Night of the Black Stallion
Fido to the rescue

Pet Dental Month
Brush those “canines”

Vail, Colorado
Like nothing on earth
8th Annual

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getyourlicksonroute66.com
Welcome to an archived issue of FIDO Friendly magazine straight from The Vault! If you are new to FIDO Friendly, or if you have been with us for the past 15 years, you won’t want to miss an archived issue each month to compliment your FIDO Friendly library of great topics and places to stay.

Be sure to click on the links to learn more about destinations and advertisers and please remember to check with hotels before booking your stay in the event their pet policies or rates have changed.

Whether you read FIDO Friendly online or in print, I hope you enjoy your new digital supplement from The Vault!

NICHOLAS SVESLOSKY
Editor-in-Chief
EQUINE BANDAFLEX
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EQUINE BANDAFLEX
NON ADHESIVE BANDAGES
extend your pet’s life, while keeping them comfortable and pain-free.”

“Correcting dental health problems can be expensive. If your veterinarian diagnoses your pet with tooth or gum disease, they may recommend that your pet’s teeth be professionally cleaned, x-rays may be called for, and it’s possible that a tooth or even multiple teeth may need to be extracted,” explains Dr. Brook A. Niemiec, a board certified veterinary dentist and president of the Academy of Veterinary Dentistry.

“Unfortunately, only about one percent of pet owners brush their pet’s teeth. Not only do more pet owners need to brush their pet’s teeth, but they should also use chew toys, treats and rawhides to help keep their pet’s teeth clean. There are a number of inexpensive and highly effective products available that can help keep your pet’s teeth clean between professional cleanings. If you have questions about the right products to use, consult your veterinarian.”

IT’S AN INTEGRAL PART OF YOUR MORNING routine. Still half asleep, you step up to your bathroom sink and pick up your toothbrush. Unfortunately, many pet owners don’t make it a habit of providing good dental hygiene for their pets, too. Pet Dental Health Month, sponsored by the American Veterinary Medical Association (AVMA), is reminding pet owners that brushing their pet’s teeth can result in long-term savings.

“Good pet owners are concerned about their pets’ health and are careful to keep their vaccinations up to date, but may forget about the importance of oral health. Great owners know that this is a big mistake, as periodontal disease is the most common health problem that veterinarians find in pets,” explains Dr. Douglas Aspros, president of the AVMA.

“Dental health problems are extremely common, and many are very painful and can lead to serious systemic conditions. I remind pet owners that an untreated dental infection can spread to the heart, kidneys and other organs, and suddenly become life threatening. Practicing good dental hygiene at home in addition to regular cleanings by your veterinarian is the most efficient and cost-effective way to prevent dental disease, the AVMA offers a video providing step-by-step instructions on how to brush your pet’s teeth and a video on periodontal disease.

While regular dental checkups are essential to help maintain your pet’s dental health, there are a number of signs that dental disease has already started. If you notice any of the symptoms below, take your pet into your veterinarian as soon as possible:

- Bad breath—Most pets have breath that is less than fresh, but if it becomes truly repugnant, that’s a sign that periodontal disease has already started.
- Frequent pawing or rubbing at the face and/or mouth.
- Reluctance to eat hard foods.
- Red swollen gums and brownish teeth.

To help pet owners prevent periodontal disease, the AVMA offers a video providing step-by-step instructions on how to brush your pet’s teeth and a video on periodontal disease.

Video link: www.ffdo.gs/1bdDxBP

TOOTHE & GUM WIPES
BY JOHN PAUL PET
Formulated to help promote tooth and gum hygiene care in your dog, John Paul Pet Tooth & Gum Wipes refresh your pet’s breath with mint. Cleaning your dog’s teeth and gums is important and John Paul Pet’s Tooth and Gum Wipes make it easy.
johnpaulpet.com

‘BRUSHLESS’ DENTAL SOLUTIONS
BY ECOWELLDOG
Makes doggie dental care easy for the owner and painless for the pooch. Instant Fresh Breath Foam adheres to teeth to gently clean, sanitize and loosen plaque without using a toothbrush!
kissabledog.com

‘February’ IS PET DENTAL HEALTH MONTH

THE AVMA REMINDS PET OWNERS THAT PREVENTIVE DENTAL CARE IS ALWAYS LESS EXPENSIVE THAN ORAL CATASTROPHES.

