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K9 Enrichment Resort

in this issue

MARCH / APRIL 2026

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JENNIFER
SHARPE



ALEXEY
TARASOV

Welcome to spring!

It's probably the cusp of springtime as you read this, but publishing timelines mean we're still thawing out from the late January snow as I write these words. Sunny, warm days can't come soon enough, and we'll welcome them with open arms.

The silver lining of a snow day is the extra time for watching TV, and I've recently discovered the delight of PBS's "All Creatures Great and Small" at the recommendation of our publisher, Casey Daves. I finished every available episode in record time. You could call it binge-watching, but with the beloved author and veterinarian James Alfred Wight (character and pen name James Herriot) as the focus, I like to think of it as professional development and research. Set in a Yorkshire Dales farming town banding together during perilous WWII-era times, the story is a heartwarming reminder of the power of community and compassion, especially when today's headlines often push us toward division.

I see reflections of our own pet community in the show's characters. Sister Rose, a nurse, fosters dogs until they find loving homes. Herriot remarks that it must be hard for her to let them go. "Oh, no, they're all still with me up here," she replies, pointing to her head. "I know they are going to leave me from the moment I take them in. They depend on me for a while, but sooner or later, they have to stand on their own. It's the natural order of things."

So it is. That natural order is at the heart of fostering: one chapter closes so another can begin, much like the quiet shift from winter to spring. In this issue's "Why I Foster" series, a local foster parent shares her personal motivation for helping pets in need. For almost 30 years, she has volunteered at the OKC Animal Shelter and fostered hundreds of dogs and cats.

We've also included a piece honoring the loyalty of working canines in recognition of National K-9 Veterans Day. It spotlights our local K-9 police heroes who serve, protect and put in the work alongside their human partners.

As always, this issue is filled with timely stories to entertain, educate and inform. More than that, we hope it serves as a reminder of the ties that bind us and the quiet good that lives inside every new beginning.

Warm regards,
Anna Holton-Dean

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Providing Oklahoma City pet owners with a one-stop resource for local products, services and information.

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ON THE COVER:

It's important for Tess to check the daffodils. Photos courtesy of Cecilia and James Martin.

pets about town

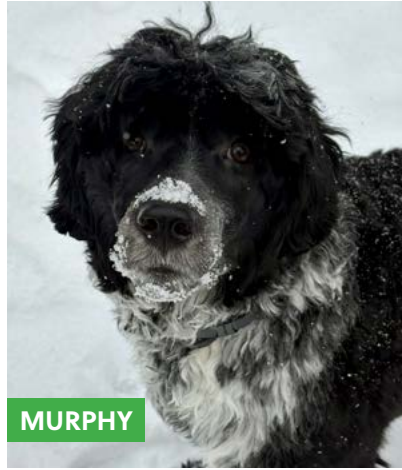
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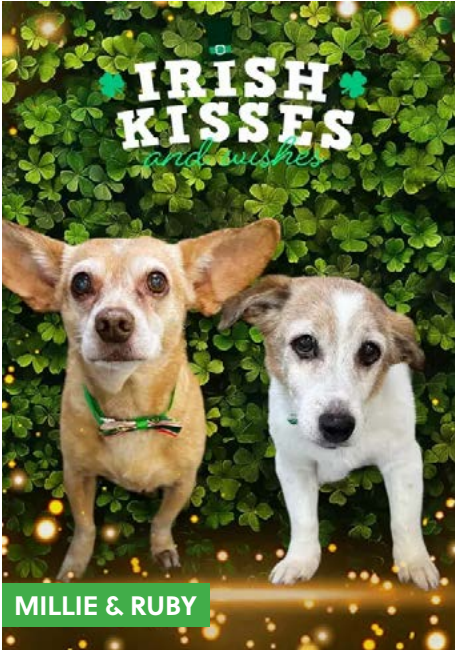
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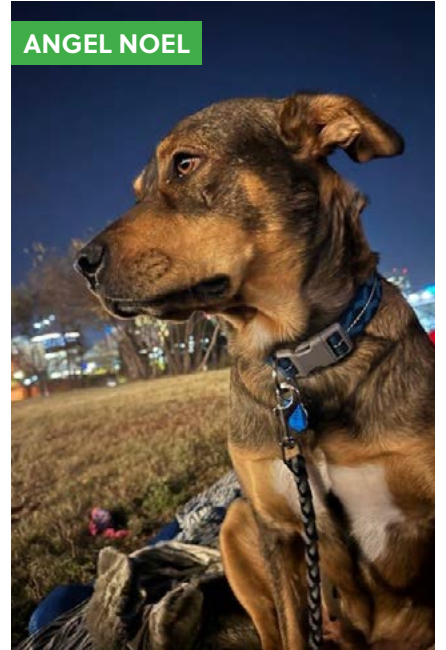
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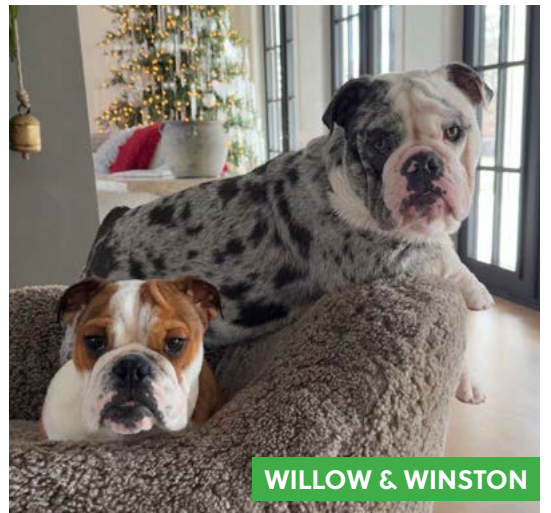
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‘Lessons from Cats for Surviving Fascism’ by Stewart Reynolds

Review by KILEY ROBERSON

CATS HAVE ALWAYS acted like they know something we don’t, and in “Lessons from Cats for Surviving Fascism,” it turns out they actually do. With this playful and surprisingly timely guide, author and comedian Stewart Reynolds shows us how our feline companions have mastered the art of staying unbothered, resilient and quietly powerful in a world that often feels chaotic.

Rather than offering a political treatise, Reynolds uses cats as a playful and unexpectedly insightful lens for examining how humans can maintain hope, personal integrity and emotional resilience when society feels chaotic. Through short chapters, quirky drawings and the unmistakable voice of someone who both adores cats and deeply understands their unintentionally wise nature, the book feels like a lengthy conversation with a very funny friend who also happens to have a point.

Each chapter highlights a specific cat behavior — ignoring unnecessary drama, setting firm boundaries, choosing comfort without guilt, strategically napping, asserting one’s needs unapologetically — then gently connects it to how humans might adopt similar traits to navigate stressful environments. Reynolds doesn’t pretend cats are moral heroes. In fact, some of their behaviors are framed with affectionate honesty: cats can be indifferent, demanding, aloof or selectively loving. But Reynolds argues that within those characteristics is a blueprint for emotional self-preservation. If cats can thrive by refusing to absorb chaos that isn’t theirs, maybe we can too.

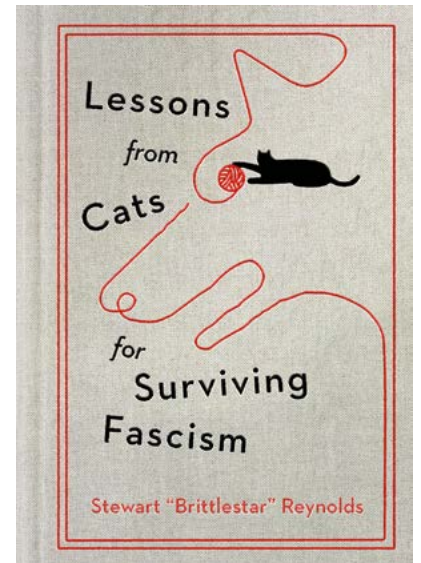
One of the book’s strengths is Reynolds’ ability to balance humor with sincerity. He uses absurdity not as an escape but as an accessible doorway to talking

about subjects like fear, collective anxiety and the importance of staying grounded when the world feels unstable. The result is a book that genuinely makes you laugh while also reminding you to breathe, reconnect and protect your peace.

Anyone who has ever lived with, or been ruled by, a cat will recognize the truths woven throughout the pages. The cartoon-style illustrations add charm and make the book an easy, engaging read. It’s the kind of title you can devour in one sitting or leave on your coffee table to pick up whenever you need a few minutes of reprieve.

Though humorous, the book carries a deeper message — resilience doesn’t always require heroic action. Sometimes it looks like resting, choosing joy, refusing to internalize negativity or walking away from nonsense with the same regal indifference our feline companions have already mastered. In a world that often pulls us toward outrage or exhaustion, Reynolds’ feline-inspired survival manual offers reassurance that small, intentional behaviors can help us stay grounded and hopeful.

“Lessons from Cats for Surviving Fascism” succeeds because it is both funny and earnest, lighthearted and quietly empowering. While the book is quite clean for a satire piece, it is categorized as adult nonfiction humor and satire, and its political themes and nuance make it best suited for mature teen readers and adults. Whether you’re a devoted cat person, a fan of Reynolds’ comedy, or simply someone seeking a fresh (and furry) perspective on navigating modern life, this book is a charming and surprisingly insightful addition to your reading list. 🐾



If cats can thrive by refusing to absorb chaos that isn't theirs, maybe we can too.

Food-Delivery Toys for Dogs

But cats might enjoy them too! by MARY GREEN



TRAINING TIP

Food-delivery toys can help your dog learn to settle and self-regulate.

ONE OFTEN OVERLOOKED skill in dog training is teaching dogs how to settle, self-regulate and relax on their own. Perhaps your dog was crated all day while you were at work and now needs something to do, or you want to enjoy a book or a program without interruption from a pestering pup. Food-delivery toys are one of our favorite tools for building this essential life skill in a positive, enriching way.

What Is a Food-Delivery Toy?

A food-delivery toy is different from a traditional chew toy. It's a safe, interac-

tive vessel that can be filled with kibble or soft, tasty foods. Instead of eating quickly from a bowl, your dog must work to access the food, encouraging calm focus, problem-solving and emotional regulation.

Food-delivery toys are mostly used during crate time or other managed confinement. However, I find that many dogs enjoy a stuffed food toy in the company of their human companion. Food-delivery toys are also a useful tool when traveling, helping alleviate boredom when physical exercise is limited.

