

FORT SUTTER HOTEL
MIDTOWN GEM

CAREGIVER BURNOUT
IMPORTANT NEW BOOK

NATURE'S TREASURE
WHERE TO FIND IT

Sacramento

MAGAZINE

PET

MANIA!



ADOPTIONS,
VETERINARY CARE,
GRIEF HELP AND
MUCH MORE

PET



MANIA!

DID YOU ADOPT A NEW PUPPY OR KITTEN—OR PERHAPS A GUINEA PIG—DURING COVID-19? IF SO, YOU'RE NOT ALONE. WE TAKE A LOOK AT LOCAL ADOPTION AVENUES, VETERINARY CARE, WAYS TO HAVE FUN WITH YOUR NEW BUDDY AND MUCH MORE.

by **Elena M. Macaluso**

Nearly a year ago, when the coronavirus put its stranglehold on our country, people were lightheartedly predicting two trends would result from it: COVID babies (an upsurge in the number of babies born nine or 10 months after the stay-at-home order went into effect across much of the United States), and COVID divorces, which speaks for itself.

Here's a trend that actually did play out: Pets, at least in the Sacramento area, have been highly sought after during this pandemic. "Shelters across the country, including Front Street, have seen record numbers of people adopting and fostering animals," says Phillip Zimmerman, animal care services manager with Front Street Animal Shelter. "People are at home and have the time to foster and/or adopt an animal. Animals need training. With a lot of animal owners working from home, not traveling, they have more time available to bond, train and work with their animals."

The Sacramento Society for the Prevention of Cruelty to Animals' director of marketing and communications, Dawn A. Foster, echoes that sentiment. "2020 was definitely the year of pet adoptions!" says Foster, noting that families flocked to the shelter's website and social media channels during the pandemic, "realizing more than ever before—and while spending more time at home—the exponential benefits of sharing life with a furry companion."

Shelters and rescues including Happy Tails Pet Sanctuary in Sacramento, which takes in homeless cats and dogs, drew

interest from adopters as far away as the Bay Area because there were not enough animals to go around. "Why not open up to those areas when we know the cats are going to great homes?" says Venus Hocking, Happy Tails' center manager.

Kelly Cunningham, Happy Tails' dog foster coordinator, agrees. "We are getting 25 to 50 applications per dog," says Cunningham, who says pre-COVID she was typically getting five to 10 applications per dog.

Finally, an early January Instagram post from Bradshaw Animal Shelter boasted that more than 3,000 animals "found forever homes" in 2020—despite the shelter being closed for nearly four months. "In the first month of our modified operations under COVID-19, we sent 306 pets home with adopters," says Allison Harris, the shelter's public information officer.

Veterinarians have seen an increase in new puppy and kitten appointments as well. Keith Rode, DVM, co-owner of Woodland Veterinary Hospital in Woodland, says his practice has seen an influx since the pandemic started. "It's great because they (people) may have thought about getting a cat or dog 'someday' but had not done it, but when they find themselves sitting around the house, that 'someday' is now," says Rode, whose family adopted two new kittens in spring of 2020.

Let's take a look at adoption and veterinary care, introduce some organizations, and consider some other important aspects of sharing our lives with pets in Sacramento.

ADOPTING A PET, COVID STYLE



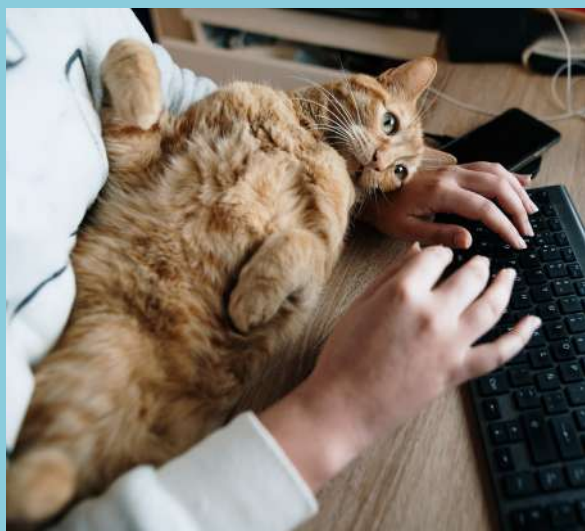
HOW DID PEOPLE FIND THEIR NEW PETS?

Pre-pandemic, you could walk into many shelters, rescue organizations or partnering pet stores during open hours, peruse the animals and do a meet-and-greet on the spot. These days, you can look for adoptable pets online via shelter and rescue websites. While protocols may differ slightly depending on the organization, the drill goes somewhat like this: If you see an animal you think would be a good fit, call or email the organization. If it's still available, an adoption counselor will be in touch. The next step is a face-to-face introduction—by appointment only, mask on. If it's a match, you've got a friend. If not, keep trying.

