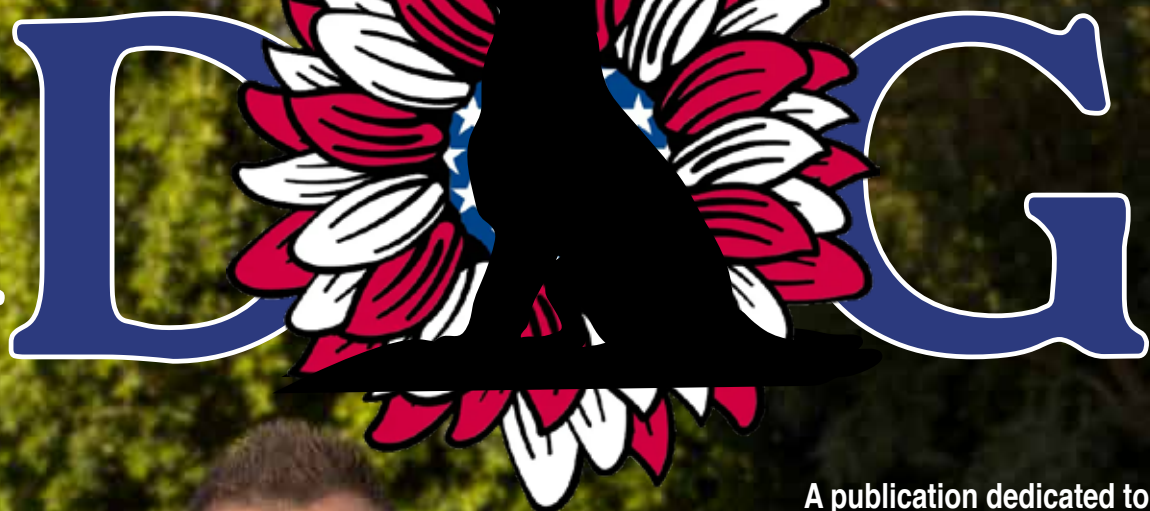


The Tucson



July/August 2026

Cover Story:

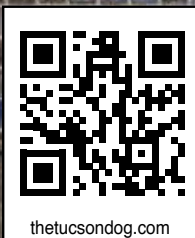
Johnjay Van Es:
Getting On Board
the Love Train with the
#LovePup Foundation

Features:

Fixing the Problem:
How Spay & Neuter
Saves Lives

Monsoon Season,
the Beauty of the Desert:
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Cats &
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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.



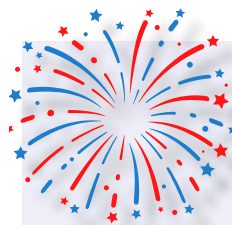
Rebecca West - Staff Writer - Rebecca is a freelance writer and editor for print and digital who loves to travel the globe. A life-long pet owner, she adores animals and has taken part in fostering dogs for military members during deployment. She has given many rescued and surrendered dogs the forever 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 Kiennan'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

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Publisher/Editor Heather McShea

Want to share your story and comments with the Publisher?

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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.

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What is Canine Kinesiology Taping?

Story and photos provided by Carlie Crockett



Canine kinesiology taping is a therapeutic technique where a special elastic tape is applied to a dog's body to support muscles and joints, reduce pain, and improve movement without restricting mobility. A stretchy, breathable tape (similar to what human athletes use) Placed on specific areas of your dog's body. Designed to move with your dog, not hold them rigid.

When Kinesiology is applied to the skin (or in case of animals to the hair), it mechanically decompresses the skin and the underlying tissues. When tape is applied to an animal, the tape lifts the hair, which in turns lifts the skin and accomplishes the same decompression seen in people. The decompression action promotes increased blood and lymph flow, which decreases inflammation and relieves

pressure from free nerve endings.

How will Canine Kinesiology Tape help your dog? Canine kinesiology tape helps your dog by supporting the body while still allowing natural movement—that's what makes it different from braces or wraps.

- **Improves Circulation & Reduces Swelling** (Reduce Swelling, bruising, inflammation)

- **Supports Muscles & Joints** (Takes pressure off joints (like hips, knees, shoulders)

- **Reduces Pain** (Can ease discomfort from arthritis, injuries, or soreness)

Canine Kinesiology Taping has become

increasingly popular among dog owners, trainers, and rehabilitation specialists looking for gentle ways to support mobility and reduce pain. Similar to human K-tape, this stretchy adhesive tape is applied along specific muscle groups to improve circulation, support movement, and decrease tension.

Why would your dog need the Canine Kinesiology Taping? If your dog has a muscle strain ligament issue, or is recovering from surgery, taping can help stabilize the area and reduce strain while still allowing movement. Dogs with joint problems- like arthritis or instability-can benefit from extra support. Taping can help improve alignment and reduce stress on joints.

Canine kinesiology taping is a gentle, flexible support method that helps your dog move better, feel better, and heal more effectively.

K9 tape is basically a support and recovery tool, not a necessity. It's most helpful when the dog has a specific physical issue or is under heavy physical demand.

For more information contact Carlie Crockett: 520-253-0613 or email here at this address: horseridercarlie@gmail.com



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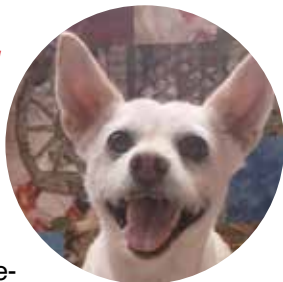
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The Leader of the Pack Speaks

Dear Friends and Animal Lovers,



As I write this, Southern Arizona is eagerly watching the skies. After months of rising temperatures, the first dark clouds gathering over the mountains bring a sense of excitement and relief. The scent of rain on the desert floor, the dramatic sunsets, cooler evenings, and the life-giving water that transforms our landscape remind us why so many of us love calling Tucson home.

This issue includes our feature article, "Helping Your Dog Weather the Storm," offering practical tips to help pets who may not share our enthusiasm for thunder, lightning, and sudden changes in weather. While many of us look forward to the monsoon season, some dogs experience anxiety during storms. With preparation, patience, and a little understanding, we can help them feel safer and more comfortable.

As we celebrate summer, we also celebrate our nation's independence. On July 4th, we celebrate Independence Day, a powerful American story of bravery, patriotism, and freedom. For many of us, it's also a day to relax with barbecues, pool parties, fireworks, and time with family and friends. However, for countless pets, fireworks can be one of the most frightening experiences of the year. If your pet struggles with loud noises, consider creating a safe indoor space, playing calming music or brown noise, ensuring identification tags are current, and never leave anxious pets outside alone during fireworks. Animal shelters often report increased numbers of lost pets following Independence Day celebrations, so a little preparation can go a long way toward keeping our beloved companions safe.

This issue also explores one of the most important topics in animal welfare: spaying and neutering. In "Fixing the Problem: How Spay & Neuter Saves Lives," we discuss the role responsible pet ownership plays in reducing shelter overcrowding, preventing unwanted litters, and improving the health and well-being of our pets. Every year, thousands of dogs and cats enter shelters through no fault of their own. Spaying and neutering remains one of the most effective ways each of us can make a positive impact.

Finally, I am delighted to introduce our cover story featuring Johnjay Van Es, whose passion for animal welfare began in an unexpected way, through his children. What started as a family connection to animals grew into a lifelong commitment to rescue, advocacy, and giving a voice to pets in need. His story is a wonderful reminder that compassion is often taught at home and that the smallest influences can create lasting change.

Thank you for supporting **The Tucson Dog Magazine** and the many organizations, shelters, rescues, businesses, and volunteers who work every day to improve the lives of animals throughout our community. As we welcome the rains and celebrate another Southern Arizona summer, I hope you and your pets enjoy the season safely, happily, and together.



With gratitude,
Heather McShea
Publisher & Editor-in-Chief
The Tucson Dog Magazine

~ Heather McShea
Publisher & Editor-In-Chief

THANK YOU

WITH A GRATEFUL HEART...