Using Food-Delivery Toys with Puppies

For puppies, we like to follow the Rule of Threes:

- One-third hand-fed during training in short, fun sessions throughout the day.
- One-third fed from a bowl.
- One-third delivered through a food-delivery toy during confinement (crate or kennel time).

Everyday Benefits

Food-delivery toys provide appropriate enrichment when you need your dog to settle calmly, whether daily or occasionally. When it is too cold or rainy to go for a walk or play outdoors, a food-delivery toy is just the thing to keep him content and busy.

Cooperative Care & Husbandry

Food-delivery toys — especially Licki-Mats — are excellent for nail trims, baths and grooming. Licking has a calming effect and supports cooperative care.

Safety note: Smearing food on yourself to distract your dog is unsafe and not recommended, no matter what you have seen on the internet!

Snuffle Mats & Slow Feeders

Snuffle mats and snuffle balls encourage natural foraging behavior and are especially helpful for dogs who eat too fast. These tools are not designed for chewing and should be supervised.

Multi-Dog Households & Resource Guarding

- Use food toys only when dogs are separated.
- Pick up toys immediately when empty.
- If guarding occurs, remove the dog from the toy — never the toy from the dog. (Many dogs will fiercely guard an empty food-delivery toy.)

Food-delivery toys support calm behavior, independence and emotional well-being as part of a balanced enrichment plan. PAW

Mary Green is a Certified Professional Dog Trainer Knowledge Assessed (CP-DT-KA), Certified Dog Behavior Counselor (CDBC), and Certified Nose Work Instructor (CNWI).

Top 5 Food-Delivery Toy Stuffing Recipes

1 Classic Calm Combo

- Kibble (soaked) mixed with canned pumpkin or unsweetened applesauce
- Gentle, simple and great for everyday use

2 Power Protein Mash

- Canned dog food or cooked turkey/chicken with a splash of water
- High value without being overly rich

3 Yogurt Berry Freeze

- Plain Greek yogurt mixed with mashed blueberries or strawberries
- Cooling and long-lasting when frozen

4 Peanut Butter Puzzle

- Xylitol-free peanut butter mixed with kibble or crushed dog biscuits
- Sticky texture increases engagement time

5 Leftover Treasure Hunt

- Small amounts of dog-safe leftovers mixed with kibble
- Adds variety while reducing waste

PREP & STORAGE TIPS

- Prepare multiple toys at once and freeze.
- Plug openings before freezing to slow access.
- Always supervise new foods and toys.



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Life with Tess

Tiny dog with a big attitude by Carol Mowdy Bond

Photos courtesy of Cecilia and James Martin

ABOUT FIVE YEARS AGO, Cecilia and James Martin brought a 6-week-old Shih Tzu into their family, and they named her Tess. At the time, they were the fourth generation of Martins living on a historic central Oklahoma homestead that once belonged to James' great-grandfather.

Even as a puppy, Tess gardened with Cecilia. She explored the plants and played with wild rabbits on the farm. She also chased the family's chickens off the property.

"Tess had one acre that she wandered on," Cecilia says. "We had no fence, but James walked the boundaries with her several times. There were times I'd look out the kitchen window to see her trotting off into the woods, and I'd have to go and get her. She didn't realize that she was small, and a hawk might snatch her."

Even though Tess is wired for inside living, she's always been enthralled with the outdoors. "She loved the 12 deer that lived in our pasture," says Cecilia. "One deer took a big liking to her, and the deer and Tess played together under the mulberry tree and were good friends."

Origins of Outdoor Living

Gravitating outside comes naturally to the Martins. Cecilia's childhood centered on a rustic Laura Ingalls Wilder-type upbringing. As a girl, she caught turtles and wild bunnies and kept them in the yard where she played in the dirt.

James grew up on his family's Edmond farm. But he and Cecilia met at age 7 because his grandparents lived down the road from Cecilia and her family in Arkansas. Whenever he visited, the two hunted rocks, played games and rode horses. By age 12, they were pen pals. But life happened,



It's important to check the daffodils.

and they went their separate ways before they eventually married in 1979.

From the Farm to the City

The Martins lived in several locations before moving to their historic farm about 40 years ago. They recently relocated, buying an older home with a one-acre yard in an Oklahoma City neighborhood. But the land was in rough shape, requiring about six months of hard work. James and Cecilia worked on the soil and removed shrubs and plants, while contractors hauled off truckloads of rocks.

Cecilia brought tons of flowers from the farm to their new location for planting, planted lots of climbing roses, and James built a greenhouse from a kit.

High octane and always ready for adventure, Tess stays in the middle of everything. When Cecilia is outside, Tess either stands guard close to her, sits and watches, wanders



The Martins added 6-week-old Tess to their family about five years ago.

up and down the sidewalk, chases squirrels, or just sniffs around everything. She's known for checking the greenhouse for mice.

But Cecilia says, "Once in awhile, Tess sneaks off to smell a few mailboxes in the cul-de-sac. Then she gets a good talking-to about staying close and that she will have to go inside if she sneaks off again."

On top of it all, Tess is known for barking at delivery people and strangers. "She's had 6-foot-tall grown men run from her," says Cecilia.

Still, she has James wrapped around her paw as the two share a close bond. He understands her doggy language and caters to her whims. A daddy's girl at heart, she is very particular and will sit only beside him each evening for TV time.

Organic Gardening and Cooking

Navigating her own autoimmune issues is a challenge, but it shapes how Cecilia gardens, cooks and eats. She is a dedicated organic gardener. If need be, she'll even dig up weeds by hand.

Those closest to her follow Cecilia on private social media platforms, where she



Tess patiently waits in the greenhouse while Cecilia works on plants. Cecilia is a long-standing member of the 100-year-old Edmond Iris and Garden Society. During 2025, she served as president.

shares her gardening, home decor tips and her organic, minimally processed approach to cooking. Her menus center on fresh vegetables, quality meats and fish, with a focus on lower-carbohydrate meals.

"I feel better and my medical lab reports improve when I eat that way," Cecilia says. "For the most part, people will not find fried foods, casseroles, chips, candy bars or takeout foods on my posts."

During the winter, Cecilia keeps the greenhouse humming, growing a wide assortment of greens that she uses in salads or lightly boils before finishing with balsamic or apple cider vinegar. She also raises a variety of root crops during the colder months, which she eats fresh or lightly cooked.

Every March, Cecilia begins flower seeds in the greenhouse, growing them there through the summer. Tomatoes and peppers also start from seed in the greenhouse before being transplanted into the raised beds James built outdoors.

As empty nesters, the Martins stay active at home and in the community, often with Tess close at hand. Their seasonal routines of gardening, cooking and eating provide plenty to keep them engaged, and Tess is a constant companion along the way. At the heart of it all, the three of them share a love of the outdoors that anchors their happiness. 🐾

Sarah Begemann, DVM

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This dog, later identified as Sue Magoo, was nearly paralyzed by fear when Oklahoma City firefighters found her alongside a highway barrier at the scene of a multivehicle traffic accident on Nov. 25. She was reunited with her owner, thanks to the Fire Department's use of a donated microchip scanner.

microchip scanners, thanks to a generous donation from an Oklahoma City animal shelter foster and volunteer who wishes to remain anonymous.

Residents who find a stray animal can take it to either fire station day or night, and firefighters will scan the animal for a microchip. If one is found, the scanner will display a code that links to a universal lookup system, which can provide information about the animal's owner if registered.

"I think it's a great program," Fire Chief Scott Douglas said, noting that the city's animal shelter, like most shelters everywhere, "is bursting at the seams."

Douglas said the two scanners were put into service on Nov. 3, and that within three days of the launch, a lost dog was reunited with its owner.

Two days before Thanksgiving, firefighters from Station No. 30 were responding to a multivehicle traffic accident on a highway when they found a dog huddled against the concrete median, Douglas said.

The crew took the dog back to the station and arranged to have a battalion chief bring a chip reader over to scan the dog. That pup, Sue Magoo, was then able to be reunited with her relieved owner, Douglas said.

Jamee Suarez, president and co-founder of the Oklahoma Alliance for Animals, said efforts to put scanners in fire stations are "really great because people find animals at all times of the night, and the fire station is a logical place because they are open all night."

Suarez said the effort also will help reduce calls to animal rescue organizations when people realize they can take an extra step themselves before possibly engaging those already overworked organizations.

Microchips were once expensive and uncommon in pets, Suarez said, but many rescue and animal welfare organizations now routinely offer reduced-price or even free microchipping clinics. She added that cats, and not just dogs, are frequently chipped.

"Responsible pet owners really want their pets microchipped," she said. "We even had

Fire Stations Offer New Help for Lost Pets

Firefighters can now scan stray animals for microchips day or night **by SHARON BISHOP-BALDWIN**

Photos courtesy of the OKLAHOMA CITY FIRE DEPARTMENT

THE STRAY DOG that began hanging out in your yard about dusk has no collar or tags, but it's clearly someone's pet. It's hungry, thirsty and agitated.

But you have no place to keep it inside and no way to contain it outside. And to do nothing until a veterinary office opens the next morning is to put the dog at risk of injury or even death.

It's a helpless feeling, one many people have experienced.

Thanks to a partnership between Oklahoma City Animal Welfare and the Oklahoma City Fire Department, Oklahoma City residents now have another option.

Fire Station No. 25 at 2701 S.W. 59th St. and Fire Station No. 30 at 4343 S. Lake Hefner Drive have been equipped with

a pig brought in to one of our microchip clinics one time.”

Suarez said being able to take an animal to a fire station to check for a microchip will be especially helpful at night and on week-ends and holidays, when most veterinary clinics are closed and when rescue organizations have fewer resources to help with stray animals.

“It’s hard sometimes for people to corral an animal overnight when maybe they have their own pets or just have no place to put the (stray) animal,” she said.

But even the small step of taking a found animal to a fire station for assistance is expected to reduce shelter intake by keeping lost pets in their neighborhoods until their owners can be located, officials said.

That will help keep shelter kennels available for animals that truly have no place else to go.

Also importantly, the possibility of reuniting lost pets with their owners quickly will keep more animals off the streets, where vehicle traffic is one of the biggest threats to them.

“It’s always better for a lost pet to go directly back home rather than spend time in the shelter,” Ronnie Schlabs, former superintendent of Oklahoma City Animal Welfare, said in November, when the scanner donation was announced. “By working with the Fire Department, we’re making it easier for neighbors to help neighbors and giving families more opportunities to be reunited quickly.

“This partnership saves time, reduces stress on the animals and ultimately saves lives. We are grateful to the Oklahoma



Oklahoma City firefighter Lane Smiley shows off one of two donated microchip scanners that the Fire Department can use to help reunite lost pets with their owners.