With such a high volume of interested adopters, the cat or dog you had your eye on may be snapped up by the time your application comes up in the queue. Take the advice of experts such as Venus Hocking, center manager for Happy Tails Pet Sanctuary in Sacramento: "Be open and flexible."



CONSIDER BEFORE YOU ADOPT



Is there any reason *not* to adopt a new furry friend? After all, you are working from home, a hot Saturday night means picking out a Netflix movie and, if you live alone, you might welcome the company.

But as vaccines hit the masses, life is going to change. You might go back to the office, at least part time. You might let that Netflix subscription go dormant in favor of going out to dinner or a show or seeing friends. You might want to take that long-overdue vacation. Pet adoption coordinators want you to think through your commitment to your potential new companion.

"What's your post-COVID schedule like? Are you still going to have time for your kitty when you go back to work physically?" says Happy Tails' center manager Venus Hocking. "We want people to think it through and want to adopt the cat for life, which might be 20 years if they adopt a kitten."

Kelly Cunningham, Happy Tails' dog foster coordinator, worries that economic realities may catch up with some pet owners who adopted during the pandemic, especially if they have not carefully considered their financial situation. "I worry that some of those people are going to bounce those dogs back to shelters," she says.

Cunningham also worries about dogs adopted during COVID who are not prepared for alone time when life returns to normal. "Making the dog feel comfortable alone is essential before leaving for that eight-hour workday," she says.

SPOTTED ON INSTAGRAM

HERE ARE SOME ADORABLE SOCIAL MEDIA STARS TO START FOLLOWING RIGHT AWAY.



dooditsjoni



@sactowndogs
Bringing together the dogs of SacTown



@sutterstreetpig
Winnie the Mini Pig



@residentpetsofsac
Resident pets of Foster Pets of Sac



@friendsofunwantedrabbits
Rabbit rescue in Folsom



@sacramento zoo
Red panda at Sacramento Zoo



@goodasgoldens
Adventures of Mari and Neva



@orphankittenproject
A vet-student-run NPO at UC Davis



@sac_shelter_pets_alive
Support for large-breed shelter dogs



@fosterkittensofsac
Fostering kittens for Itsie Bitsie Rescue Inc.

WHERE TO ADOPT

LOCAL SHELTERS

BRADSHAW ANIMAL SHELTER

(916) 368-7387;
animalcare.saccounty.net

FRONT STREET ANIMAL SHELTER

(916) 808-7387;
cityofsacramento.org/
community-development/
animal-care

PLACER COUNTY ANIMAL SERVICES CENTER

(530) 886-5500;
placer.ca.gov/animal

PLACER SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

(916) 782-7722;
placerspca.org

SACRAMENTO SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

(916) 383-7387;
sspca.org

YOLO COUNTY ANIMAL SERVICES SHELTER

(530) 668-5287;
yolocountysheriff.com/
services/animal-services

YOLO COUNTY SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

(530) 902-6264;
yolospca.org

For more California-based shelter and rescue groups, check out this link—sacanimal.org—and look under the “Local Resources” tab.

PUREBREDS PLUS CAT RESCUE

In existence for close to 20 years, Purebreds Plus Cat Rescue places purebred cats—think Persian, Ragdoll, Maine Coon—with adopters seeking a specific breed. The website carries bios on cats available for adoption, and volunteers can add further valuable insight. Why should someone go through a rescue versus a breeder for a purebred? “They are saving a life,” says Laurel Fagan, who serves on the board of directors. Purebreds Plus (“plus” because they do sometimes rescue non-purebreds) is based in Northern California but also has fosters in Southern California, Oregon and Reno. The organization adopted out close to 370 cats in 2020. (707) 301-7377; purebredspus.org



CATS

ANIMAL OUTREACH OF THE MOTHERLODE

(530) 642-2287;
animaloutreach.net

CATS ABOUT TOWN SOCIETY

(916) 224-1117;
catsabouttown.org

FAT KITTY CITY

(916) 939-3418;
fatkittycity.org

FIELDHAVEN FELINE CENTER

(916) 434-6022;
fieldhaven.com

FLUFF BUDDIES

(916) 214-8020;
fluffbuddies.org

FRIENDS FOREVER A CAT SANCTUARY

(530) 885-4228;
ffacs.org

ITSIE BITSIE RESCUE INC.

itsiebitsierescue.org

LAPCATS

info@lapcats.org;
lapcats.org

MISSION MEOW

missionmeowcats.org

RIVER CITY CAT RESCUE

(916) 326-0033;
rivercitycatrescue.org

SACRAMENTO AREA KITTEN RESCUE ALLIANCE (SAKRESQUE)