Thank you to our readers, advertisers, and supporters for believing in **The Tucson Dog** and the mission we share. For nearly a decade, this magazine has connected pet lovers with valuable resources, promoted adoptions, and supported animal welfare throughout Southern Arizona. A special thank you to everyone who has contributed to our GoFundMe campaign. Like many small publications, **The Tucson Dog** has been impacted by rising costs and a challenging economy. Your generosity is helping us continue publishing and distributing this magazine free of charge to our community.

If **The Tucson Dog** has ever helped you discover a rescue, learn something new, or simply brought a smile to your face, I invite you to learn more about our campaign and consider supporting our efforts to keep this publication available for animal lovers across Southern Arizona: <https://gofund.me/82afe76df>

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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.

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Weekly Mini-Contests | Special Sales

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Fixing the Problem: How Arizona Spay & Neuter Saves Lives

Story by Rebecca West | Photos courtesy Arizona Spay & Neuter

This year, we've made it our mission to share and promote information on spay and neuter. We've undertaken this in the hope that doing so will educate and encourage Southern Arizonans to get their pets fixed at the time appropriate for the individual animal to help stem the tide of unplanned and largely unwanted litters.

Besides the fact that ignoring the problem is not the answer, people need to consider the lives many of these animals will be forced to lead if they do not find homes early on. Their time on this planet will be significantly shortened, either by the hazards of the streets or at the hands of shelters in desperate need to lower headcounts.

This means countless animals will be put down for no other reason than space and housing issues. As a society, we should consider this unacceptable and stir ourselves to action. So, what can we do about it? First off, we



need to take responsibility for our actions or, more accurately, our inaction. Responsible pet ownership means taking the reins and doing what's right not only for our personal pets but for the community as a whole. Turning a blind eye is not an option.

We can start by adopting animals rather than buying them. We won't even

get into the nightmare that are puppy mills because that's a whole other conversation. Besides, if you're looking for a specific breed, there are dedicated rescues overflowing with unwanted dogs and cats of all ages that are just as marvelous as a pet you'll pay thousands for.

Which brings us to one of the problems contributing to overcrowded shelters, euthanasia lists, or abandonment at the very least. Do your homework! So many people will see a movie with an animal or become aware of a trend and decide they have to have the same breed based on little more than impulse, without learning whether or not the animal's traits, temperament, and requirements are right for them.



This leads to so many pets being discarded like yesterday's paper.

Another problem is the current lack of even the most basic training among dogs, which frequently leads to surrenders. Again, be a responsible pet owner and take the time to train your pets. You wouldn't skip training your kids, and pets are like children. They count on you for guidance as the pack leader.

Fortunately, affordable spay and neuter options are increasing. One of those is **Arizona Spay & Neuter** on Grant Rd. We had a chance to quiz one of the proprietors,

and this is what we learned.

Purchased by Heather Knight and Amy Hoffman in 2019, it was originally opened many years prior. But when the clinic teetered on the verge of closing, Knight told us, "We knew the need for a low-cost clinic in the Tucson

area. We started with one doctor and five-six staff members and have recently grown to three doctors and 15-18 staff members. The growth goes to show how needed a low-cost option is." Hoffman, their first veterinarian, is also the facility's medical director.



A patient at Arizona Spay & Neuter

"In 2019," Knight continued, "we were only a surgery and vaccine clinic, but due to the need for more low-cost options, we are now a surgery, shot clinic, and general practice. All low-cost. We perform a little over 100 spays and neuters a week, with various other surgeries sprinkled in. We hope we are making a big impact and helping the community keep pets happy and healthy without breaking the bank."

When asked about their hopes for the future, she noted that it was to continue to grow and help the community as much as possible. "With the general practice being newer, we hope that we can continue to grow as our community's local practitioner. We hope for people to learn that we are so much more than spay and neuters."



Dr. Twiddy and Dr. Depugh of Arizona Spay & Neuter

We also queried her as to what they'd want people to know about getting their pets fixed. She replied, "That spaying and neutering their pets doesn't have to cost a fortune, and we are here as an option and still provide top care with staff that truly cares about the well-being of their pets.

"Being a low-cost clinic, we aren't in this for the money. We are in this for the community and their pets. Millions of dogs and cats are born each year, many by mistake. Spaying and neutering prevent pets from finding themselves in the shelter or on the streets. In Tucson, this is a growing problem."

When asked whether there was a general age group or gender regarding people seeking the procedures for their pets, she answered in the negative. "This is something that everyone should be doing for their animals," adding that recovery is relatively quick and safe as long as the pet parent does their part in the healing process.

"Spaying and neutering pets go beyond unintended litters and help with their long-term health. Besides keeping shelters from getting full, it prevents health problems like pyometras and testicular cancer, and many more reasons.

"Ultimately, spay and neuter are responsible pet-care practices that help improve animal health, reduce unwanted litters, and contribute to the welfare of both pets and communities. The appropriate timing should be discussed with a veterinarian based on the pet's species, breed, age, and health status. We are here for you and your pets and truly treat them like family!"

Visit the website at: arizonaspayneuter.com

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Communicating Telepathically with Animals: Why Your Furry Friend Really Wants You to Read This

Story By Christine Holley, Freelance Animal Writer & Blogger

Imagine you've decided to add a puppy to your pack of one, but before you do, you're able to ask your dog if she wants a companion. Much to your surprise, your dog says, "No way José!"

You're already stretched thin and I'm not getting enough quality time with you as it is."

Or what if your cat is nearing his end of life and you've scheduled the euthanasia, but you're ripped apart inside not knowing for sure if it's time. In the throes of not knowing, your cat speaks to you and says, "I know you love me and want to do the right thing, but I want to pass at home, on my own time, and without assistance."

These scenarios, once thought fantastical, now live squarely in the realm of reality. Increasingly, animal trainers, veterinarians, behaviorists, and biologists are recognizing a field called "telepathic animal communication" or "intuitive interspecies communication."

While telepathic animal communication has been embraced by indigenous and shamanic traditions for millennia, we've seen a rapid uptick in the field since the 1990s with formalized certification programs spawning a new generation of expert practitioners and instructors.



Penelope Smith

Read on to learn what telepathic animal communication is, how it works, and the transformative benefits for anyone who wants to directly experience what their animals are thinking and feeling.

What's the Definition of Telepathic Animal Communication?

Tele means 'at a distance' and pathy means 'feelings,' so telepathic animal communication is the ability to send and receive feelings or information across time and space between human and animal. It doesn't matter if the animal is physically present or not, in body or in spirit. Penelope Smith (www.animaltalk.net), based in New River, Arizona and billed 'the grandmother of interspecies communication,' describes it this way in her book *When Animals Speak*:

"Interspecies telepathic animal communication is a direct link to the spirit present in all species. It is based on the recognition that all beings are intelligent in their own way and that they understand, interrelate, and communicate."

What Does the Process Look Like When Telepathically Communicating with Animals?

When done remotely, a communicator may request a picture of the animal to ensure they are tuning into the right one. Many start by asking the animal for permission to communicate, followed by specific questions posed by their person. Some communicators will first ask the animal to tell them something that demonstrates to their human that the communication is real. For instance, telling the person what his dog's favorite toy or game is, or their favorite place to sleep.

In a recent interview I conducted with Genie Joseph (www.thehumananimalconnection.org), a Tucson-based animal communicator and founder of The Human-Animal Connection, she shared how she tunes into an animal when beginning a session: "When I set a clear intention to speak with an animal, I begin by doing what I call 'tuning my radio dial.' Every

communication session has its own frequency, and when I tune into that frequency, I'm able to hear words, see pictures, and feel emotions. I might also get what I call a data download. My dog Harry, for instance, can tell me his whole life story in an instant. It's not linear; I might receive all knowledge at once on a given topic."

Can Anyone Learn to Telepathically Communicate with Animals?

Yes, everyone has the innate ability to communicate with animals; we were born with it. But, as Smith explains in her book, *Animal Talk*, most of us quickly lose that ability: "When children learn to speak, they tend to inhibit their ability to communicate directly through thought and feeling since the speaking ability is most validated and encouraged by adults and gets the most attention."