City Fire Department for their support and commitment in helping make this program possible.”

It’s important to note that fire stations will not serve as drop-off locations for animals. They are meant only to serve as locations where microchips can be read.

Residents who are unable to hold onto a found animal until it can be reunited with its owner or who need assistance should call Oklahoma City Animal Welfare at (405) 297-2255. 🐾

MICROCHIP SCANNERS

OKC Fire Station Locations

Fire Station No. 25
2701 S.W. 59th St.

Fire Station No. 30
4343 S. Lake Hefner Dr.

Scanners donated by an Oklahoma City animal shelter foster and volunteer who asked to remain anonymous.

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MAN'S BEST FRIENDS

WHO SERVE

Celebrating Oklahoma City's Canine Units on National K-9 Veterans Day, March 13

THEY DON'T ENLIST or choose the assignment, but they never hesitate when called into danger. For decades, military and law enforcement K-9s have quietly stood on the front lines, using instinct, training and unshakable loyalty to protect the people beside them.

March 13 is recognized as K-9 Veterans Day, a date set aside to honor these working dogs who have served alongside America's military and law enforcement agencies. Since the U.S. military first began employing Military Working Dogs, more than 30,000 have served, with roughly 1,600 currently on active duty. Trained to detect explosives, drugs and contraband, track suspects and assist in search-and-rescue operations, these dogs routinely put

themselves in harm's way, often in situations where human senses fall short.

That legacy of service extends beyond combat zones and national agencies and into our local communities. The Oklahoma City Police Department Canine Unit was established in 1963 with five handler-and-dog teams tasked with locating criminals in hiding and finding evidence. Today, the unit includes 10 canine teams overseen by a police lieutenant, providing specialized support in crime prevention, suspect apprehension, evidence detection and public safety throughout the city. In addition to their primary duties, OCPD's Canine Unit may also be called upon to assist other specialized units in unusual or extraordinary circumstances. This may

include the Tactical Unit, E.R.T., Special Projects, IMPACT and the Bomb Squad.

While some K-9s become nationally known — like Conan, the Army Special Operations dog involved in the mission against ISIS leader Abu Bakr al-Baghdadi, or Hurricane, the most decorated dog in U.S. Secret Service history — most working dogs serve without headlines or medals. This year, it's our honor to highlight the dogs of the OCPD Canine Unit. Here, their handlers offer a closer look at their personalities, the bonds they share and the demanding work they perform every day in service to our community. They are truly man's best friend.



SSGT. JULIAN BARRIE & K-9 KOEN

*3 years old | Imported from Hungary (2024)
Patrol & Narcotic Detection | OCPD Tactical Unit*

- Favorite Toy:** KONG ball on a rope
- Favorite Treat:** Anything he gets to work for, especially obedience and tricks
- Tail-Wag Trigger:** The possibility of chasing something
- Superpower:** Playing hide-and-seek with bad guys
- Quirk/Funny Habit:** Sleeping on his back with his paws in the air
- Off-Duty Fun:** Dreaming of work, playing with the other dog at home

- and soaking up ear rubs from family members
- Most Excited at Work:** Any time he gets out of the car to work alongside officers
- If He Could Talk:** "Where's my ball? I know you have it!"
- Proudest Moment:** Locating a firearm hidden by an assault suspect in under 30 seconds after 10 officers searched unsuccessfully for 40 minutes
- Personality:** Driven, loyal, fast



SSGT. ABRAHAM LUNA & K-9 JEFE

16 months | Apprehension & Narcotic Detection

Favorite Toy: KONG ball

Favorite Treat: Everything

Tail-Wag Trigger: Seeing the ball come out of the dump pouch

Superpower: Bite work

Quirk/Funny Habit: Big "Yoda" ears

Off-Duty Fun: Playing two ball

Most Excited at Work: Getting out of the car

If He Could Talk: "Can I have the ball?"

Proudest Moment: Biting my hand

Personality: Stubborn, possessive, sweet



MSGT. JOHN PAULL & K-9 BEAR

Favorite Toy: KONG ball

Favorite Treat: Beef jerky and dried sardines

Tail-Wag Trigger: When it's time to get in the car

Superpower: Anything where he can win a ball

Quirk/Funny Habit: He bounces up and down when he does well.

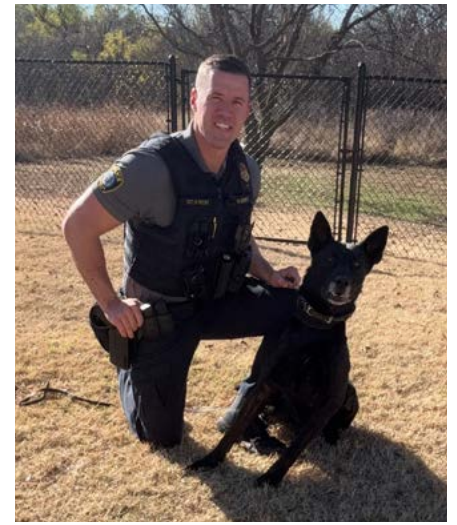
Off-Duty Fun: Playing fetch

Most Excited at Work: Finding bad guys

If He Could Talk: "When can we go back to work?"

Proudest Moment: Catching a mad bomber

Personality: Small but mighty



SGT. MICHAEL MOORE & K-9 DASH

Favorite Toy: KONG ball

Favorite Treat: Hotdogs

Tail-Wag Trigger: Putting anything in his mouth!

Superpower: Jaw strength

Quirk/Funny Habit: Jumping on doors with windows to look inside before opening the door

Off-Duty Fun: Playing in the yard on the kids' fort

Most Excited at Work: Being out of the car and hearing a K-9 announcement

If He Could Talk: "Dad, do you smell this?"

Proudest Moment: Chicken coop apprehension

Personality: Big Mighty Doofus



MSGT. CHRIS SPILLMAN & K-9 ARKO

*6 years old | German Shepherd from the Czech Republic
Dual-Purpose Patrol/Bomb Dog*

Favorite Toy: KONG toy (he almost won't give it up!)

Favorite Treat: Ice cubes

Off-Duty Fun: Playing with my other dog at home, pestering her until she chases him around the yard

Favorite Part of Work: Bomb sweeps and looking for bad guys — he brings endless energy and drive to both.

Proudest Moment: Watching Arko grow from a young, inexperienced K-9 into a mature partner who knows what we're doing without me giving a command. He has taught me as much as I've taught him.

Personality: Energetic, focused, loyal



SGT. MATT REIMCHE & K-9 JOKER

5 years old | Patrol/Bomb Dog

Favorite Toy: Tennis ball

Tail-Wag Trigger: Spotting the basketball on the court at the Thunder arena during sweeps — ears up, tail wagging, stops in his tracks to watch

Superpower: Jumping! He loves jumping over the fences and through the window on the obstacle course.

Quirk/Funny Habit: Loves being around kids and getting attention. A great family dog at home, but when he gets in the police car, he is ready to work.

Off-Duty Fun: Trying to claim the patio furniture and watching Kansas City Chiefs games with the family.

Most Excited at Work: Building searches. He jumps out of the car like a sled dog as he's pulling to get inside.

If He Could Talk: "You can't keep me cooped up in here all day. I'm a peacock; you gotta let me fly!"

Proudest Moment: Still ahead. Being a new handler, we are still waiting on the big moment. Joker has a great history with prior handlers, and our time will come.

Personality: Chill, loyal, focused



SGT. SCOTT POOLE & K-9 SULLY

5 years old | Patrol/Bomb Dog

Favorite Toy: KONG ball or anything similar he can chase

Favorite Treat: He loves deer meat and beef.

Tail-Wag Trigger: Probably when he sees my wife

Quirk/Funny Habit: He will roll over for a belly rub at any time, for anyone and everyone!

Off-Duty Fun: He loves to hang out with my wife and boys and play fetch or just run around the yard.

Most Excited at Work: He loves hunting for bad guys

If He Could Talk: "Can we play ball?"

Proudest Moment: He put his nose down and tracked a homicide suspect for over three-fourths of a mile through a pasture.

Personality: Playful, friendly, hard worker



SGT. SETH MAXWELL & K-9 SIRIUS

1.5 years old | Apprehension & Narcotic Detection

Favorite Toy: KONG Ball

Favorite Treat: Anything that he can chew on until he passes out

Tail-Wag Trigger: When he sees his harness in my hands because he knows he gets to work

Superpower: Super speed

Quirk/Funny Habit: Sirius scoots his butt into the heel position when he is sitting.

Off-Duty Fun: Getting fed treats with his two sisters at home

Most Excited at Work: Sirius loves playing fetch and getting to play in the kennel yard.

If He Could Talk: "Ball is life."

Proudest Moment: Sirius is in school right now, so I would say Sirius trusting me enough to drop his KONG ball to me.

Personality: Fast, friendly, wiggly

SGT. RUSS RIDENER & K-9 ZAKAI

Favorite Toy:

KONG ball

Favorite treat:

Donut holes

Tail-Wag Trigger:

Going to work

Best At: Anything

work related

Quirk/Funny

Habit: Throwing

his body weight

into me for pets

Off-Duty Fun:

Sleeping

Most Excited at

Work: Getting out

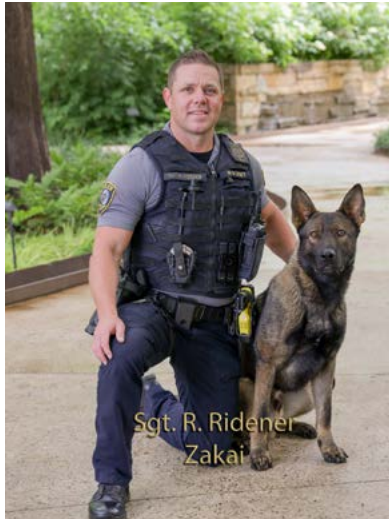
of the car

If He Could Talk: "Please pet me."

Proudest Moment: Running down violent criminals

Personality: Energetic, aggressively friendly,

protective



Sgt. R. Ridener
Zakai

MSGT. MATT GILMORE & K-9 GUNNAR

Favorite Toy:

Soccer ball

Tail-Wag Trigger:

When he sees me get out the tennis racket because he knows we are playing ball

Off-Duty Fun: Off

duty, he's just like every other dog. He is relaxed and just lounges around. He plays hard at work and relaxes hard at home.

Most Excited at

Work: He loves every time we get out of the car to do a search. 🐾



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Welcome, Spring!