PHOTOGRAPHY ©KIM DAMPIER

Approved products list is available at VOHC.org.

Leave no dog behind.
Padded Luxury
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Padded Comfort Car VestHarness is the softest, most comfortable car harness available! Keep your dog safe and secure in the car. For use with car seat or can be used solo with dog on seat. Five sizes, four colors, and a free catalog!
$29.99; gwlittle.com

Spotless Paw®
BY BRIGHTSPOT SOLUTIONS
The award winning Spotless Paw® dog paw cleaning glove wipes paws clean before your dog tracks dirt, mud and water into your home and car. FIDO Friendly Special for a limited time: Buy two Spotless Paw’s and get the third FREE. Coupon code: “FIDO16”.
spotlesspaw.com

Bike Tow Leash
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For ages 10 to 80! For amazingly stable, relaxing and fun dog-cycling. 1-Running-Dog Bike Tow Leash® is the only American Pet Association, approved safe attachment for bikes, trikes, mobility scooters and wheel chairs. Made in USA.
857-BIKE-DOG; biketowleash.com

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When you’re at work, on vacation, or just feel like checking in, PetChatz® HD is there when you can’t be. Phone your pet for two-way video chats. Dispense treats and scents. Let them call YOU with PawCall™. petchatz.com

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The award winning Spotless Paw® dog paw cleaning glove wipes paws clean before your dog tracks dirt, mud and water into your home and car. FIDO Friendly Special for a limited time: Buy two Spotless Paw’s and get the third FREE. Coupon code: “FIDO16”.
spotlesspaw.com
IN SEARCH OF AN ADVENTURE DURING the mundane weeks of “off-season” in the resort town where we reside, I decided to take my pups to an area of Colorado we had not yet explored: Colorado’s Western Slope Wine Country. I pinpointed a region called Garvin Mesa, which overlooks Paonia, a quaint Rocky Mountain town nestled half way between Aspen and Delta in western Colorado.

Being a wine enthusiast of both European and Californian wines, I was curious to discover what Colorado wineries had to offer, not to mention their rumored pet-friendly estates. Visions of my two enthusiastic Bernese Mountain Dogs romping merrily around a Vineyard whilst sampling a fine Cuvee, was more than I could imagine of an idyllic wine tasting experience.

To add to the adventure, I decided to book us into a pet-friendly Yurt recommended to us. A Yurt is traditionally a large round tent that the Nomads of Mongolia have used as transportable homes for centuries.

River Walk Yurt, however, has been lovingly converted into more of a permanent residence by its owners, George and Devon, who have carpeted, furnished and installed a rather large bathroom, complete with Burt’s Bees organic toiletries. They purposely positioned their Yurt down a quiet, private lane, next to two great Elm trees on the banks of the Gunnison River. The Yurt has captivating views of the surrounding snow-capped mountains and the only sound one hears is the babbling river rolling merrily on its way down valley.

We arrived at our Yurt after dark on a chilly November evening and were greeted by a warm fire, soft classical music, freshly cut flowers, tasty biscuits for the dogs and locally crafted artisan cheese and crackers.

Their spacious Yurt sits on a large wrap-around redwood deck, complete with grill, hot tub, chez lounges, a hammock and a dock peacefully overlooking the river. It boasts a well-appointed kitchen, books, games and even a piano for entertainment. Valentino and DaVinci absolutely loved it, as they could hang out on the fenced-in deck on the cool evenings, while we cozed up in front of the warm fireplace inside.

The next morning the boys and I went for a lovely riverside walk meandering through golden tree studded fields on the Yurt’s secluded estate.

River Walk Yurt makes for a relaxing romantic escape and is only a short drive to the wineries, orchards and the fabulous restaurants of Paonia.

That weekend we visited a handful of wineries on Garvin Mesa, to include: Terror Creek, the oldest winery boasting delicious Alsatian style wines, Stone Cottage, with its handcrafted stone tasting room, and finally the beautiful Azura Winery with its breathtaking views and relaxing patio overlooking the majestic North Fork Valley.