For those interested in reigniting their telepathic skills, the key is dedication and it all starts with being grounded, present, and cultivating calmness. Joseph elaborates: "If you're spinning in your thoughts, you won't be able to receive. Beyond that, it's the practice. You learn how to be neutral, how to get your energy back and down, and how to release expectations and agendas. This allows you to tell the difference between your own thoughts and what you're receiving."

How Does Telepathic Communication Deepen the Human-Animal Bond?

Most people ask questions related to their animal's happiness, behavior, and how their bodies are feeling. This often leads to immediate resolution of common problems, such as why your dog has separation anxiety or why your cat suddenly stopped using his litter box.

Beyond establishing a more peaceful co-existence, however, telepathic animal communication can be the doorway to our own spiritual growth and evolution. Says Smith in her book *When Animals Speak*: "Sigh like the wind, open your arms and your heart, and all creatures will hum to you, answering your questions about them and the nature of the universe. You'll learn that all of us have our deepest natures, the universal truths and the essence of spirit in common."

Joseph concurs, summing it up this way: "Telepathic animal communication is an adventure in consciousness because telepathy means all information is available to anyone all the time so we can tap into the oneness of all beings. To me, animal communication is just a pathway to becoming enlightened."

About Christine Holley

Christine Holley is a freelance animal writer and blogger. She draws on more than 25 years of experience as a caregiver to dogs, cats, birds, and horses. She was an assistant dog trainer, has logged hundreds of hours as a shelter volunteer, and is Pet CPR-certified. Christine is currently in a certification program to become a small animal acupressurist. Learn more at www.animalgraceservices.com email info@animalgraceservices.com 804.986.7184



Genie Joseph

Calendar of Events

JULY 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

**Wed. July 1, 15 & 29, 5pm-6pm
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. July 2, & 30, 5pm-6pm
Pathways for Paws Drive-Thru
Community Outreach Clinic**
at 7035 E. Broadway Blvd. (Floor & Decor) 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. July 4, Showtime: 7:30pm
Not Burnt Out, Just Unscrewed
Thundershirts Show!**
Bring your socialized dog. Instead of fireworks celebrate the 4th with laughs that give back — join us at the 4th of July show at Unscrewed Theater benefiting Sol Dog Lodge & Training Center. Lobby opens at 7pm. Get Presale Tickets for \$10 via <https://unscrewedtheater.org/>

**Sat. July 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. July 4, 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. July 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

**Sun. July 5, 5:30pm
Hand-Crochet Pet Bed Class at
Hunter's Kitten Lounge**
Join us for an evening of crafting while we learn to create the cute chunky crochet beds that everyone loves! Each entry will include supplies to create your own bed to take home. Ages 14+ book here: <https://book.peek.com/s/7332c722-2c42-4a42-8cad-c405a290e761/6aNVV>

**Sun. July 5, 1pm
AZ DiamondBacks at Chase Field**
Upper Concourse Section 327 at the STEM Dugout. Gametime 1p to end of 5th Inning. Southern Arizona Reptile Rescue Ambassadors for Photo Ops & Meet & Greet. Contact Cressi Brown (808) 747-6445 for more info.

**Sun. July 5 & 12, 6pm-7pm
Cat Bingo at El Jefe Cat Lounge**
*Reservations are required. \$15/Each Recommended ages: 5 & up. Prizes for winners include a free 1-hour lounge pass & El Jefe merch! eljefecatlounge.com/reservations

**Thurs. July 9, 11:30am-1pm
Tucson Pet Care Network Meeting**
Virtual pet industry professionals' networking event. Registration required. <https://www.facebook.com/TucsonPetCareNetwork/events/>

**Sat. July 11, 11am-1pm
Adoption Event at Bark N Berry**
Join us for a fun afternoon with sweet adoptable Frenchies, English Bulldogs, & exotic bullies from Freedom Frenchie Rescue held at 6121 E. Broadway Blvd. Ste. 138, Tucson 85711.

**Sat. July 11, 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. July 11, 10am-11am
Kitty Yoga with Melissa**
Join Melissa (Life Connection Yoga) for an all-levels yoga class with the cats of Hunter's Kitten Lounge. Yogis should be 10+ years of age. Bring your own mat or we have a few to borrow. Spots limited. \$20 pp. <https://book.peek.com/s/7332c722-2c42-4a42-8cad-c405a290e761/dyMMI>

**Sat. July 11, 10am-2pm
Dogs-n-Donuts Adoption Events**
In conjunction with various local rescues, we now have adoption events most Saturdays at our bakery. Details available on our website. dogsdonutstucson.com

**Sat. July 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. July 12, 1pm
Clipping with Confidence**
Join Dr. Steinke, Civano Animal Hospital & Emergency Center, & Kim Silver, Building Bonds Behavior Center, for a session that will help you approach a nail trim with confidence. Free to attend. A Loyal Companion, 4758 E. Grant Rd., Tucson 85712. RSVP required. <https://aloyalcompanion.com/events>

**Sun. July 12, 7am-10am
Rattlesnake Avoidance Sessions**
Sol Dog Lodge and Training Center partners with Animal Experts to offer Rattlesnake or Colorado River Toad Avoidance Sessions. 11862 N. Tangerine Business Loop, Marana 85658. Call Lee at (520) 591-2829 to get scheduled.

**Thur. July 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

**Sat. July 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. July 18, 11am-2pm
Southern Arizona Reptile Rescue
Adoption Event at Bookman's**
Visit Bookman's on Speedway & Wilmot to meet adoptable reptiles! Contact Cressi Brown at (808) 747-6445 for more info.

**Sat. July 18, 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

**Sun. July 19, 11am-12:30pm
Monthly Pet Loss Support Group**
Led by certified grief companion Dr. Kellie Barrett & Jennifer Titley-Rubio, LCSW, share your pet's story, learn something about grief that makes it feel less bewildering & join others who understand why you came. Free to attend, but donations to Old Souls Rescue & Retirement Home are appreciated. Limited space available. Register at aloyalcompanion.com/events

**Sun. July 19, 10am-11am
Yoga with Cats at El Jefe Cat Lounge,**
All Skill Levels
To be held on the 2nd floor, mats available to use. \$18/Person, 9 spots available. Reserve yours at: eljefecatlounge.com/reservations 3025 N. Campbell Ave. Ste. 141 Tucson 85719

**Sat. July 25, 9am-10am
Pathways for Paws Drive-Thru
Community Outreach Clinic**
at 15921 S. Houghton Rd. (American Legion) 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. July 25, 12pm-4pm
Dog Days of Summer: Unleash the
Fun at Four Tails Tasting Room**
Join us at our Sonoita tasting room for an afternoon of wine, wagging tails, live music, & dog-themed games. Bring your friends, bring your pups, sip, stay, & play. For more info, call (520) 386-2878 or go to fourtailsvineyard.com.

**Sat. July 25, 6pm-7:30pm
Rock Painting Class at Hunter's Kitten
Lounge**
Rock art has become a fun way to connect with the community. If you want to get involved, this class will include all the materials for painting, as well as a rock that's prepped & ready for your art. Feel free to arrive 15 min early to select your paint!
<https://book.peek.com/s/7332c722-2c42-4a42-8cad-c405a290e761/ykOJW>

**Sat. July 25 12pm-4pm
Dog Day at the Vineyards!**
Bring your pup to the Autumn Sage Vineyards for our super fun Dog Day at the Vineyards. Located at 90 Elgin Rd., Elgin 85611. For more info, try (602) 904-2120 or autumnsage.com.

**Sun. July 26, 9am-4pm
Pet CPR/First Aid Certification**
Be your pet's first responder & learn what to do in an emergency. Cost: \$175. (520) 886-7411 to register in advance. 11862 N. Tangerine Business Loop, Marana 85658

Calendar of Events

Sun. July 26, 10am
Beyond the Lungs: How Valley Fever Can Affect Your Dog's Brain & Nervous System

A Loyal Companion is proud to host Dr. Lisa Shubitz, Research Scientist at The Valley Fever Center for Excellence, for a special presentation focused on the neurological impacts of Valley Fever. Free to attend in-person or virtually. RSVP required.