Spring brings longer days, fresh routines and more time spent outdoors together, a welcome return after the colder months. It also comes with seasonal hazards, changing weather and a few reminders worth noting. This spring spread rounds up a mix of ideas, from recipes and pet-friendly outings to grooming tips, seasonal gear and safety notes, to help you welcome the season with a fresh start.

Treat Time

Chocolate may be off-limits, but Fido and Fluffy will leap for joy over these pet-friendly delights.

CARROT & APPLE DOG BISCUITS

Celebrate spring with a crunchy, healthy snack your dog will love. Made with wholesome carrots and apples, these biscuits are easy to bake and perfect for bright, sunny days.

INGREDIENTS

- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1/2 cup grated carrot
- 1/2 cup unsweetened applesauce
- 1 egg

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix all ingredients into a dough.
3. Roll out and cut into shapes or small squares.
4. Place on a parchment-lined baking sheet.
5. Bake 20–25 minutes until golden and firm.
6. Let cool completely before serving.
7. Store in an airtight container for up to one week or freeze for longer freshness. Perfect for training rewards or a weekend snack!



CATNIP "SPRING ROLLS"

Brighten your cat's day with these easy, homemade catnip toys. Quick to assemble and packed with irresistible catnip, they'll have your kitty rolling into spring fun.

INGREDIENTS

- 1/4 cup catnip
- 2 small fabric squares (cotton or felt)
- Needle and thread or fabric glue

INSTRUCTIONS

1. Sprinkle catnip in the center of the fabric square.
2. Roll the fabric into a small cylinder.
3. Secure edges with stitching or glue.
4. Shake gently to distribute catnip.
5. Toss to your cat and watch the fun!
6. Supervise playtime the first time to ensure safety. Catnip toys can be refreshed by adding a pinch of catnip as needed.

Pet-Friendly Outings

POOCHELLA

Leash up your pup and head to Wheeler Park on April 11, 2026, for Oklahoma Humane Society's Poochella, a free, pet-friendly evening event from 5–9 p.m. Live music, food, dog adoptions, and activities like the Dog Lure Challenge and K-9 demonstrations make it an easy spring outing for dogs and their people.



LUCKY COYOTE 5K

Deck your dog out in St. Paddy's Day green and head to the Lucky Coyote 5K on Sunday, March 15, 2026, part of OKC's St. Patrick's Day weekend celebrations. The dog- and stroller-friendly course starts and finishes on Park Place, winding through Heritage Hills and Mesta Park on gently rolling streets suited for runners and walkers of all ages and abilities. Keep the festivities going afterward at Fassler Hall or join day two of the McNellie's St. Patrick's Day block party at the end of the street.



Springtime Fun & Puddle Play

Springtime calls for toys and gear from Hollywood Feed that are ready for both sunshine and puddles



HUXLEY & KENT PET BOW TIE \$6.99

This festive bow tie brings instant St. Paddy's Day

charm with a vibrant shamrock design. It slips easily onto your pet's existing collar, perfect for parades, photos or just adding a touch of luck to everyday walks.



PAWZ RUBBER DOG BOOTS - PACK OF 12 \$16.99

Keep paws clean and dry this spring with these flexible, waterproof boots — perfect for muddy walks and rainy days. Durable, easy to clean and all-natural, they also protect wounds and prevent licking while your pup explores safely.



GOO-EEZ REFLECTIVE DOG RAINCOAT

Price varies by size

Keep your pup dry and visible on rainy spring walks with this hooded, reflective dog raincoat. Made from water-resistant fabric with a slip-on design and flexible, comfortable fit, it's functional, durable and stylish for dogs of all breeds and sizes.



ALCOTT RETRACTABLE DOG LEASH - BLUE ADVENTURE

Price varies by size

A new season calls for a new leash. Give your dog room to explore with this vibrant blue retractable leash. Its long lead, soft-grip handle and reflective belt let pups roam safely while you stay comfortable and in control, tough enough for every spring adventure.

HUXLEY & KENT PLUSH FOIL CHOCOLATE BUNNY

\$14.99

All the chocolate fun, none of the danger — this plush bunny crinkles, squeaks and is ultra-tough for pups to toss, chew and snuggle.



FLUFF & TUFF JESSICA RABBIT PLUSH \$19.99

Put a little hop in your pet's Easter basket with Jessica the Bunny, a soft yet durable plush made with Fluff & Tuff's reinforced Tuffweb mesh. Sized for a wide range of dogs and play styles, she's just as good for snuggles as she is for spirited spring play.



KONG WUBBA™ BUTTERFLY CAT TOY

\$9.99

Feathers, crackles, a rattle and catnip make this Wubba irresistible for solo pounce-and-play fun. It's a perfect addition to Fluffy's Easter basket.



DEXAS BOWL & BOTTLE BLUE SNACK DUO

\$21.99

Perfect for hikes, park days or spring adventures, the Dexas bowl and water duo provides water on one side and treats on the other — flip, pour and keep your pup fueled on the go.

A Pet-Safe Easter

Easter celebrations often bring candy, flowers, guests and décor, all things that can pose hidden risks for pets. With a little planning, the holiday can be happy and stress-free.

COMMON EASTER HAZARDS TO WATCH FOR

Chocolate & Candy:

Chocolate is toxic to dogs, and sugar-free candy often contains xylitol, which can be life-threatening. Ask guests to keep candy bowls out of reach.

Easter Baskets & Grass:

Plastic Easter grass and basket fillers can cause dangerous intestinal blockages if swallowed.

Spring Flowers: Lilies are extremely toxic to cats, even in small amounts. Other spring plants and bulbs can also be harmful if chewed.

Dropped Treats: Egg hunts and family gatherings often mean food on the ground — keep a close eye on curious noses.

Open Doors & Visitors: Extra foot traffic increases the risk of pets slipping outside unnoticed. Make sure collars, ID tags and microchips are up to date.

Craft Supplies & Dyes: Easter crafts, dyes and decorations can be tempting but unsafe for pets.



Designate a quiet, comfortable space for your pet during busy gatherings to reduce stress and prevent accidents.



Grooming Refresh

As temperatures rise and outdoor time increases, spring is the perfect time to reset your pet's grooming routine. Seasonal grooming isn't just about looks — it's an important part of overall health and comfort.

GROOMING ESSENTIALS

Shedding Control: Many pets shed their winter coats in spring. Regular brushing helps reduce loose hair and keeps skin healthy.

Paw & Pad Care: Check paws for dryness, cracks or debris after winter walks and muddy spring adventures.

Nail Trims: Longer days often mean more outdoor activity; properly trimmed nails help prevent discomfort and injury.

Bath Time Refresh: A gentle bath can help remove winter buildup but avoid over-bathing, which can dry out skin.

Ear & Eye Checks: Increased outdoor exposure means more dirt, pollen and debris; routine checks help prevent irritation.

Professional Grooming: Spring is a great time to schedule a groomer visit, especially for thick or high-maintenance coats.

Always watch for excessive itching, redness or hot spots that signal skin issues and require veterinary care. 🐾

Sources: AVMA, ASPCA, AKC and Humane Society of the United States



Green Paws

10 Ways Your Pet Is Secretly a Master Gardener

WE OFTEN SEE their antics as mischievous when our pets dig holes or nibble plants, but maybe they're really just helping out. Here are 10 ways your best friend is secretly a master gardener.

1 Soil Aeration Specialist — Every hole dug is a carefully planned improvement to soil structure.

2 Weed Control Consultant — Those "extra" plants in your flower bed? Tactical testing of garden boundaries.

3 Compost Manager — Leftover snacks mysteriously disappear... and become nutrient-rich fertilizer.

4 Pest Patrol — Birds, squirrels and rogue bugs don't stand a chance under their watchful eye.

5 Plant Pruner — Nibbled leaves and chewed stems? Precision trimming for a modern aesthetic.

6 Mulch Supervisor — Soil mysteriously rearranged? Just strategic nutrient redistribution.

7 Watering Technician — Morning puddles, sprinkler dives or accidental hose antics = perfect irrigation planning.

8 Seed Dispersal Expert — Dropped kibble and tracked dirt: accidental, yet remarkably effective, seed spreading.

9 Shade Architect — The perfect nap spot under your plants? Optimal microclimate design, obviously.

10 Garden Morale Officer — Purrs, wags and snuggles = essential motivational support for thriving greenery. 🐾



‘The Humane Gardener’

Author and speaker Nancy Lawson shares practical ways to make urban yards healthier for plants, animals and people

by SHARON BISHOP-BALDWIN | Photos courtesy of NANCY LAWSON

GROWING UP AS the daughter of an animal-loving mother and a father who was a plant pathologist, Nancy Lawson unsurprisingly developed an affinity for both animals and plants.

But it’s what Lawson has done as an adult — for animals and plants and people — that has allowed those dual affections to coalesce in a way that is helping change the world.

Lawson, also known as the Humane Gardener, will speak twice this month in Oklahoma about ways to create

wildlife-friendly landscapes that are beneficial to both the animals and the plants that inhabit them.

Lawson, the author of “The Humane Gardener: Nurturing a Backyard Habitat for Wildlife” and “Wildscape: Trilling Chipmunks, Beckoning Blooms, Salty Butterflies, and other Sensory Wonders of Nature,” was working in the early 2000s for what was then the Humane Society of the United States (now known as Humane World for Animals). She had a particular interest in topics dealing with conflicts

between humans and wildlife, and while writing about humane geese control, she learned that sometimes the most effective, humane solution is often the simplest.

Lakeside residents, angry about the geese pooping on their lawns, were resorting to some pretty inhumane methods to control the fowl visitors, but Lawson found an answer in simple goose behavior.

“Geese need a clean sightline to the water, and the people were mowing the grass around the lakes,” she said.

By simply allowing vegetation, such as native grasses, right around the water to grow tall, the geese would stay away.

About the same time, Lawson was cultivating her own interest in gardening.

“I was seeing how much people were in conflict with wildlife all the time,” she said. “I thought, ‘There’s a niche here for humane landscaping and also to welcome wildlife.’”

“There’s a way to employ plants to help with both of those purposes,” Lawson said. “Animals need plants, and plants need animals. You can learn from the other beings in your landscape.”

Lawson has plenty of targets where a little education could go a long way.

She said humans could be more aware of the sensory receptors of animals in our habitats. Noise pollution affects all animals, even insects, and can reduce nest hatching and spur avoidance behaviors.

Besides the more obvious problems with herbicides, humans also need to be more aware of the “coverings” we put on the ground, she said.