Certain grapes thrive up on Garvin Mesa due to the sunny, warm days and the cool nights of the area. The white varietals that grow best are Riesling, Gewürztraminer, and Chardonnay, creating European-style wines that are notably crisper and dryer than their California cousins. The red varietals grown here makevelvety lush Pinot Noir, Syrah and Merlot wines.

Unlike Californian wineries that tend to charge for tastings, these delightful Colorado “Boutique” wineries offer free tastings and serve savory snacks to pair with their wines.

Each evening we dined in Paonia, which boasts a number of gourmet dining choices, offering local wines from the surrounding vineyards.

Mary Dawn DeBriae resides between Telluride, Colorado and Europe where she imports fine European dog collars and leashes for AlpenSchatz.com.

PHOTOGRAPHY MARY DAWN DEBRIA E
RIVER WALK YURT
A beautifully furnished Fido-friendly 700 square-foot Yurt a short drive to the wineries and orchards of Paonia, Colorado. vrbo.com/323752

WEST FORK VALLEY WINERIES
The area boasts many excellent vineyards and wineries to visit: westelksava.com

STONE COTTAGE CELLARS
41716 Reds Road, Paonia; (970) 527-3444; stonecottagecellars.com.

TERROR CREEK WINERY
17445 Garvin Mesa Rd., Paonia; (970) 527-3484; terrorcreekwinery.com.

AZURA CELLARS
16764 Farmers Mine Rd, Paonia; (970) 331-2468; azuracellars.com.

DELICIOUS ORCHARDS
Organic Farm Market & “delicious” Hard Cider. deliciousorchardstore.com

FLYING FORK CAFÉ AND BAKERY
Mouthwatering Italian cuisine with a flavorful twist, using locally sourced, fresh ingredients including herbs, berries and fruit from their own garden. Freshly baked artisan breads are offered to start with and are made in their fabulous bakery. Corner 3rd and Main St, Paonia; 970-527-3203; flyingforkcafe.com.

BACKCOUNTRY COFFEE AND BISTRO
During the day it is the local’s coffee shop serving sustainable coffees, but at night it turns into an intimate dining experience serving European style small plates of Mediterranean dips, homemade soups, salads, pate, pastas, gourmet cheeses and many more tasty delights. 210 3rd St, Paonia, CO 81428; (970) 527-5080; paoniacoffee.com.

AVALANCHE GOAT FARM & CHEESE COMPANY
Delicious artisan cheeses made from local goats. avalanchecheese.com

DESSERT WEYR
Black Welsh Mountain Sheep Farm – see working dogs in action. 16870 Garvin Mesa Road, Paonia; (970) 527-3573; desertweyr.com.
Vail: Like Nothing on Earth
Number One Fido-friendly Ski Resort 2013.

VISIONS OF SUNNY SLOPES GLISTENING IN THE WINTER sun while you and Fido stroll through a Bavarian themed village will manifest itself in to the stunning resort town of Vail, Colorado. Rated in the top 500 hotels and America’s Best Mountain Resorts in 2011 by TRAVEL + LEISURE magazine, the beautiful and peaceful Vail Cascade is an all-season adventure resort for the entire family. Located at the base of Vail Mountain and along the banks of Gore Creek in Cascade Village, Vail Cascade is 30 minutes from Eagle County Airport and less than two hours from Denver International Airport.

The entrance to the resort is festive with twinkling lighted trees on either side and once inside, a massive roaring fireplace toasts four paws and two feet upon check in. Canines and humans will find plenty to do at this 118-acre resort. Strap on snowshoes and with your faithful companion by your side, experience the trails at the Vail Nordic Center. Want a day on the slopes where Fido is not allowed? Check him in to doggy daycare so you can enjoy what makes Vail famous; blue skies and powder. Vail Ski Resort is the second largest ski

CANINES AND HUMANS WILL FIND PLENTY TO DO AT THIS 118-ACRE RESORT.

BITE SIDEBAR  The ski concierge will hold your board/ski’s and boots overnight until you are ready to hit the slopes! While adjusting boots and administering lip balm, the ski concierge transports gear outside to be made ready for when you are.

PHOTOGRAPHY COURTESY VAIL CASCADE RESORT & SPA

Leave no dog behind.
mountain in North America after Whistler Blackcomb and the only true ski-in/ski-out, AAA Four Diamond hotel destination in Vail. With a quad chairlift located on site, skip the lift lines and walk a few steps to start your ascent on Chair 20.