<https://aloyalcompanion.com/events>
4758 E. Grant Rd., Tucson 85712

AUGUST 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

Sat. August 1, 10am-11am
Donuts, Donations & Dogs

Join us for free donuts & coffee when you stop by & bring pet food donations to benefit the Marana Food Bank. Opened bags are fine.
Sol Dog, 11862 N. Tangerine Business Loop, Marana 85658.

Sat. Aug. 1, 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. Aug. 1 & 29, 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. Aug. 22 & 29, 9-10am
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. Aug. 1, 10am-2pm
Dogs-n-Donuts Adoption Events

In conjunction with various local rescues, we now have adoption events most Saturdays at our bakery. Details available on our website. dogsndonutstucson.com

Sat. Aug. 1, 9am-11am
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.

Sun. Aug. 23 & 30, 9-10am
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.

Sat. Aug. 8, 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. Aug. 8, 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. Aug. 9, 7am-10am
Rattlesnake Avoidance Sessions
Sol Dog Lodge and Training Center partners with Animal Experts to offer Rattlesnake or Colorado River Toad Avoidance Sessions. 11862 N. Tangerine Business Loop, Marana 85658. Call Lee at (520) 591-2829 to get scheduled.

Sun. Aug. 9, 1pm
AZ DiamondBacks at Chase Field
Upper Concourse Section 327 at the STEM Dugout. Gametime 1p to end of 5th Inning. Southern Arizona Reptile Rescue Ambassadors for Photo Ops & Meet & Greet.
Contact Cressi Brown (808) 747-6445 for more info.

Sun. Aug. 9, 1pm
Book Club at A Loyal Companion
Join us at A Loyal Companion located at 4758 E. Grant Rd., Tucson 85712. Registration: <https://aloyalcompanion.com/events>

Wed. Aug. 12 & 26, 5pm-6pm
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.

Thurs. Aug. 13, 11:30am-1pm
Tucson Pet Care Network Meeting
Join pet industry professionals for an in-person social networking event at The Hungry Fox located at 4637 E. Broadway Blvd., Tucson, 85711
Registration required: <https://www.facebook.com/TucsonPetCareNetwork/events/>

Sat. Aug. 15, 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. Aug. 15, 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

Sat. Aug. 15, 11am-2pm
Southern Arizona Reptile Rescue Adoption Event at Bookman's
Visit Bookman's on Speedway & Wilmot to meet adoptable reptiles!
Contact Cressi Brown at (808) 747-6445 for more info.

Sat. Aug. 15, 6:30pm-8:30pm
Bingo with Cats at Hunter's Kitten Lounge!
Don't miss out on the purr-fect mix of games, cats, & good times!
Tickets \$25 pp, which gets you 5 bingo cards, one for each round. More cards available for purchase at the door for \$2/ea. Max 4 cards per round. Awesome Prizes for Winners!
<https://book.peek.com/s/7332c722-2c42-4a42-8cad-c405a290e761/EMv81>

Thur. Aug. 20, 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

Sat. Aug. 22, 9am-10am
Pathways for Paws Drive-Thru Community Outreach Clinic at 15921 S. Houghton Rd. (American Legion) 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. Aug. 22, 12:30pm-2pm
Mutts & Muscles
A Fitness Challenge Benefitting Sol Dog Lodge & Training Center hosted by The Gym of Tucson. \$50 registration includes challenge & t-shirt. Call (520) 886-7411 to get registration link. 4140 W. Ina Rd. Ste.118.

Sat. Aug. 22, 12pm-4pm
"Hot Diggity Dog," a Twist on a Summer Cookout!
Join us at the Four Tails Tasting Room in Sonoita for gourmet hot dogs loaded with creative toppings, live music, estate-grown wines, & plenty of tail-wagging fun! For more info, call (520) 386-2878 or go to fourtailsvineyard.com.

Thur. Aug. 27, 5pm-6pm
Pathways for Paws Drive-Thru Community Outreach Clinic at 7035 E. Broadway Blvd. (Floor & Decor) offers vaccines, microchips & nail trims for a small donation via cash, Venmo, Zelle & Apple Pay. No debit/credit cards. More info at pathwaysforpaws.com.

Sun. Aug. 30, 11am-12:30pm
Monthly Pet Loss Support Group
Led by certified grief companion Dr. Kellie Barrett & Jennifer Titley-Rubio, LCSW, share your pet's story, learn something about grief that makes it feel less bewildering & join others who already know why you came. Free to attend. Donations to A Loyal Companion Fdn. appreciated. Space limited. Register at: aloyalcompanion.com/events



Cover Story

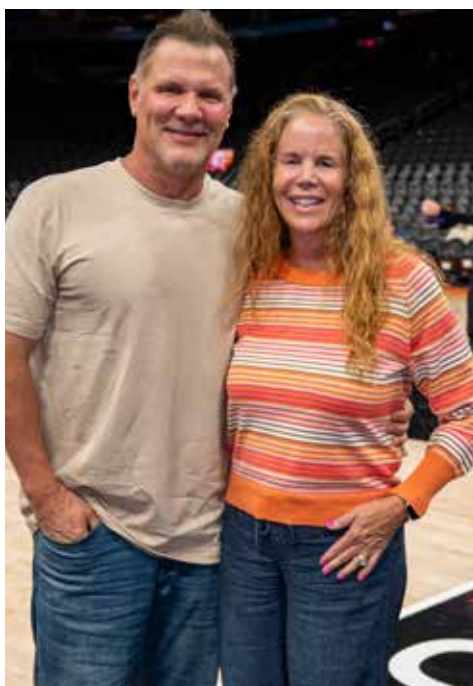
Getting On Board the Love Train with the #LovePup Foundation

Written by Rebecca West | Photos courtesy of the Van Es Family

In each issue of the magazine, we try to bring readers a story that inspires and uplifts, in addition to informative and educational articles we strive to provide. In the last issue, we told you about many of the laws that have been enacted recently and efforts being made around the globe that positively impact domestic animals and wildlife. The actions and outcomes range from the subtle to the dramatic, but all of them go to show how people's attitudes and perceptions are shifting for the better.

This edition of the magazine is no different; only the story you're reading now centers on movers and shakers in animal welfare much closer to home. It's a testament to how a person's caring and enthusiasm can bring about great change, like a groundswell rising up to become a tsunami. In this case, it helped to have a radio show to use as a platform from which to build an audience—even if that wasn't initially the intention.

We're referring to nationally syndicated radio personality Johnjay Van Es, whose foray into animal welfare may have grown organically through his good intentions, but supercharged once the animal welfare bug truly bit him. Of course, like most people who care deeply about helping the most vulnerable among us, he grew up with pets—lots of them—as did his wife and animal-rescue partner in crime, Blake.



Johnjay & Blake

Their journey into the rescue scene started in 2007 when Johnjay tried to find a home for an abandoned Chihuahua he'd posted about on Instagram. The next day, on his popular Phoenix radio show, *Johnjay and Rich* at 93.7 KRQ/104.7 KISS FM, he discussed the experience and the fact that he'd been successful in finding the animal a home. Everything sort of just snowballed from there, with listeners calling in saying they'd found a stray dog or that they were moving and couldn't take their pet with them, so he started to try to find homes for them.

According to the couple, at one point, they had up to 36 dogs in their home. While his radio and social media efforts eventually drew criticism from animal rescuers who were miffed with

his approach to rehoming, regardless of his enthusiasm, intent, and notable results, those efforts ultimately led to *much* greater things. As it turns out, the dynamic duo are tireless activists with the energy and focus of 10 people.

This is no exaggeration. It's mindboggling when you hear the litany of accomplishments attributed to them. They are literally all over the place when it comes to good deeds. For starters, they founded the #LovePup Foundation in 2014, a rescue resource, which has adopted out more than 1,000 dogs into loving homes since its inception.