Mulch, AstroTurf and other types of non-native substrates might be attractive, but they can do catastrophic damage to the insects that live on the ground.

“There are all these animals in those layers (of leaves, grass and dirt), nesting in the ground,” she said. “If you’re smothering that ground, you’re really leaving no opportunity for pollinator life cycles to be completed.”

Even changing the way we talk about plants and animals can improve the environment.

“The language that we use to describe plants and animals can end up influencing how we treat them,” Lawson said.

“Overgrown” is a bias-laden word, she explained, adding that a lot of what we do in our yards has to do with what’s being recommended by agricultural influences.



Author Nancy Lawson in her element.

“So many animals are called pests and aggressive,” Lawson said. “Think about that from the animals’ perspective. Everyone has a role to play. When we categorize stuff so much, I think all that gets lost.”

Many urban gardeners counter that wildlife- and plant-friendly measures end up creating conflict with other humans.

The people we call neighbors often take objection to tall grasses or to plants that might look more like weeds than flowers.

“The first thing to always do is just try to talk to people,” Lawson said. “That’s not always possible, but people might just not understand what you’re doing. They haven’t seen it before. That goes for neighbors and code enforcement.”

Lawson recommends talking to disgruntled parties about how you’re supporting local businesses by buying all those native plants.

Signs denoting your landscape as certified habitats for pollinators or wildlife also can placate some detractors, she said.

Gardeners also can create paths through landscapes to show human involvement, place attractive bird baths in the area and maybe even plant some shorter, more-recognizable flowers near the front.

But isn’t it bad to bring wildlife to cities? They’re already here, Lawson said.

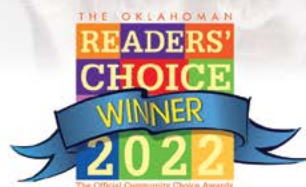
“Urban wildlife are already thriving or at least surviving in cities. They’re already moving through our landscapes,” she said. “I think we should be living in a way to try to help them and to try to live in harmony with them.” 🐾

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Wait... Cats Do That?

3 Mysteries of Feline Life by JESSICA SAWATSKI

CATS ARE MASTERS of the expected: They nap in sunbeams, patrol the windowsill and give you that slow-blink look that somehow feels like a compliment. But every so often, they drop a reminder that they're also gloriously weird, tiny predators with big opinions and a flair for the unexpected. From playing fetch to chirp-chattering at birds like they're live-commentating nature TV to insisting that sink water is the only acceptable source, feline life is full of small mysteries that make us laugh, wonder and reach for our phones to document it. These three cat quirks will make you ask, "Wait... cats do that?"

1 THE FETCH FACTOR

Cats have a reputation for being too cool for dog games, yet a lot of them absolutely play fetch. In a comparative "Pet Science Daily" survey of more than 8,000 pet cats, 40.9% were reported to fetch "sometimes" or more often, meaning they chased a tossed toy and brought it back like a tiny, judgmental retriever.

Another large study, "Making Fetch Happen: Prevalence and Characteristics of Fetching Behavior in Owned Domestic Cats and Dogs," published in PLOS One by researchers at Purdue University, found essentially the same thing: about 41% of cats fetch, compared with 77.8% of dogs.

Who's most likely to fetch? The "Pet Science Daily" survey noted higher rates among Siamese, Burmese and Tonkinese cats, and found that 95% of fetching cats weren't taught; they initiated it on their own. The Purdue/PLOS One study also reported fetching was more common in younger animals and males, and less common when cats lived with dogs.

Why they do it: "Many cats fetch, or hunt if you will. They're quite good at it actually," says Dr. Ashley French, medical director at Neel Veterinary Hospital. "Sometimes it's just a difference in personality. Some are avid fetchers and hunters, and others are more easy-going or aren't into it at all."



TRY IT AT HOME: Choose small, light toys that skitter like prey. Keep sessions short, celebrate the "return" and don't be offended if your cat quits mid-game. French recommends rewarding fetching behavior with a small treat, verbal praise, or the kind of petting and physical touch the cat enjoys.

**"There's a new breed in town...
the Retriever-Tabby!"**

– Leticia Fanucchi, DVM, PhD

Clinical Assistant Professor, Behavior Medicine
Service at Oklahoma State University

2 THE "CHIRP-CHATTER" COMBO

That squeaky, rapid little clicking noise cats make at birds or squirrels through a window is one of their strangest greatest hits. Animal behaviorists generally link it to predatory excitement mixed with frustration. Your cat's brain is yelling "HUNT!" while their body is stuck behind glass.

Fanucchi says chirping or chattering at prey through a window is a sign of excitement, anticipation or a greeting type of vocalization.

Normal or not? "Cat chirping can be frustration from not being able to get to prey outside the window, but overall, it's usually a positive vocalization and can even resemble mother-cat communication with kittens," says Fanucchi.

CHANNEL THE INSTINCT: If your indoor cat chatters a lot at wildlife, lean into enrichment. Offer toys that move or make sound, rotate prey-like play sessions and give them a comfy "nature TV" perch near a window, as both experts recommend. "Chirping in cats is an expression of their personality, and it should be encouraged with play and positive reinforcement," says Fanucchi.



TRANSLATION

What Your Cat Is Saying

Slow blink = "You're safe."

Tail like a question mark = "Hi! I'm friendly... for now."

Cat tush in your face = "You're family." (Weird family, but still.)



HYDRATION HACK: French agrees fountains can help with hydration, especially when placed in open, high-traffic spots your cat already likes to hang out. "Drinking water is important to overall health, especially for the bladder and kidneys. Encouraging your cat's water intake is likely to help."

3 SINK = THE BEST WATER ON EARTH

Cat owners, you know the drill. You set down a pristine water bowl. Your cat strolls past it to drink from the faucet like they're checking into a luxury spa. According to PetsRadar, cats are often drawn to running water because, in nature, moving water tends to be fresher and safer than stagnant pools. There's also a sensory angle: flowing water is cooler, makes an interesting sound and lets cats sip from shallow streams that don't squash their whiskers.

"Cats drink more water when they have a fountain compared with a bowl," says Fanucchi, who cites whisker fatigue and the fact that cats perceive moving water as fresher and more interesting as common reasons they avoid bowls. 🐾

Hello, whisker sensitivity!

If your cat is obsessed with the sink, a pet fountain can scratch the same itch without wasting water and may help support kidney and bladder health by boosting daily hydration.



Regal and serene, Musya lounges with the elegance of a Norwegian Forest Cat, her emerald eyes gleaming.

Forest Cat — though she’s never even set foot in Norway.

Growing up on the Road

From early on, Musya proved to be an adventurous soul. We frequently travel by car between Oklahoma City and Houston, Texas, and Musya quickly became a seasoned road trip companion. As a kitten, she was so small that she fit perfectly into a car’s cup holder during drives — a quirky memory that still makes us smile.

As Musya grew, she outgrew the cup holder but not her love of car rides. While many cats protest even a short drive, Musya seems to genuinely enjoy the journey. On these long 400-plus-mile trips, she lounges calmly in her cozy carrier or on a lap, gazing out the window at the changing scenery.

At rest stops, she eagerly awaits a special treat: Subway tuna. It has become a heartwarming tradition that every time we stop at a Subway restaurant, Musya gets a small serving of tuna (scooped out from a sandwich just for her). Like many cats, Musya finds tuna irresistible — it turns out cats have taste receptors finely tuned to savor the umami flavor of meats and fish.

Notably, scientists have found that felines possess unique receptors that bind to certain chemicals abundant in tuna, heightening the savory taste and making it especially delightful for them. This explains why even the most finicky felines often go crazy for tuna. Musya is no exception; she purrs gratefully as she gobbles her tuna treat, making the road trip as enjoyable for her as it is for us.

In all, while going from Texas to Oklahoma, Musya has now logged over two hundred thousand miles, which is approximately the distance between Earth and the moon (238,900 miles).

Cozy Nights and Quirky Comforts

Back at home, Musya transitions seamlessly into a creature of comfort. She has her favorite plush bedding called her “seashell,” where she performs her nightly ritual of “making biscuits” by kneading the blanket with her paws and suckling on the fabric.

This kneading and wool-sucking behavior is common in content cats and traces back to kittenhood, when nursing from their mother provided warmth and securi-

Musya

From Cup Holder Kitten to Legal Assistant and Copilot by **ALEXEY TARASOV**

A Bittersweet Beginning

Musya’s journey to becoming a beloved member of our family started with heartbreak. My wife and I had been eager to adopt a kitten, and our friend Hillary was helping us with the search. She first found a tiny ginger kitten who immediately stole all of our hearts. Sadly, that little kitten was very sick with a severe bladder problem. We didn’t hesitate to cover her veterinary care while she stayed with Hillary, determined to give her every chance.

Despite everything, the kitten didn’t make it. Losing her was devastating. But instead of giving up, it made us even more determined to bring a feline companion into our lives.

Not long after, fate brought us Musya — a fluffy gray tabby with bright eyes and a playful spirit. The moment she arrived, our sorrow turned to joy. She filled our home with the pitter-patter of paws again. With her long, thick coat and noble profile, she looks a lot like a Norwegian



Ready for takeoff! Musya perched comfortably with her custom aviator gear, ready for takeoff in the family's light sport airplane.

ty. If a cat feels especially relaxed and safe, it's not unusual to see kneading followed by gentle suckling on something soft, essentially a sign of deep comfort and contentment.

For Musya, her fluffy blanket is her surrogate mother, and kneading it while occasionally nibbling or drooling a bit is her way of soothing herself. As her human parents, we don't mind at all. In fact, we've learned it's a compliment, indicating Musya feels truly at home.

Every night, Musya curls up with us in her shell. As we drift off, she lies beside us, purring loudly, a feline lullaby that eases us to sleep. Studies have shown that a cat's purr can have calming, even therapeutic, effects on humans, but scientific facts aside, it remains the most comforting sound in the world to us. Her presence has made our nights cozier, as she quite literally warms our hearts and feet at bedtime.

An Office "Intern" for the Law

From a young age, Musya showed an affinity for the legal life — or at least for lounging in my law office. As a kitten, she would clamber onto my lap whenever I sat down to draft legal briefs. Over

the years, she has sat through countless hours of writing and research, providing quiet company (and the occasional comic relief by batting at moving cursors on the screen).

She has been present for some high-profile projects too. We joke that Musya has "assisted" in writing briefs for federal court and even the U.S. Supreme Court. Of course, Musya's form of assistance mostly involves warming a lap or nudging a hand for pets right when a key paragraph is being typed. But we like to imagine she's absorbing all that knowledge by osmosis.