Later in the day, take a walk with Fido on Gore Creek Trail or stroll nearby Lionshead Village or Vail Village and weather permitting, there are many Fido-friendly restaurants where you can dine alfresco with your pal.

Back at your sumptuous digs newly remodeled in 2013, order room service and relax or leave your pooped pup from his day of fun and enjoy the ambience of the Atwater on Gore Creek. Glass walls bring nature tableside while you choose an artisan meal accompanied by craft beer or wine. What wine is to regions of Europe, craft beer is to Colorado. How does warm spinach with roasted beets, goat cheese, red onion and soft poached egg sound? Recommended beer pairing: Hefeweizen. Try the Albacore Tuna Tacos with recommended beer pairing: IPA. You get the picture.

In the evening, there is just no better way to end a great day of skiing than chillin’ with Fido. After all, you both have a lot of stories to tell about your day spent in Vail.

IF YOU GO

**VAIL CASCADE RESORT AND SPA**
50lb weight restriction. (866) 808-8834; vailcascade.com.

**VAIL NORDIC CENTER**
vailnordiccenter.com.

**DOG PARKS**
Stephens Park; Bighorn Park

**ZOE & GUIDO’S PET BOUTIQUE**
zoeandguidos.com.

**DAYCARE**
Vail Dogie Day Spa & Lodging; vaildoggie.com.

**WALKIN’ THE DOG**
walkingthedogvail.com.
WE'VE ALL BEEN THROUGH THIS. Severe weather dampening your winter workouts with Fido! Without a doubt, snowstorms and frigid temperatures can turn any motivated pet parent into a couch potato. “Dogs that are unstimulated, and not physically exercised tend to have more behavioral issues than dogs that have their needs fulfilled,” says Victoria Stilwell, internationally renowned dog trainer and author.

VICTORIA STILLWELL’S TIPS FOR FUN INDOOR EXERCISE WITH FIDO
There are some great games you can play with Fido, including hide and seek. This is easier if two people play and one holds the dog back, while the other hides and calls the dog to them. Make it easy to begin with, and then challenge your dog by hiding in more difficult places. You can also give your dog chew time with chews or toys stuffed with food. Try feeding your dog’s meals through a durable rubber toy. This is much more stimulating. Try hiding the food stuffed toys in different areas of your home, so Fido has to hunt for them, before he can have his meal. “Hide and seek, hide the toy and go find, chase the toy, any kind of puzzle toys, especially the Nina Ottosson ones, will keep Fido entertained,” adds Victoria.

“MAKE TIME FOR YOUR DOG EVERY DAY, EVEN IF YOU HAVE TO SCHEDULE IT. HIS NEEDS ARE STILL IMPORTANT...”

AGE APPROPRIATE ACTIVITIES
“Dogs of any age are great at using their noses, so any game that utilizes your dog’s superior sense of smell will benefit her greatly. Chase games are also fun. Try putting a toy on the end of a string, and then running around your home with it. Your dog will love the chase and the thrill of the catch,” says Victoria. You can also invest in DOG TV, or help your dog relax by playing psychoacoustic music, designed to calm any canine in any environment.

CANINE MASSAGE & DOGA
“Massage is great for improving mobility and circulation. If it’s too cold to go outside then using a canine treadmill can also help get the blood flowing safely. Do not use human treadmills as they can trap a dog’s paws,” explains Victoria. Many pet parents are turning to Doga [a form of yoga with your dog]. This helps reduce depression and stress in dogs that are prone to the winter blues.

OUTDOOR ACTIVITIES
“You still have to exercise your dog in cold weather, so a series of short outings per day are safer than one long walk. If your dog likes playing with other dogs take him for individual play dates with friends or to an organized indoor playgroup. One on one play is better for less confident dogs while multi dog playgroups in an approved facility is a lot of fun for dogs that are highly social,” says Victoria.