One of the coolest features—besides the ability to adopt—is that the public can also volunteer to foster dogs there. This is so crucial to many a shelter or rescue dog's emotional well-being. Otherwise, they can end up with kennel stress, a debilitating physical and emotional state of anxiety driven by sensory overload that many dogs experience when introduced to large, noisy



Johnjay at the shelter

environments. It can lead to uncontrollable shaking, hair loss, withdrawal, and other negative outcomes.

Then there's the A Dog is Forever initiative driven by Blake and Johnjay, who have five dogs of their own. Its purpose is to keep pets at home with their owners. The #LovePup Foundation assists families in Tucson and the Greater Phoenix area who may be considering surrendering their pets by providing them with financial support, medical expense assistance, and other vital resources.



The Van Es family (photo credit: Canice Eaton)

In 2021, the Van Es family saw a dream of theirs come to fruition with the opening of a shelter in Scottsdale featuring 14 kennels and plenty of space, indoors and out. The canines there receive medical care, as well as vaccinations, microchips, spay/neuter services, and, of course, endless love and affection. And it isn't just Johnjay and Blake that dole out the love. Their three boys have grown to be just as smitten and dedicated to the cause as their parents.

When asked where they'd like to see the foundation going or accomplishing in the future, Johnjay said he'd like to see a #LovePup shelter in Tucson



#LovePup Family Fest

where, he noted, they're working on something with The Center of Opportunity alongside Bert Lopez. The center assists the homeless in getting back on their feet. Passionate about helping, Johnjay would like to see a #LovePup shelter at every homeless center.

Expanding on the #LovePup concept, they came up with the idea for the #LovePup Family Fest, a free adoption event that helps raise funds, pet supplies, and awareness for rescue dogs. The large-scale events include live music, food trucks, pet-focused vendors, and, of course, adoptable dogs from local shelters and rescues.

Originally held in Phoenix and then Tucson, word got out across the country, and before they knew it, people were reaching out from cities across America inquiring about holding their own event. To date, they've been held in places like Dallas, Colorado Springs, and Portland, with other cities possibly in the works.



Johnjay & Rich

Then there's also the Phoenix-based Johnjay and Rich #LoveUp Foundation, a 501(c)(3) charity created by Johnjay and his radio/podcast partner Rich Berra in 2017. Originally founded as the Johnjay and Rich Care for Kids Foundation, the charitable organization focuses on improving the lives of children in foster care.

Johnjay explained that it began as a kind of "Make-a-Wish-Foundation-type thing" where they granted wishes at Christmas with parties that included gifts for children who might otherwise go without during the holidays. It ended up

melding with #LovePup and working with various rescues, and before you know it, they were able to get sponsors to help them grow.

There are five programs within the foundation. The first is **#LoveUp Moments**. Motivated by #LoveUp's mission of spreading love and kindness while inspiring others to do the same, the foundation grants #LoveUp Moments to unsuspecting members of the community, such as helping a sick child experience the dream of becoming a zookeeper for a day or granting new uniforms for an underprivileged high school cheer team.

Foster Care Events is another. Each year, they create memorable experiences for kids living in foster care. #LoveUp also works closely with the Arizona Department of Child Safety (ADCS) to support special events for foster children, with a focus on helping kids nearing age 18 who will soon be aging out of the system.

Laptops for Foster Children began in 2018 when they teamed up with the ADCS for the first-ever pilot program of F.A.C.T.—Fostering Achievement Through Computer Technology. The #LoveUp Foundation reportedly purchased 100 Chromebooks for foster children graduating from the 8th grade to help narrow educational achievement gaps.

The Children's Heart Gallery, where the #LoveUp Foundation created a large mobile photographic exhibit displayed around the state, provides six days each year for foster children to attend a Heart Gallery event where they receive haircuts, new clothes, and a professional photography session for their inclusion in the Heart Gallery.

Christmas Wish—for more than 16 years, Johnjay and Rich have been granting Christmas wishes to children and their families in need. Nominated by friends and family, recipients receive gifts and support. loveupfoundation.org

More recently, Blake, along with Johnjay's sister, Elvia, has created an app for pet owners known as LovePup+. It's billed as "Your 24/7 Pup Parenting Partner" on the home page. The inspiration for Lovepup+ came from Blake being texted at all hours of the day for dog-related advice ranging from "Should I get another dog?" to "My dog swallowed a sock, what do I do?" With nearly 20 years of hands-on experience dealing with rescues and all the minor and major maladies that come with them, all dog parents can now benefit from this information.



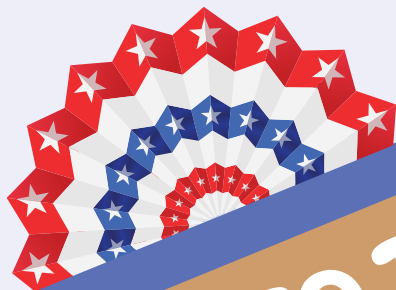
Johnjay with part of his pack

The site introduces users to the 3-3-3 concept, a framework that covers the first three days, three weeks, and three months with your new pet, as far as what to expect and how to support your fur baby as it adjusts. Upcoming content will include sleep and crate training, walking tips, and other useful information. "Ginger" provides answers via AI. It will also include a blog, tested and approved products, plus entertainment material. The free app should be available to the public in early July of this year. : loveupplus.com

When asked what message they'd like to share with the public, Johnjay immediately said, "Be kind to animals and treat them like family so they stay out of shelters."

We also asked what they'd like to see happen concerning animal welfare and adoption in the state and beyond. There was little hesitation. "I guess I'd like to see tougher laws on animal abuse, as well as laws on the way people treat their own pets regarding neglect," Johnjay added. "It's a real problem that isn't often addressed but needs to be."

To learn more about their work and the various programs they're behind or ways to get involved, visit loveupfoundation.org.



A VISIT TO THE

DOGHOUSE

All the dogs on these pages are available for adoption now. If you are interested in meeting any of these adorable friends, please contact the group listed with the picture.

The Animal League of Green Valley (TALGV)

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

JAN

I'm a charming 2 y/o, 36 lbs. Shepherd-mix girl who takes time getting to know new friends. I enjoy quiet moments, encouragement, & the occasional treat. I'm full of warmth, loyalty & quiet charm. If you're looking for a loving companion who appreciates the simple life, please call about me.



LIBBY

I'm a 3 y/o, 75 lbs. Malinois-mix female with a gentle heart & a slightly shy spirit. Back scratches will be the fastest way to turn me into a loyal, affectionate companion who'll stick by your side & follow you around like a quiet shadow. PS: Don't forget the back scratches! Please call about me.



AMANDA

I'm a bubbly, happy 1 y/o, 33 lbs. Staffie-mix female who loves making new friends, exploring on walks & showing off my joyful side. A friendly canine buddy helps me shine. These ears are not just for looks. They're always listening for someone to say, "Come with me. It's time to go home!" Could it be you?



Paws Without Borders (PWB)

(520) 289-0549 • pawswithoutbordersus@gmail.com

FERGALICIOUS

I'm a Papillon-mix girl who gets along well with other dogs & kids. I am sweet as can be but might do best in a home without cats. Please ask about meeting me so we can get started on our new life together.



BUDDY

I'm a happy, affectionate 2 y/o boy who enjoys going for walks, soaking up love, & spending time with other dogs but am untested with cats. I had Valley Fever but thanks to dedicated medical care & a loving foster home, I'm almost in full remission now & thriving!



BUTTERCUP

I'm a 2 y/o Chinese Shar Pei/ German Shepherd mix girl who's ready to trade shelter life for couch cuddles & sunshine strolls in my new forever home! Calm & well behaved, I'd prefer a home without other dogs or with a respectful male dog my size. No cats or small dogs, please!



Cherished Tails Senior Sanctuary

Main Campus: 520.616.0171 • PO Box 631, Marana, AZ 85653
<http://form.jotform.com/cherishedtails/dog-application>

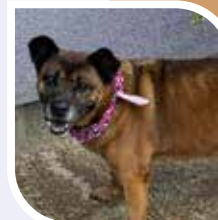
MR. WILSON AKA LITTLE BOY

About 10 y/o & 15 lbs., I'm good with other dogs & cats, love my people & follow them everywhere, am food motivated, housebroken, leash trained, mild mannered & very kind-hearted. I have a high-grade heart murmur that requires lifelong meds (\$30-\$35 a month), but no signs of CHF. I'd be a wonderful companion for a senior with or without other pets.