In fact, we lovingly quip that Musya could probably qualify for the bar exam after "reading the law" in the office for a decade. (The phrase "reading the law" refers to an old method of becoming a lawyer through apprenticeship under a judge or attorney rather than attending law school. Historically, many great American lawyers like Abraham Lincoln and John Adams entered the profession this way.)

While Musya won't be arguing in court any time soon, her constant presence has made the often-stressful work of law a lot more enjoyable. During intense late-night writing sessions, a gentle head bump or a

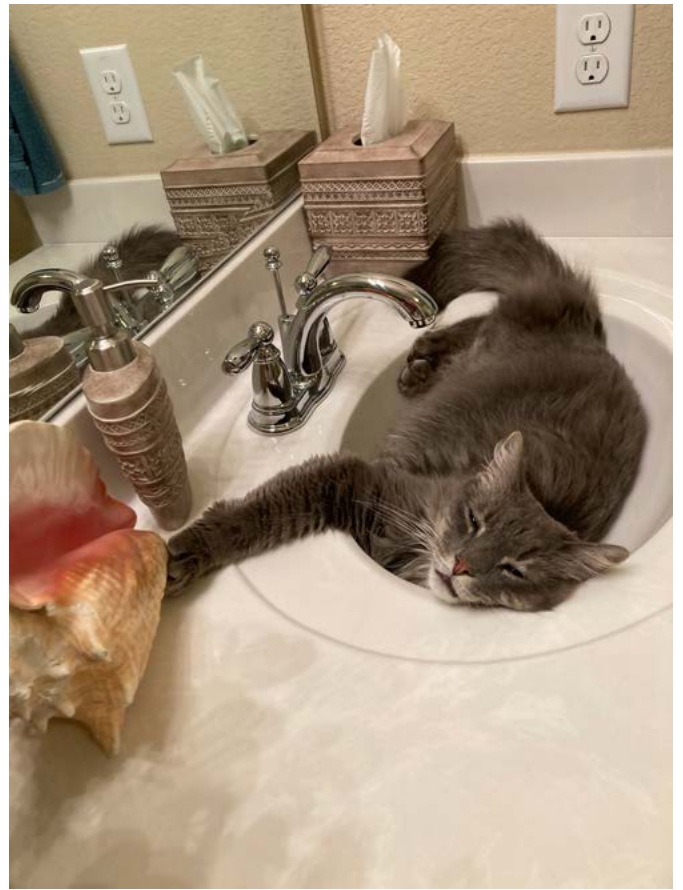
rolling over for belly rubs from Musya provided the perfect break. It's not every day you see a cat who has sat in on Supreme Court brief preparations! Musya seems to relish the attention, responding with a dignified meow as if to say she knows the importance of the work at hand.

Feline Copilot in the Skies

Musya's adventures aren't confined to land. Besides being a road warrior, she has also taken to the skies, quite literally. We own a small single-engine plane, a Texas Aircraft Colt Light Sport Aircraft (LSA). From the first time Musya watched us prepare for a flight, she seemed intrigued by the aircraft. Not wanting to leave her behind, we gradually introduced her to the cockpit. To keep her safe and comfortable, we even outfitted her with a bit of "pilot gear," including a tiny makeshift aviator outfit with straps to secure her carrier and cat-sized ear protectors for the noisy cabin. In one adorable photo, she sports what looks like aviator headphones, ready for takeoff.

Playtime and Personality

Despite rubbing shoulders with law and aviation, Musya is at heart a playful, spir-



A cool retreat — Musya finds the bathroom sink the perfect spot for a nap, paw stretched out in total relaxation.



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ited cat. At home, one of her favorite games is jumping to catch a dancing rope. If we wiggle a rope or string toy in the air, she will crouch, wiggle her hindquarters and then spring up with impressive agility, often leaping nearly 2 feet high to snag her “prey.” This acrobatic feat never fails to amuse onlookers; it’s hard to believe such a graceful, gravity-defying jump can come from a relaxed couch potato kitty.

Musya also has a particular fascination with reflections and light. If sunlight or a mirror reflection casts a moving glimmer on the wall, Musya’s eyes immediately dilate, and she switches into hunter mode. She’ll chase the elusive spot of light across rooms, darting and pouncing with gusto. It’s a common quirk among cats; they are hardwired to respond to quick movements as if they were prey. A darting beam of light triggers the same instinct as a scurrying mouse, bringing out the innate desire to stalk and pounce. For Musya, a simple reflected sunbeam becomes an afternoon of entertainment (for both cat and humans alike!).

When not playing, Musya is an affectionate and social cat. She has found a friend in Percy, her human grandparents’ cat. She loves to sit on laps, not just during work but anytime someone is on the couch, watching TV or reading. She will often head-butt gently, asking for chin scratches, and reward the giver with a chorus of purrs. If guests come over, Musya isn’t one to hide under the bed; instead, she may trot out to inspect the newcomers, tail held high. Her confident, friendly demeanor wins people over instantly. Some friends jokingly refer to her as “the dog-like cat” because of how she’ll come when called (especially if there’s a promise of treats) and how she enjoys being involved in whatever activity is going on.

Yet Musya’s feline independence shines through too: she can be sassy, like the times she insists on sitting atop the newspaper while I’m trying to read it or when she decides a pen on the desk looks better on the floor. Like any cat, she has a knack for comedic timing, and we wouldn’t have it any other way.

Beloved Partner in Every Journey

From a rough start in life to becoming a cherished companion, Musya’s story is remarkable. She has been by our side through long road trips, quiet nights at home, busy days in the office, and even high-flying adventures. Along the way, she’s collected a number of nicknames: “Musya the Muse” when she inspires my writing, “Captain Musya” when she dons her aviation gear, and simply “Good Girl” when she curls up, purring, at bedtime.

Her ability to adapt to new experiences, whether a cross-country drive or a plane ride, while offering constant affection and entertainment, speaks to the special bond we share. It’s often said that pets enrich our lives, but Musya has taken that to another level, becoming an integral part of every chapter of our family’s story.

In return, she lives a life filled with love, adventure, and yes, plenty of tuna treats. Musya may not literally be a licensed attorney or a certified copilot, but she’s certainly earned honorary titles in our hearts. And at the end of the day, with Musya asleep on our laps after a day of excitement, we know that adopting her (and giving love another chance after loss) was one of the best decisions we ever made.

Musya’s tale is a heartwarming reminder of the resilience of pets and the immeasurable joy they bring — whether on the ground, in the courtroom or soaring among the clouds. 🐾



In each issue this year, meet a local foster parent and discover why they open their home and heart to pets in need.



Leichner began volunteering at the OKC Animal Shelter 28 years ago.



Found abandoned, Maize was fostered by Leichner and now has a loving forever home.

Gayl Leichner

I STARTED VOLUNTEERING and fostering at Oklahoma City Animal Shelter in March of 1998. Twenty-eight years later, I know I've fostered hundreds of cats and dogs, but I don't remember the majority of them. Once I see that they have gone to a good home, it's as if my brain can let them go. Many of these pets were in precarious situations: on a euthanasia list, in a severe medical condition or from cruelty situations.

When I am able to find a good adopter — either via my friends, posting them on social media or by taking them to shelter events — it allows me to let that foster go and move on to the next one. I currently keep my own pets limited to two dogs and two cats, which is the maximum I can care for, and I know I can't adopt any more permanently. This helps when I foster, knowing that however long it takes, they

won't be here permanently. That's not to say I have not adopted some of my fosters in those 28 years. From my fosters, I've adopted seven dogs and four cats.

If you have a space open for another pet in your home, fostering is the best way to find a dog or cat to fill that space. I knew those 11 adoptees were perfect fits after having them in my home, getting to know their personalities and seeing how they fit in with the other pets I had at the time.

I remember many of the fosters who have passed through my home. Jake had distemper, but there was no testing at that time to confirm the disease. I took over his fostering from another foster parent. He showed the classic distemper symptoms but survived the disease. I adopted him, and though he had lingering effects of the disease, he lived to be 14. Another foster had to have a leg amputated. He recovered

at my house and got a wonderful home. Edwin was on the euthanasia list to make space at the shelter. I fostered him, and someone in Michigan saw him on social media and drove to OKC to adopt him.

Maize was found in an apartment. She had been left behind when her owner left. Maize spent over a month in the apartment without food or water. She weighed 28 pounds, and her organs were shutting down when animal control officers brought her into the shelter. I fostered her until she was healthy enough to be adopted. A friend adopted her, and she now weighs 70 pounds and is in a wonderful home for the rest of her life.

Fostering is a rewarding endeavor. Give it a try. Start with a smaller dog or some kittens or a cat. A mother cat with kittens is an easy foster as the mom takes care of the kittens for you. Once you get the fostering routine down and see them get adopted, you'll be ready to move on to the next foster pet. 🐾



The Organized Pet Life

Smart ways to store, clean and declutter this spring

by ANNA HOLTON-DEAN

FOR SOME, the thought of spring cleaning and organizing brings a sense of relief and peace.

For others who aren't sure where to begin, it can trigger overwhelming dread. For pet owners, it's a double challenge.

Which products are truly pet-safe and effective at eliminating odors? And how do you rein in the clutter that comes from sharing your home with pets?

We've come to the rescue with tips from Tonya Mason, owner of Mess to Less: Get Organized LLC, to help make your home safer, fresher and more organized for humans and pets alike. It's all about creating a space where everyone can breathe easy. Here's how to do it, step by step.

OUT WITH THE OLD

Before organizing and categorizing, Mason advises taking inventory and removing anything that's expired, broken,

A scoop stored inside the container and a feeding mat help minimize everyday messes.



worn out or no longer needed. This is also a great time to donate gently used items to rescue shelters if they're no longer in rotation, such as well-loved blankets or hand towels.

Once you've pared things down, create boundaries for what remains. "Boundaries are physical limits that prevent clutter from spreading," Mason says. "They make items easy to find and return. Think of boundaries as guardrails."

ORGANIZE PET SUPPLIES

Food & Treat Station

Use airtight containers to keep food fresh. Label with your pet's name and expiration date.

Grooming & Health

Keep these items together for quick access:

- Brushes
- Shampoo
- Nail clippers
- Flea and tick medications
- Toothbrush and toothpaste
- Pet-safe wipes
- Basic first aid supplies



STORAGE TIP

Use a handled bin or a dedicated drawer near the bathroom or laundry room.