“Make time for your dog every day, even if you have to schedule it. His needs are still important, even if you are busy, meeting those needs every day will make for a happier dog and a happier you,” says Victoria.
WINTER BLUES

“It’s true, light does make a difference to a lot of animals, although seasonal affective disorder has never been diagnosed in pet animals,” says Dr. Nick Dodman, BVMS, MRCVS, Tufts University. “Seasonal affective disorder is directly caused by a lack of natural sunlight, so light therapy is the only true way to prevent or combat the symptoms,” says Max Marvin, founder of the Sol Box in 2012. “We’ve now helped close to 2,000 pets bring sunshine into their home. The Sol Box has a way of re-energizing dogs and really livening their spirits. Dogs that were once mopey, especially during the winter months, begin to awake with an eagerness to plop in front of their light and begin their daily bask.”

SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is caused by a lack of natural sunlight, so light therapy and exercise is the best way to prevent or combat the symptoms. The pharmaceutical approach would be to prescribe Fido with a “serotonin reuptake inhibitor” (SRI), which sometimes may have negative side effects. Lack of sunlight reduces the production of melatonin, which may lead to depression, drowsiness and sometimes anxiety. Lack of full spectrum light also results in low levels of serotonin. Dogs suffering from low levels of serotonin, a hormone that serves as a neurotransmitter, will sometimes display symptoms of depression, aggression and have mood changes. Restoring the chemical balance is not done easily, since serotonin cannot be given as a shot or in pill form. If the idea of giving Fido Prozac or a SRI concerns you, try exercise and light therapy.
NIGHT OF THE BLACK STALLION

Terror at the windmill.

written by Bernice Ende
CLAIRe DASHed OUT FROM UNDEr ThE WARM down sleeping bag waking me with a jolt. A full moon flashed like a beacon on and off as broken troublesome dark clouds sprinted across a rebellious looking sky. The calm sedate evening that I had gone to sleep with was now replaced with belligerent winds whipping a layer of dust and dirt over my face. A few feet to my right Claire’s braced rigid stance and barking turned into snarling rage. Flaring rows of clean sharp teeth appeared, letting me know we had trouble. But not until I heard the wild high-pitched squeal from the hollow distance did I know what was happening.

The flywheel on the ancient windmill behind us convulsed with dizzying speed spitting out water into an overflowing small round tank held together by rusty corrugated steel. The year was 2006, and I was 2000 miles into a 5000-mile single horse long-ride. As we crossed the high desert of NW New Mexico, Claire and I slept with no tent. I slept in my clothes and quickly slipped on my headlamp, grabbed for my boots, and yelled, “Claire NO. NO, Claire. Stay!”

In a moment of moonlight the outline of an enormous rangy looking black stallion standing on his hind legs flashed before me. His front hoofs beating out defiance in the wicked night. A wild range stallion determined to take my beautiful eight-year-old mare, Honor. Determined to kill Claire and me if need be. He let out a deep throaty menacing scream, flattened his ears to his head, barred his teeth and lunged for us. What happened in the following hour was compressed razor edged minutes that slipped notch by notch through the night in slow motion. A nightmare.

Earlier that day, as the sun was setting at the end of a long 25-mile ride, a luring tall four-legged windmill its tank of precious water at its feet appeared on the horizon. I chose to make camp, but the mistake I made, the lesson I still had not learned was...you never camp near water in the desert! I had naively broken a golden rule. Animals large and small, wild and domestic come in at night for a much-needed drink from the wheel of good fortune. We had already disturbed a herd of wild burros and a half dozen cantankerous, wretched smelling feral pigs when I heard the scream.

My hand gripped Claire’s halter, as she raged back at the challenge. “I have to get us out of here,” I yelled in my head. “Get out of here, leave us alone.” I screamed, swinging my thick picket rope at the stallion, who then wheeled kicking his hind hoofs at me. Claire broke free and dashed out after the horses. My heart dashed out after her “NO, NO, NO. Claire, NO!” I screamed. "NOOOO!"