SOCRATES

I'm a happy, friendly gal who's about 7 y/o & 58 lbs. I get along with people of all ages & could fit into lots of different family situations. I do well with other dogs once we're acquainted, am leash trained, crate trained & housebroken with excellent house manners.



PEANUT

At 6-7 y/o & 10 lbs., I'm a good boy who's done okay with other dogs but I can be a bit bossy & need a submissive pal or buddy able to hold their own. A Chihuahua, I can take a little time to warm up to strangers & a home with no kids or older kids would be better. I need someone with patience who doesn't rush me.



Hope of Deliverance

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

SUKI

Hello, I'm Suki! I just recovered from a hairline fracture, so I am ready for my home! I'm a 17 lb. girl who's only a year old! I enjoy the company of other dogs, but it's not needed - I'm happy alone or with company.



SPARKY

Do you have a pool?! Asking for a friend. That friend is me. I'm Sparky! I'm what they call a Heinz 57, full of affection, confidence & I LOVE water! I'm a bigger female puppy around 4 m/o & I'll probably be around 60 lbs. when I'm full grown. BTW, I love cats, too!



RUCKER

Hi! I'm Rucker! I came to HOD with my 'sister' Sparky, who I shared a kennel with. I'm a very well-balanced girl who loves to play with my foster siblings. I even love the cats! I'm about 4 m/o & may end up on the medium side because I DNA tested for over 20 breeds!



TICKED OFF? Read About the Uptick in Ticks in Arizona!

Story by Hayley Hoggarth, PR Representative - Vetster Inc.



With Arizona in the top 10 states with the most ticks, veterinarians are warning pet owners that popular home remedies are putting dogs, cats, and horses at serious risk.

Common tick removal myths, like using petroleum jelly, a hot match head, baby oil, or nail polish remover can actually harm your pet, according to pet health platform Vester with health consequences including:

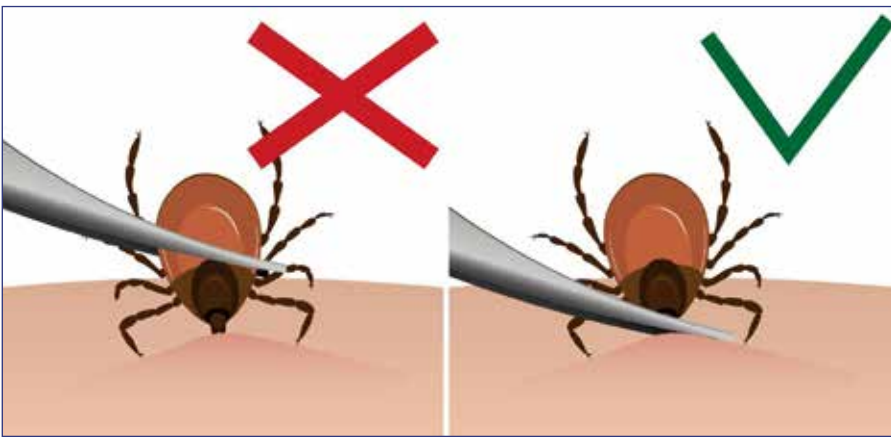
- Increasing the risk of tick-borne disease
- Damaging the animal's skin
- Causing the tick to regurgitate its stomach contents



Unsafe "home remedies" to remove ticks are putting Arizona's pets at risk

And with Arizona in the top 10 states with the most tick problems, the situation is getting worse for pets. Ticks are appearing beyond their typical early spring and late fall active seasons due to climate change. 2025 was one of the warmest years on record, with the U.S. recording temperatures 2.6°F warmer than the 20th-century (1901-2000) average. This creates an ideal environment for ticks to thrive.

Tick Removal Myths



DIY tick removal tricks and myths are making things much riskier. According to Dr. Jo Myers, "These methods can damage the skin more or cause a tick to regurgitate its stomach contents, increasing the risk of tick-borne disease." "It's also a myth that ticks leave their heads behind in a bite after they've been removed. This persists because an inflamed, scabby sore with a dark spot in the center is the usual, normal result of a tick bite. It's easy for people to misinterpret that dark center as the head of the tick."

Removing A Tick Safely

If you find a tick on your pet, it's important to remove it promptly and safely. Ticks don't spread disease right away when they bite, so removing a tick as soon as you find it can help prevent the transmission of tick-borne diseases.

A guide to safe tick removal:

No matter what kind of pet you have, the steps to remove a tick are the same.

1. Wash your hands and wear gloves.
2. Use a clean pair of tweezers or a tick-removal tool to grasp the tick as close to the skin as possible.
3. Gently pull straight outward so the skin tents and wait for the tick to release (you may need to pull a little more if the tick isn't letting go).
4. Clean the tick bite area with soap and water, and wash your hands. Disinfect the tweezers thoroughly.

Dr. Jo says: "When removing an attached tick, be careful not to twist or crush it, as this can increase the risk of disease transmission. Squeezing a tick's body can force its stomach contents, including disease-causing pathogens, into the bite wound or onto your skin. A special tick-removal tool is not necessary for safe tick removal; clean, fine-point tweezers often do the best job.

"After removing the tick, avoid digging around in the bite wound, as this traumatizes the skin and increases the risk of the bite getting infected. If attempting to remove a tick from a squirmy puppy or kitten, it may help to wrap them in a towel or blanket or have someone else hold them."

When To Contact A Vet

Once a tick is safely removed and disposed of, it's important to do a thorough check of your pet's body to find and remove any other ticks that may be hiding. It's normal to occasionally see ticks on pets that have had treatment, as most tick-control products kill ticks after they bite and do not repel them.



Talk to your veterinarian to more accurately assess your pet's risk and determine what kind of prevention is best for your situation. Virtual veterinarians can also assist with real-time guidance on safe tick removal.

You should also talk to your vet if:

- Your pet has a heavy tick infestation
- Your pet is displaying signs of illness
- You need help removing a tick
- A tick bite isn't healing

An online vet can offer step-by-step guidance on how to safely remove a tick from your pet and how to look for other ticks. In addition, they can offer the most up-to-date information on safe and effective tick prevention based on your pet's species, age, and lifestyle. This saves you time and money by helping you avoid treatments that aren't right for your pet.

**For more information go to www.vetster.com
Dr. Jo Myers - www.tinyurl.com/mrxpew8z**

Note: Ticks don't just threaten pets, they can also become a risk to the people who love them. There's a recent study concerning ticks preferring humans over dogs when temperatures rise. Dogs and cats can pick up ticks outdoors and bring them into the home, where they may transfer to humans. That's why regular tick checks, prompt removal, and year-round prevention are important not only for protecting pets, but for helping reduce exposure for the whole family. To read more: www.tinyurl.com/386m4ty5



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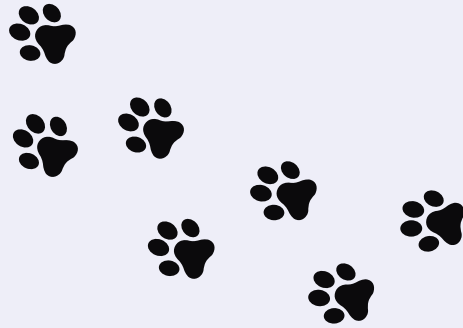
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The Scratching Post: Cats for Adoption

All the cats on this page are available for adoption now. If you are interested in meeting any of these adorable friends, please call the group listed with the picture.



Southern Arizona Cat Rescue

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



CLEOPATRA

Just like my namesake, I live life like a true queen—regal, graceful, & on my own terms. I love to keep watch over my family, staying close enough for pets & affection. I'm a 6 y/o food-driven girl who'll happily show off my best manners for treats. I enjoy wand toys, catnip playtime, & basking in sunny spots while bird-watching from the window.



