category and encouraged her to choose one activity from each.

To begin each session, she selected an activity from physical exercise with mental engagement, such as:

- Flirt pole
- Fetch
- Frisbee
- Hide and Seek
- Homemade agility course, obstacle course or texture path
- Cookie in a corner (see below)
- Scent trails (see below)

Cookie in a corner game: Take a few pieces of kibble and toss them into a corner where two walls meet. The "cookies" will bounce unpredictably, sending your dog racing over to track down every last piece. For an extra cardio boost, try tossing the kibble down a long hallway instead!

Scent trails: Dip a cloth in any type of broth. Without your dog present, drag the cloth around the yard so it leaves a scent trail. For an added challenge place some treats along the to help guide them and complete the path. The longer the trail, the more the scent fades, making it an extra challenge for your dog to follow!

Next, Archie was offered some unstructured time options:



Mental exercise with a training puzzle

- Free time in the yard
- Playing with toys of choice
- Playing with his brother, Andre

Then, she chose from the mental exercise menu:

- Puzzles
- Treat dispensing toys
- Snuffle mat
- Find it game
- Training session
- Teach new tricks

Lastly, Archie was offered "cool down" options.

Licking or chewing helps dogs settle down and relax. Most dogs would be tired after all of the above, but Archie struggled with settling down and relaxing.

- Lick Mat
- Frozen Kong (stuff with yogurt, applesauce, pumpkin, etc and freeze)
- Chew Stick of choice

Many of these activities could be done inside so even if it is raining or too hot, your pup can still get the exercise he needs!

Age and health play an important role in determining how often to do these activities and how intense they should be. For example, a puppy may need a little more mental exercise to tire them out. Senior dogs or dogs with health issues might need less intensity with the physical activities. You can supplement them with more mental engagement, such as feeding meals through puzzles.

While not every dog is an endless vat of energy like Archie, all dogs of any age can benefit from this "formula".

April's designation as National Canine Fitness Month is a timely reminder that every dog, like Archie, benefits from activities that challenge both body and mind. A thoughtful fitness routine can make a meaningful difference in a dog's behavior, health, and overall happiness.

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(520) 367-5222
www.kindredspirits.pet
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NON-PROFITS (continued)

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No Kill Pima County
P.O.Box 86231, Tucson
(520) 477-7401
Nokillpimacounty.org
Resources for your pets and community cats

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AZ 85739 520-742-6476
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www.campbowwow.com/tucson-east
Tucson:
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www.velvetbowpetgrooming.com

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Pima Animal Care Center
Ajo Substation
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(520) 387-7502
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Pima County's only safety net shelter for pets In need

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Green Valley 85614
(520) 625-3170
www.talgv.org

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Onsite Adoptions: Tues-Sat 10a-5p
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Tucson 85711
(520) 571-7839
www.hermitagecatshelter.org

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pointment, Fri-Sat-Sun noon-4p
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www.hopeanimalshelter.net

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Main Campus Onsite Adoptions
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www.hssaz.org

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savecats@PAWSitivelycats.org
www.PAWSitivelycats.org

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Tucson 85745
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info@pimapawsforlife.org
www.pimapawsforlife.org

Local Rescues

Animal Rescue Foundation Tucson

ARFTucson@Gmail.com
(520) 319-9292

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Lil' Bit Of Love Rescue

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(520) 869-9537
https://www.facebook.com/
lilbitofloverescue/
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Miss Maggie May's Rescue

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missmaggieamay@cox.net

Local Rescues (continued)

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pawswithoutbordersus@gmail.com



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radrescueinc@gmail.com

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rescuemetucson.org

RUFF Rescue

www.ruffrescuetucson.com
ruffrescuetucson@gmail.com
(520) 490-0401 or (520) 339-0841
SAFE (Saving Animals from Euthanasia)
(520) 349-8637 or (520) 250-5080
www.safeanimals.com

Saving at Risk Animals

(520) 499-0546
www.savingatriskanimals.org

Southern AZ Beagle Rescue Tucson

(520) 247-7720
Information@soazbeaglerescue.com

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TucsonCFC@gmail.com
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info@tucsonrescuenow.org

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tucsonparrotrescue@gmail.com

Cat Rescues

Hearts That Purr-Feline Guardians

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The Hermitage Cat Rescue & Sanctuary

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(520) 571-7839

PAWSitively Cats No Kill Shelter

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Paws Patrol

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Equine Encore Foundation
(520) 349-6008 · cfolch@gmail.com
www.equineencorefoundation.org

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HorsenAroundRescue@yahoo.com

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karunarescue4sanctuary@gmail.com
https://www.karunahorserescue.org



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520-455-5424

Wild Hearts Rescue Ranch
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wildheartsforcrow@gmail.com
www.wildheartsrescue.org

The Wild Horse Haven Rescue
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Safford, AZ
wildhorsehavenrescue@gmail.com
http://www.wildhorsehaven.com/

Wildhorse Ranch Rescue
Gilbert, AZ (866) 926-8007
www.wildhorseranchrescue.com

Feral Cat Assistance

Tucson Feral Coalition
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tucsonferal@gmail.com
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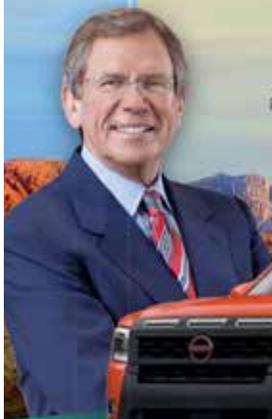


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