The Brabtod caddy is a great option for various pet supplies that can be transported easily from room to room ([amazon.com](https://www.amazon.com)).



Labeled, clear storage containers make it easy to see when it's time to restock (Iris USA storage container on wheels, [amazon.com](https://www.amazon.com)).



Clear jars or bins also work well for treats. This stackable option by Buddeez saves space and fits jumbo-sized treats ([southernagriculture.com](https://www.southernagriculture.com)).

ORGANIZE TOYS, LEASHES & OTHER ACCESSORIES

Mason advises creating simple, low-maintenance systems that actually work.

An open basket works well for toys, and rotating them weekly keeps your pet engaged and active.

Wall hooks or racks make leashes and harnesses easy to grab, while a small bin or basket can hold travel bowls, poop bags, boots and coats.

Mason's simple declutter rule: if a toy is broken, missing stuffing, or unused, toss it or donate it.



STORAGE TIP

Keep cleaning supplies stored safely under the sink, in a mudroom or laundry room away from curious noses.

CLEANING SUPPLIES

Having the right cleaning supplies on hand helps you tackle pet messes safely and quickly, before they become bigger (and smellier) problems.

- Enzyme-based (and pet-safe) cleaners like Nature's Miracle (hollywoodfeed.com) for breaking down bacteria-causing odors
- Baking soda (neutralizes odors in carpets, fabrics and litter boxes)
- Paper towels
- Lint rollers
- Vacuum attachments for hard-to-reach places



FILE PET HEALTH/MEDICAL RECORDS

Keep phone numbers and records in an inexpensive file folder or binder and store with pet supplies or in a filing cabinet. Use tabs for categories.

Mason suggests labeling bins and containers with:

- Pet name
- Purpose (daily, grooming, travel, etc.)
- Expiration dates (food and meds)

CLEAR BINS = CLARITY

Clear bins eliminate guesswork and make it easy to stay organized. "I like clear bins because you can always see what's in them," Mason says. 🐾

LABELING TIPS

Labeling bins and baskets helps everyone in the household know where items belong, making clean-up and organization faster and easier.

Pet Maintenance Checklist

DAILY BASICS

- Wipe food and water bowls
- Pick up toys
- Quickly sweep or wipe floor near doors your pet uses

WEEKLY QUICK RESET

- Brush coat
- Check ears, paws and nails
- Wipe down feeding mat and eating area

MONTHLY MAINTENANCE

- Wash/sanitize food and water bowls
- Clean the toy basket and rotate toys
- Check medications and refill as needed
- Wash pet bedding
- Restock poop bags and treats

SEASONAL TO-DO'S

- Deep-clean crates and carriers
- Replace worn leashes or beds
- Update veterinary records and vaccination reminders
- Review flea, tick and heartworm prevention plans

Products like the EcoStash file folder (amazon.com) make organizing records a breeze.





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Snip the Myths

Understanding the Impact of Spaying and Neutering

by ROSHELLE ANDERSON



MANY OF US include pets in our daily routines and welcome them into our homes as beloved family members. Decisions about their health are among the toughest aspects of pet parenting, and choosing to move forward with surgery can be stressful and scary. While opinions and myths surrounding spaying and neutering are ingrained in our culture, these procedures are routinely performed and widely viewed as safe and effective, with lasting benefits for the overall health of individual pets as well as positive impacts on the community.

What is spaying and neutering?

Spaying is the surgical removal of the uterus and ovaries of a female animal, while neutering is the term used to describe the surgical removal of testicles for a male animal. These surgeries prevent animals from reproducing offspring and are often referred to as fixing,

sterilizing or altering. These are common surgical procedures performed by licensed veterinarians, which are conducted under general anesthesia with no pain during surgery and minimal discomfort afterward.

As all pets are unique, Dr. Amanda Elmenhorst, the medical director and in-house clinic veterinarian at Oklahoma Humane Society, says, “Speak with your veterinarian about timing of surgery, what age it should be performed, and the considerations of lab work to develop a surgical treatment plan specific to your pet.”

Community benefits of spaying and neutering

The repercussions felt by animal welfare organizations due to COVID-19 shutdowns were a stark reminder of the importance of steady, low-cost spay and neuter programs. The temporary closure

of low-cost spay and neuter clinics during the pandemic led to fewer surgeries being performed. In turn, communities saw significant increases in unwanted pets born. When population levels grow, it not only places more strain on shelters and rescues, which increases rates of euthanasia, but also contributes to higher rates of animal cruelty, neglect, abandonment, and wandering stray dogs and cats.

While the solution to pet overpopulation is multifaceted — dependent on the adoption of rescue pets, education, access to low-cost pet care and housing, and varying social and economic factors — spaying and neutering pets plays a crucial role in combating animal suffering and homelessness.

Dr. Macy Schneeberger, Oklahoma Humane Society’s Statewide Initiative veterinarian and manager, explains that cats can reach sexual maturity as early as 4 to 6 months of age and can have two to three litters a year in Oklahoma with four to six kittens produced per litter. Dogs typically reach sexual maturity between 6 to 9 months, go into heat twice a year, and have litter sizes that vary by breed, ranging from one to six puppies in smaller dogs and six to 12 in larger breeds.

Not everyone is able or willing to care for pets, so it’s crucial to spay and neuter animals and support organizations that provide low-cost services before offspring numbers become overwhelming.

The overall benefits of spaying and neutering pets

There are many myths that discourage pet parents from getting their pets altered. However, the majority of veterinarians agree the benefits of spaying and neutering outweigh any potential negative impacts for most pets.

“Spaying and neutering have health, behavioral and population control benefits. It can increase lifespans by reducing cancer risks, specifically mammary and testicular, and eliminates the risk of infections such as pyometra, which is a life-threatening uterine infection,” says Elmenhorst. “It can decrease behavioral issues like marking, roaming and aggression in both cats and dogs.”

Best options for you and your pet

Low-cost spay and neuter clinics are effective and safe with highly skilled and experienced surgeons. However, if you love and trust your veterinarian, going to your private vet’s practice to get your pet altered is a great option. If a private veterinarian is not

an option, many shelters and rescues offer low-cost or free spay and neuter clinics for the public throughout the year.

You can schedule an appointment with a metro organization such as All Paws Rescue (cats only for spay/neuter), Bella SPCA's Non-Profit Veterinary Hospital, Edmond Animal Services, Get Fixed OK, Halo Animal Hospital (cats only), Helping Community Paws and Claws, Norman Animal Welfare, OKC Animal Welfare, Oklahoma Humane Society Spay and Neuter Clinic, Safe Haven ABC Clinic, SpayXperts and more.

Contact your local shelter or rescue for additional information on potential free or low-cost clinics in your area, as many work with statewide programs such as Oklahoma Veterinary Medical Association Low Income Sterilization Program or partner with other organizations like Oklahoma Humane Society's Statewide Initiative to bring veterinary services to rural and underserved areas.

It's important to note that the non-profit clinics mentioned above are not emergency clinics, and many only offer



Banks, only 24 hours post-neuter, is already back to lounging on the couch with his favorite chew stick.

spay and neuter surgery, vaccinations, microchipping and preventatives. So it's important to continue your pet's wellness journey with a full-service veterinarian.

If you love animals and want to make a difference for them in your community, spaying and neutering your pets is a great way to start! 🐾

Low-Cost Spay & Neuter Services

These local organizations provide affordable options to help control pet overpopulation.

- All Paws Rescue — cats only
- Bella SPCA Non-Profit Veterinary Hospital
- Edmond Animal Services
- Get Fixed OK
- Halo Animal Hospital — cats only
- Helping Community Paws & Claws
- Norman Animal Welfare
- OKC Animal Welfare
- Oklahoma Humane Society Spay & Neuter Clinic
- Safe Haven ABC Clinic
- SpayXperts



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Substitute Mom

The challenge of parenting orphaned puppies

Story and photos by NANCY GALLIMORE



Ten-day-old Penny in the “polar bear cub” phase.

IT'S 5:30 AT WALMART on a Friday afternoon. This is a terrible time to be Walmarting. Everyone is getting off work and rushing in for weekend provisions. Me? I'm staring at a display full of baby bottles. So many choices.

I find myself feeling the same level of confusion I felt on the first day of Algebra II in high school. Then it was because I wasn't great at math. Now it's because I've never been an actual mom, so we are standing in very foreign territory. Let's face it, I'm far closer to having to figure out Medicare than I am to being in my childbearing years.

How did I arrive here? Well, back up about 48 hours to a post on Facebook about an orphaned litter of Australian Cattle Dog puppies. It kept popping up when my nonprofit, Tails You Win K-9 Rescue, was tagged repeatedly. So I stuck a toe in the water and replied to a message from a friend trying to find help for the little family.

After a little back and forth, I agreed that partner Jim and I (and yes, for once I talked to him before I ran to get the dogs) could take two of the puppies. Newborn puppies are best raised with at least one sibling for optimal mental and physical health. Two little bottle babies wouldn't be too hard, right?

This leads us back to the baby bottle aisle. I was panic shopping because the puppy bottle purchased at the animal supply store was either causing the puppies to struggle to nurse or it was flooding them with formula. We were all frustrated. On the advice of a veterinarian friend, I finally selected a bottle designed for premature human babies. The packaging touted anti-colic properties and an air-free vent (whatever that is).

I'm pleased to tell you this bottle was the ticket to puppy nursing bliss. Our snow-white puppies filled their bellies and fell into formula-induced comas. Our first new parent challenge was conquered.

I have gained deep appreciation for mothers of all species. Newborn puppies need to eat about every three hours around the clock. And some of those feedings land during times normally reserved for slumber. It's a treat to be jarred awake by an alarm at midnight and 3 a.m.

I also kept feeling remorse over the kind woman who initially cared for the septuplet litter and still had five hungry mouths



Penny and Bolt at 12 days old.



Bolt in the puppy pen, eyes open and beginning to turn blue.



Penny at 4 weeks, enjoying some outdoor time.

to feed. Thankfully, relief came within a couple of days as two more wonderful foster families volunteered to take puppies, one accepting a pair and one taking three tiny charges — a demanding but manageable distribution.

The puppies are now approaching the five-week mark, and oh, the changes we are experiencing. The once helpless polar bears now have open eyes that don't miss a thing. Gray fur has blended with white to create the trademark Blue Heeler coloring. Puppies who initially belly-crawled are up and exploring with growing agility. And babies who once needed assistance to answer nature's call (there is a reason mom dogs lick puppies often and vigorously; we opted to use damp washcloths) are heading to piddle pads to relieve themselves with increasing accuracy.