TESSIE

Laidback & easy to take care of, I'm a sweet & charming girl with plenty of personality to share. At 9 y/o, I'm chatty, affectionate, & social. I warm up quickly to people & my favorite thing is to be brushed! My days are spent relaxing on cat trees & hanging near my human(s).



CHUCK & MABEL

We're a bonded pair who are 1.5 y/o. Double the love & fun, this dynamic duo is full of life! Both us kitties are very playful & affectionate towards each other & humans. Our social, loving nature makes a house feel like a home! Come meet us at Hunter's Kitten Lounge!

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MERLIN ID#A866510

I'm a 3 y/o snuggly boy with just the right dash of personality to keep things interesting. I began my journey needing a little extra care—my pigeon-toed stance led to a diabetes diagnosis—but I've handled my twice-daily insulin like a pro. I'm full of love, charm & resilience, & looking for a home that's either experienced with diabetic cats or excited to learn about caring for me.



SILVER ID#A867078

I'm a 3 y/o girl with a big voice, a bigger heart, & a knack for charming everyone I meet. I'm affectionate & love to share my thoughts, whether asking for attention or just keeping you company. I'm pre-diabetic, but do great on my special diet—no insulin needed! I'd love a home that understands my needs, & even better, one that'd welcome my brother Merlin.



SIMBA ID#A871280

I'm the most loving kitty you'll ever meet! About 3-4 y/o, I tested positive for FIV & need to be on a wet food diet, but I'm thriving & enjoying life. I get along with dogs & other cats & adore cuddles, butt scratches, & being brushed! I'd like a home that will understand my needs & love me just the way I am!

Hermitage No-Kill Cat Shelter & Sanctuary

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



CALIXO

Hi! I'm Calix, & I'm almost 12 y/o. I came to The Hermitage when my human couldn't take care of me any longer. I get along with other kitties, & I like scritchies! I'd love to be your forever calico, supervising you & getting lots of love. Come down & say hello!



SPICY MAYO

Ok, so maybe I'm not a spicy, Spicy Mayo, but I am cute! I just turned 1 y/o & came to The Hermitage with my sister when a kind person TNRed us. I'm still a little shy, but I like pets & treats. If you're looking for a quiet kitty companion, I'd love to audition for the role!



AAYLA SECURA

My name is Aayla Secura & I just turned 1 y/o! I came to the Shelter with my "Jedi Sisters," & while some of them have found forever homes, I'm still looking for mine. I'm a quiet, sweet kitty, love treats & catnip, & would love to snooze in all your sunny spots!

The Animal League of Green Valley (TALGV)

Adoption fee: \$75 • TALGV (Appointments 10-2 daily) • 520-625-3170



BELLA

I'm a 7 y/o black tabby girl who wants to be your only pet. I'll play with you, jump on your lap, & curl around for a good brushing of my furry body & fluffy tail. I require attention but will let you know when I've had enough. If you're okay with that, we'd be a match. Please call soon!



QUEENIE

I'm a sedate 9 y/o ticked-tabby lady who'd like to be the only royalty in your home. Here at the shelter, I watch the other cats play but like to keep to myself. If you take me to your quiet & safe home, I promise to be the friendly, warm girl I used to be. Please call to meet me.



SADIE

I'm a petite 2 y/o shorthaired Calico gal who likes to observe the world from the top of my cat tree. I can be shy initially but once we're friends, I'm cuddly & friendly. I'd like you to pet & stroke my beautiful coat & allow me to sleep on your bed. If you're down with that, let's meet soon!

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A Second Door to Forever Homes: Inside EPAC

Story by Steve Kozachik | Photos courtesy EPAC



At about this time last year we began looking into the possibility of expanding our adoptions footprint by establishing an operation out on the east side of the city. PACC is located at 4000 N. Silverbell. We know from our adoptions data that well over half of the animals we adopt out come from people who live in mid-town, and west. That's understandable. Our hope was to find a way to bring our critters to the folks out east who weren't making the trip to PACC.

After exploring several options we landed on a great storefront located at 7225 E. Broadway. Broadway and Kolb is the intersection of two major arterials that connect midtown to the east, and from the Vail, Rita Ranch area back towards town. Our hope was to bring PACC animals to this new location, set up shop in an environment less stressful than the large PACC shelter and get dogs and cats into new homes.

And that's what's happening.

The new Eastside PACC Adoptions Center (EPAC) is up and running and is bringing new families together. The main PACC shelter has a chronic overcrowding problem. We're the only open-admissions shelter in all 9,200 square miles of Pima County. As such the 233 dog kennels we have are typically double-bunked. It's hard on the pups, staff, volunteers, and our Central Pet partners. EPAC has proven to be a direct benefit to easing overcrowding. At EPAC each dog has its own private kennel. Since we house between 35 and 50 dogs at a time, the ambience of the operation is much more chill than PACC. That reduced stress allows the dogs to show more of their true personalities. It helps the whole adoption process. Dogs still get out into their playgroups to enhance their socialization. And our group of volunteers have a better opportunity to get the dogs time outdoors every day due to the significantly reduced number. It's better for everyone involved.

EPAC is an adoptions center. We do not have an enforcement unit, a clinic or an admissions unit at EPAC. If people have animals they feel they need to surrender, or strays they've picked up, the main shelter on Silverbell is still the place to take them. Our Pet Support team will work with you to see how we can keep your pet at home. We were intentional in making the decision to limit EPAC to adoptions only. Adding those other operating functions would have significantly changed the size, scope and cost of EPAC. And with that

we would have negated much of the more laid-back vibe the new adoptions center offers.

I opened by noting the chronic overcrowding that we experience at PACC. The EPAC operation sources 100% of their dogs and cats directly from the main shelter. That means there's a 1 for 1 impact on the PACC census each time a dog or cat is adopted from EPAC. And that translates into a direct positive benefit for the dogs at the Silverbell shelter. More dogs out of the big place means less stress in the big place.



The dogs and cats available at EPAC can be seen on the main PACC website. You'll see that the variety we have at the main shelter is reflected in the dogs and cats we have at EPAC. Each animal adopted from EPAC is spayed or neutered, is 100% vaccinated and ready to become your new furry friend. The only fee you pay is \$20 for licensing your dog. And we help you with that on site.

If you live on the west side we hope you'll continue to support the dogs and cats we have at the main shelter. And if you live out east we now have a way for you to add to your family without having to make the long drive to PACC. Check us out. Our adoption counselors at both PACC and EPAC love matchmaking. For more information visit us at 7225 E. Broadway Blvd., Suite 140 or go to www.pima.gov/2233/Pima-Animal-Care-Center-PACC

If you'd like to get involved in this volunteer effort please feel free to email me directly at PACC (steve.kozachik@pima.gov) and I'll connect you with our APS team who's taking the lead on this initiative.





The Sky is Falling: Monsoon Mutiny

Story by Leo, Alpha of Anecdotes

The first signs were never dramatic. In fact, they were anything but. That was the problem. A subtle shift in air pressure. A low rumble of thunder that hadn't committed to anything more ominous than a drum roll announcement at a third-rate charity event. The kind of sky in the distance that looked like Mother Nature had opened seventeen browser tabs and accidentally clicked on 'Apocalypse.'

And that slight ache in my left hip whenever the barometer drops rapidly.

I was lying in my usual position on the porch, striking an attitude, half sentinel, half philosophical statue, with the calm certainty of a dog who has seen enough seasons to distrust optimism. Jax called it "peak deployment weather." I call it administrative failure from above. Down by the henhouse, the chickens were already twitching. They always do. Nervous scattering. Brief regrouping. Immediate re-scattering.

As if the shifting cosmos keeps issuing clucking instructions in a language nobody here speaks fluently. Midge the chicken, whom I refer to as Gimpy, remained unimpressed and spiritually above the situation.

And then came Winnie Wrecks - a more apropos name you couldn't ask for. She inexplicably materialized on Christmas Day as an adorable little package that somehow morphed into something larger than Jax, a development of which none of us approved. Full of sass and attitude, she behaves like someone who believes everything moving is an invitation to mess with it. Like a very large cat that assumes the entire world is either a toy or a challenge it hasn't been properly introduced to. As it turns out, she's our newest underpaid job we didn't apply for. To put it bluntly, she's exhausting.