Honor, tied to a small dead tree standing next to my bedroll could no longer remain steady. She began pulling and thrashing in distress. Claire’s barking and chasing suddenly stopped as she cried out and appeared at my legs with cactus needles stuck in her paws and nose. “Oh Claire, NO,” I said in desperation. I reached for her, snapped her to her leash and swung again at the fierce shrieking and now low charging stallion. His black neck stretched long, my headlight picked up his aging yellow teeth. I swung again and again. He ricocheted off with his herd of mares. I pulled the cactus needles out before throwing together the camp gear and saddling Honor with frantic speed. Claire stayed with me barking out warnings and fierce indignation at the black stallion, now madder than ever. He charged and tried to pull the saddle off Honor. I’d never seen anything like this, the raging wildness of a horse. Time shrink-wrapped itself and fear was quickly shattered with the need to move, act and respond. Where? Which way was out? I had to find the gate, follow the fence line to the cattle guard gate where I could cross and the wild horses could not.

"Which way was it?” I screamed in my head. I unsnapped Claire from her leash with faith that she would know the quarter mile path that led us back to the gate. “OK, Claire, OK let’s go,” I said. The stallion darted in front of us savagely screaming at Honor. We wove our way in and out of sagebrush and thorny mesquite stumbling through the nightmarish wind and darkness.

Claire, my guard dog extraordinaire, was now guiding us with dedicated precision, leading us to the safety of the gate. It was a finish line that would mark us safely out of danger. Like runners at the end of a race, exhausted and bruised by the impending risk of losing, we had won. I grabbed Claire, hugging and praising her. I then wrapped my arms around Honor’s neck and with Claire leaning against my legs...I cried.
As part of John Paul Pet’s mission to promote health, wellness and responsible pet ownership, the company is proud to announce a nationwide pet adoption grassroots initiative as part of its Passionate Animal Lovers (PALS) program and its One Million Pet Adoptions (OMPA) campaign. This new initiative supports the company’s passionate goal of promoting adoptions across the country.

John Paul Pet PALS is a volunteer organization of Passionate Animal Lovers (PALS) that supports John Paul Pet’s pet community outreach. With its new PALS Community Group Program, John Paul Pet is connecting Passionate Animal Lovers (PALS) on Facebook so they can share adoption information with local communities in every state. The company is currently launching a group forum page for every state, which will be curated and managed by PAL volunteers.

John Capra, co-founder of John Paul Pet, recognizes that adoptions happen through word of mouth and on the local level. With a million pet adoptions as his vision, he sought to establish a grassroots campaign for more community involvement – with retailers providing local adoption information.

“This campaign is built upon our mission to educate and serve the pet community,” Capra said. “It’s our goal to help people adopt pets from animal shelters, which not only saves animals’ lives, but brings joy and companionship to their families.” Across the country, in Paul Mitchell Schools, hair salons, online, and other retail locations, John Paul Pet seeks inspired volunteers to help develop and curate the group pages for each state.

Capra encourages volunteers to use the group pages for three important purposes: first, to share posts related to pet adoptions in their specific regions; second, to discover rescues for potential pet parents to connect with; and third, to help increase adoptions by making local information accessible to families.

Volunteers can find their John Paul Pet PALS Regional Community Group on Facebook by searching the map located at this link: johnpaulpet.com/palslocator.

**About John Paul Pet**

Thirty years ago John Paul De Joria, co-founder of John Paul Mitchell Systems, revolutionized the professional salon industry by banning animal testing for his line of hair products. John Paul’s in-depth expertise in hair and skin care formulations also led to research in new standards for pet grooming and hygiene, leading to the creation of John Paul Pet shampoos, conditioners, sprays and pet wipes. John Paul Pet actively supports programs benefiting all animals, including Best Friends Animal Society, The Morris Animal Foundation, PAWS, The California Wildlife Association, The Humane Society of the United States, as well as numerous Humane Society of America and SPCA events, pet rescue organizations and pet charities nationwide. For more information, please visit johnpaulpet.com or connect with us on Facebook, Instagram or Twitter.
Your Best Friend is Always Welcome in Wine Country

Wine Country is best when enjoyed with your furry companions and when you stay with us at Dry Creek Inn or the Sonoma Valley Inn you’ll receive a complimentary “wag bag” during your visit.

Best Western
Dry Creek Inn
 Villa Toscana | Casa Siena
707-433-0300 | Healdsburg
drycreekinn.com

Best Western
Sonoma Valley Inn
Mission Suite | Krag Event Center
707-938-9200 | sonomavalleyinn.com
550 Second Street West | Sonoma, CA

Breakfast is always complimentary!

All BEST WESTERNs are independently owned and operated.