My two little geniuses, now known as Bolt and Penny, have also mastered the art of eating on their own — 3 a.m. bottles, a thing of the past. Do I miss the night feedings? No. But oddly, also yes. This childless-by-choice adult may finally understand a minuscule fraction of the up and down emotions new moms experience.

Taking on orphaned puppies is a demanding task. Not just the obvious part of providing for their physical needs but also making sure their intellectual and social needs are met. Clumsy two-leggers are no match for what momma dogs bring to the puppy pen. We can't possibly mimic the life lessons their bio mom would have



Gene, another of Nancy's foster dogs, happy to babysit the puppies while teaching them how to be dogs.

delivered, but we must make every effort to help her puppies grow into well-adjusted young dogs.

Thankfully, I have several nanny dogs in my home who are ready and oh-so-willing to step in to play with and occasionally gently school our furry toddlers. And we will continue to do our best when two foster puppies become seven.

As their siblings, three more girls and two boys, fully abandon bottle feedings, they will return to our home to spend their last few weeks together, growing, playing and learning more important stuff about

how to be a dog. Those weeks will be filled with fun, chaos and endless messes.

There will be vet visits and socialization outings to help our puppies stay healthy and grow in confidence. Hopefully, we'll also get a jumpstart on house training and a few other lessons in preparation for their transition to new families.

Then, at 2 months of age, the seven will dwindle to none as we select wonderful homes for each of our babies. We will pack little puppy bags, kiss each furry head and send them into the world to be the best little Cattle Dogs they can be.

I look over into the adjacent puppy pen where Bolt and Penny are deep in midmorning slumber.

Bolt is on his back with his front paws twitching slightly in dream-induced play, while Penny is curled into a little donut on the plush bed inside their crate. This is the calm before the full-litter storm.

Like all good parents, Jim and I will love each pup fiercely, but then with seven sharp tugs at our heartstrings, we will let them go. This roller coaster canine parenting ride will conclude after eight short weeks, and new humans will step in to pick up where we leave off.

And to think you human parents keep this up for 938 weeks. Kudos to you. You're made of tougher stuff than I am. Hug your two- and four-legged puppies close. 🐾

Nothing to Sneeze At

Symptoms, causes and treatments of spring allergies in pets **by JENNIFER SHARPE**

WITH WINTER BEHIND US and warm weather ahead, there's no better time than spring to enjoy fresh air and the Oklahoma sunshine. For many of us though, springtime also brings seasonal allergies and nagging symptoms like sneezing, watery eyes and itching.

Unfortunately, our pets can suffer from allergies too. Just like humans, their allergies can be triggered by environmental factors or food.

How do I know if my pet has allergies?

Look for clues that your pet is itchy.

"The most common clinical signs associated with allergies include scratching, licking or chewing at their paws, and red or irritated skin," says Kelly Baptiste, DVM, of Britton Road Veterinary Clinic in Oklahoma City.

Recurrent ear infections are also common, Baptiste says.

Hair loss around the eyes, muzzle, nose and paws can occur as well, says Erin Stayton, DVM, of Veterinary Associates in Tulsa.

"Symptoms depend on what the pet is allergic to," Stayton explains. Skin issues can include recurrent infections, and "sometimes pets have gastrointestinal signs like vomiting, diarrhea, nausea or loss of appetite."

It's important to see a veterinarian and rule out other causes of itching, such as fleas and skin mites.

Food allergies versus environmental allergies

Since the signs are similar, it's important to know how to determine whether your pet is experiencing a food allergy or seasonal allergy.

"Environmental allergies typically start between 1 and 2 years old. They're chronic and progressive," says Stayton.

If the symptoms are worse during a particular time of year, like March or November, it might be more of a seasonal, outdoor issue. "If symptoms are year-round, we're thinking more indoor allergen or food," she says.

Any recent changes to food or diet can also help pinpoint a possible food allergy, Stayton adds.

"With GI signs — vomiting and chronic diarrhea — usually it's the protein in the food. The most common food protein allergy is going to be chicken and beef, just because that's what most pets are exposed to," she said.

If you want to know exactly what your pet is allergic to, see a veterinary dermatologist, advises Stayton. "There are a few in the state of Oklahoma, and you might have to travel a little bit. They're quite booked out because this is a high-allergen area."

Using intradermal skin testing, a veterinary dermatologist can determine exactly what your pet is allergic to.

"It's the same process as it is in humans," says Stayton. "Your pet must be off steroids and antihistamines for a week or two before the appointment. In the office, they'll shave a patch of skin on your pet's side, and then they inject allergens into the skin. And if the animal gets big



welts, they're allergic to it, same as it is in people. It's the most accurate way to test for allergies."

Are allergies more common in some breeds?

In short, yes. But it's very individualized.

"While allergies can occur in any breed, we frequently observe a higher incidence in Doodle-type breeds," Baptiste says.

"Just like in humans, some people really suffer with allergies, and others never have an issue," says Stayton. "The same is true for pets."

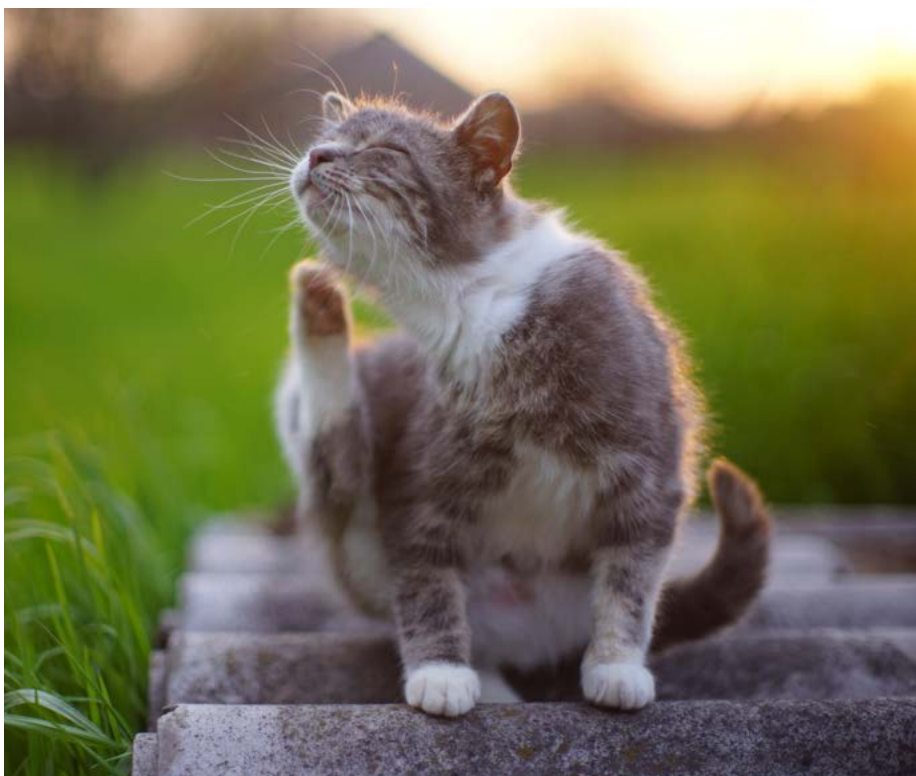
Treatment options

Many options are available for treating allergies in pets, and treatment plans are individualized based on the pet and owner.

"Which road we go down, based on which allergy it is, is going to depend on clinical signs, the owner, the pet and what else is going on," Stayton says.

"Obtaining a detailed history from the owner is essential to determine the underlying cause and develop an appropriate treatment plan," Baptiste explains. "In general practice, environmental allergies are typically managed in two ways: oral medications such as Apoquel or Zenrelia, or an injectable option called Cytopoint. Some pets require a combination of treatments or a trial period to determine what works best. If food allergies are suspected, a diet trial or prescription diet may be recommended."

If it's a seasonal allergy, simply removing pollen from your pet can make them feel noticeably better.



"You can do baths with a colloidal oatmeal-based shampoo," Stayton says. "In-between baths, you can wipe down their paws with pet grooming wipes or baby wipes, just to remove the pollen when they come in from outside."

Antihistamines, both over the counter and prescription, can also help. Stayton says Zyrtec over the counter is safe for dogs and cats, and some owners also find success with Claritin or Benadryl.

"There are also prescription antihistamines, like chlorpheniramine and hy-

droxyzine, which are nice because they don't have a lot of negative side effects," she says. "They can be on it long term, and we don't have to run blood work. With some other allergy meds, we have to run blood work every six months to make sure they're handling it OK."

In some cases, a low-dose steroid can also be used, she adds.

With the right combination of care, medications and veterinary guidance, most pets with allergies can still enjoy the outdoors right alongside their owners. 🐾



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Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire."
"Each step feels like I'm walking through wet paint."
"I live in constant fear that I'll fall."
"I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Toni Twitty of Be Well Acupuncture in Edmond, OK shares this belief. "I've been treating neuropathy, in all its various forms, for over a decade and so often my patients come to me because of the symptoms not because of a diagnosis. They saw one of my television specials, or read a testimonial of another patient and say to themselves, 'hey, I feel the same thing!'"

Betty M. of Oklahoma City testified to this, "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious- I kept thinking, 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Betty would eventually see a review of Toni Twitty talking about similar symptoms and how she offers a real solution at Be Well Acupuncture. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to us with a story similar to Betty's. They've been everywhere else. They've been told there is no hope. They've been told, 'its just part of getting older,'" shares Brooke, a Patient Care Technician at Be Well Acupuncture. "It just breaks my heart but I know that we can help people like Betty so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a grim reality; Western medicine declares there is no solution while most alternative therapies carry huge price tags and offer little to no resolve. Which is why Toni Twitty and the staff at Be Well

pride themselves on being, 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves. This damage is commonly caused by low blood flow in the hands and feet. Low blood flow results in lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they completely expire, leaving those suffering with crippling balance issues. "In this case the absence of pain is not a good thing," shares Dr. Toni. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Dr. Toni able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years. It helps get the nutrients to the nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This is tech that was originally developed by NASA to expedite recovering and healing."

"I just can't say enough about Be Well," Betty shared joyfully. "My husband and I moved here 3 years ago to be near our grandchildren. I always stayed home because of the pain and discomfort. I couldn't keep up. Yesterday I walked around the park with him! Next week we're taking the grandkids with us! I am truly living life these days."

"According to Betty's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Paige. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Be Well Acupuncture has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," tells the doctor. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call 405-697-5121 to schedule an initial consultation or visit bewellokc.com to read more incredible success stories.





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