The air suddenly changed. Not the weather. The situation. The chickens sighted Winnie. That's enough. There's been some unfortunate chicken coop moments of late, or "accidents". Not malicious, but... the entire coop is on high alert. Considering Winnie's previous "incidents," Jax had already formed a committee to manage the situation. "I am initiating the Emergency Advisory Council protocols," he'd portentously announced.

Midge was assigned Risk Management and Silent Disapproval, of which she's aces at. Barbara the Emu was designated Strategic Oversight against her will. Two glum-looking hens were also included without consent. Jax called it collective readiness. None of them ever attends these emergency meetings. He proceeded anyway.

The wind picked up suddenly, to add to the atmosphere of ensuing chaos. The kind that suggests something is about to go wrong in a not-so-strategic way. The coop fencing rattled loudly. The chickens shifted into their familiar belief that the world is ending in weekly installments, and this week's episode had arrived right on schedule.

Winnie naturally pounced as if everything in motion was a game of tumble and roll that she accepted immediately without question. I preemptively intercepted in an uncharacteristic motion more impressive than it sounds. A combined sprint and hurdle. That's the job no one applied for.

"Not again, Winnie," I yelled. Behind me, Jax was already staring at the sky. "I can intercept lightning," he barked, loud enough to be heard over the gusting wind.

"NO," I replied firmly. "I'm very close this time." He says that every time the sky exhales. And then the storm commenced.

Wind surged. Dust moved sideways like it had an actual destination. The coop rattled harder. Chickens scattered into a full existential crisis. Jax sprinted toward the horizon because he had mistaken it for a challenge.

Winnie veered. Re-centered. Tried again. The chickens panicked. Regrouped. Panicked again. Then they abandoned the seemingly unstable structure entirely. Barbara took one step forward, then one step back, reminiscent of an inopportune Hokey Pokey. A leadership style I don't recommend, but understand well.

Jax swept past me in the steadily rising wind, still yapping about lightning. I growled that that was not a task. He did not slow down.

Naturally.

Winnie surged again and, of course, I cut her off again. The chickens survived another cycle of chaos. The sky cracked overhead as if it had finally reached a decision.

And I stood there thinking I am absolutely underqualified for whatever management structure this is supposed to be.

Then, just as suddenly as it started, the storm passed, as they always do.

The chickens resumed normal operations like nothing had happened - Courtesy of Winnie Wrecks, they've been making spirited attempts to renegotiate their basic limitations through what could only be described as emergency flight training.

Winnie Wrecks looked quite proud of herself.

Jax returned looking as if he'd chaired an important summit meeting with the sky.

And me, I stayed where I always am. Half sentinel. Half philosophical statue. Fully aware that I am the only functioning department in this entire haphazard organization.

I'm still waiting for HR.

*Leo, (Still the alpha. Barely.)
Loosely based on some true working-canine events, filtered through Leo's "couch-potato" lens.*

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Training Monsoon Season, the Beauty of the Desert:

Helping Your Dog Weather the Storm

Story by Jenny Cain & Jeremy Brown *The Complete Canine*

Every year amidst the dry heat of June lurks the anticipation for the monsoon season to begin. They provide a brief respite from the heat, entertainment from the lightning and the oh-so-delightful smell of creosote. For many dogs, including my little guy Ned, this is not the case. With thunderstorms comes an increase in anxiety and fear. Despite my best efforts to prepare and comfort him during the storms, they are unpredictable and I can't always be home with him. While some dogs may never fully overcome their fear of storms, there are many effective ways to help them feel safer and more comfortable. With the right approach, you can reduce their anxiety and make the monsoon season much less stressful.

I'll start by sharing what works best for Ned and then discuss other strategies that help many dogs.

If I know a storm is expected that day, whether I'll be home or away, I turn on brown noise from YouTube. Unlike white noise, which contains higher frequencies, brown noise consists of deeper, lower frequencies that can do a better job of masking the rumble of thunder and other storm sounds. I enhance the effect

by turning the bass all the way up on the speakers. The deeper frequencies create subtle vibrations that dogs can feel, similar to the vibrations produced by distant thunder. This can help bridge the gap between calm conditions and the sudden rumble of a storm, making the experience less startling for some dogs.

The other thing that helps Ned the most is doggie headphones from Doggie Hush. These are designed for dogs who are sensitive to sounds and are ergonomically designed to be comfortable (if your dog is ok with wearing something on their head). Another good option is a snood, a soft fabric noise reducing ear wrap I also sometimes use instead.



Ned

There are many calming aids out there, what works best is dependent on the dog itself. Calming collars and diffusers can be helpful for most dogs. These imitate the calming pheromones that mother dogs produce to help comfort their puppies. Another useful aid is a Thundershirt. This is designed to fit snugly around their bodies to create a swaddle-like feel. Canada Pooch makes a

weighted calming vest that can be quite effective for helping a dog feel more grounded.

An alternative is a weighted blanket for your dog (please be careful with smaller dogs and the appropriate amount of weight they can handle). CBD is another option that can be effective. (Please always check the appropriate dosage and check with your veterinarian if they are on other medications). Music can be a great addition,



especially when you're not home. "Through a Dog's Ear" is psychoacoustically designed to calm your canine. You can find many options at iCalmPet - icalmpet.com. Some dogs respond to being in a den-like space such as a bathroom or closet. These typically have few or no windows which may feel more comforting to them.

In addition to calming aids, there are ways to help desensitize your dog to the frightening sounds. Find some thunderstorm sounds on YouTube and

play at a very low volume. Remember dogs can hear much better than us, so start lower than you think. During that time do something pleasant with them such as playing, mealtime, during walks or during training sessions with treats.

Once they are comfortable at that volume then turn the volume up a little more. If the dog begins to show signs of stress then turn it back down and keep working there for a bit longer. The dog needs to be without stress for it to make a connection between the sounds and pleasant activities. It's best to start working on this before the monsoon season starts but you can certainly work on it during a storm.

If you have a puppy you can begin proactive noise desensitization so that they learn to not fear it from an early age. It is the same desensitizing strategy but they may not encounter any stress while practicing it. There's a great app, Pupsense, that has many different sounds designed to help you expose your pup to various noises. Also, when it rains, take them outside to go potty, play and enjoy it. When they get used to the rain, wind and thunder early on then you'll have a dog who will be stress free and potty outside when it rains!

Here's to another monsoon season, and hopefully one that our pups can weather a little easier!

For more information contact, jeremy@thecompletcanninetucson.com



Area Shelters

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Onsite Adoptions
7 days a week – 10a-2p
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Green Valley 85614
(520) 625-3170
www.talgv.org

The Hermitage Cat Rescue & Sanctuary

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(520) 571-7839
www.hermitagecatshelter.org

HOPE Animal Shelter

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(520) 792-9200
www.hopeanimalshelter.net

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Main Campus Onsite Adoptions
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Area Shelters (continued)

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www.safeanimals.com

Local Rescues (continued)

Saving at Risk Animals

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www.savingatriskanimals.org

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tucsonparrotrescue@gmail.com

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(520) 571-7839

PAWSitively Cats No Kill Shelter
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Tucson 85712
(520) 289-2747
savecats@PAWSitivelycats.org

Paws Patrol
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Green Valley 85614
(520) 207-4024

SOS Cat Rescue AZ
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(520) 445-3889
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www.facebook.com/sacatrescue

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Tucson2Tails@Gmail.com

Equine Sanctuaries

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

HEART (Happy Equine Acres Rescue & Therapy)
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www.heartoftucson.org

Horse'n Around Rescue Ranch & Foundation Inc.
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HorsenAroundRescue@yahoo.com

Karuna Horse Rescue
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https://www.karunahorserescue.org

Equine Sanctuaries

(continued)

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www.wildheartsrescue.org

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Ironwood Pig Sanctuary
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www.ironwoodpigs.org

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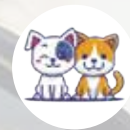
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