(916) 491-1657;
sakrescue.net

SOUTH PAWS PET RESCUE

southpawsgalt@gmail.com;
southpawsrescue.org



DOGS

CHAKO PIT BULL RESCUE

adoptions@chako.org;
chako.org

FOOTHILL DOG RESCUE

(530) 676-3647;
foothilldogrescue.org

GREAT DANE RESCUE OF NORTHERN CALIFORNIA

gdrcn.org

HOMeward BOUND GOLDEN RETRIEVER RESCUE

(916) 655-1410; homeward
boundgoldens.org

NORCAL COCKER RESCUE

(916) 541-5149;
norcalcockerrescue.org

NOR CAL BEAGLE RESCUE

norcalbeagles.com

NORCAL AUSSIE RESCUE

(530) 268-1600;
norcalaussierescue.com

PIT CREW SACRAMENTO RESCUE

pitcrew.org

SCOOTER'S PALS

(530) 350-2099;
scooterspals.org



BOTH

ALL CREATURES ANIMAL RESCUE

(844) 390-0882; allcreat
uresanimalrescue.com

HAPPY TAILS PET SANCTUARY

(916) 556-1155;
happytails.org

SIERRA PACIFIC GREAT PYRENEES CLUB RESCUE

If you are wondering what to expect if you adopt a Great Pyrenees, sometimes referred to as a Gentle Giant, the Sierra Pacific Great Pyrenees Club, Inc. Rescue website lays it all out: *They eat 4–6 cups of food per day. They are not high-energy dogs (typically) and are ill-suited for joggers.* The application questionnaire is lengthy—57 questions—all in an effort to ensure that adopting a Great Pyrenees is a good fit. “They are a wonderful breed but they are not for everyone,” says Pam Tobin, president and rescue chair of the organization, which has been around for nearly 40 years. However, she says that once you have a Great Pyrenees, you’ll be hooked. “They don’t only get into your heart; they burrow themselves into your soul,” she says. After you adopt a dog from the organization, you’re part of the club, so to speak. “We are a resource to them for the life of the dog,” says Tobin. (916) 791-7580; spgpc.com



ELK GROVE ANIMAL SHELTER

Elk Grove Animal Shelter opened its doors in October 2019 and five months later had to close for a couple of months because of the pandemic. “We saw a huge uptick in fosters and adopters,” says Koreena Walsh, volunteer/events coordinator. She says that in 2020 the shelter had 532 foster parents and sent 823 animals out to foster. “We never stopped taking in stray animals.” Good news: Adoption services are back open with precautions in place. Peruse the website or check out the shelter’s Livestream event every Saturday morning via Facebook (facebook.com/elkgroveanimalservices) to view adoptable cuties. Also, watch for upcoming events—the shelter hopes to resume its Drive Thru Vaccine Clinics

(free for Elk Grove residents) this spring, and Kitten Pop Ups pop up on occasion, especially after kitten season. The shelter adopted out 350 kittens between July 2020 and the end of the year through Kitten Pop Ups, says Walsh. While the shelter’s volunteer program is still on hold, you can take a shelter dog for a walk through the Doggy Day Out program. The shelter also provides Elk Grove residents experiencing financial hardship with free pet food (you can donate via the shelter’s wish list) and free microchipping as well as trap-neuter-return services for cats within the city limits. (Traps are available for rental with a \$60 refundable deposit.) 9150 Union Park Way, Elk Grove; (916) 687-3042; elkgrovecity.org/animalservices



VET VISITS



GOING TO THE VET LOOKS DIFFERENT THESE DAYS.

We are all used to curbside service for food, groceries, maybe even dry cleaning or that lampshade at Target you just can't live without. But we still can't wrap our heads around the idea of pulling into a parking lot, making a call and then handing off our precious fur baby to someone while we wait in our cars. But these days that's how it goes. "That is understandably a difficult thing for some people because they want to be a part of their pet's health care. And vets love it when people want to be involved in their pet's health care," says Keith Rode, DVM, co-owner of Woodland Veterinary Hospital in Woodland.

For a dog or cat that is already anxious about seeing the vet, being separated from their trusted human may spike anxiety levels further. "If you anticipate that might be the case, we recommend calling your vet ahead of time because they may be able to give your pet medications (or) recommend something over the counter," advises Rode.

All of this may make you wonder: Unless it's a dire emergency, should you even go to the vet? Yes, Rode says, and it's best to make an appointment for routine visits early—maybe one to two months in advance. And some vaccines, such as parvo, are critical, especially for puppies. "We do recommend as much as possible that people stay up to date on vaccines and parasite control," Rode says, noting that fleas are a year-round issue in our climate.

Rode offers these important tips to clients bringing their pets to the vet during COVID: Keep your phone on and be available should the veterinarian need to contact you. You can also ask if your vet can video chat during the exam. If you have been referred by another vet, be sure to print your pet's paperwork or have it sent over in advance. "It can make it very difficult to know what's been done before and what's best to do from there," says Rode about the lack of history.

Finally, show a little grace. "Recognize that we know that you are concerned about your animals and we are concerned, too, but please be patient with us," says Rode.

BEYOND THE BASICS

Animals, like people, sometimes need specialists or alternative practitioners. Whether you're seeking an acupuncturist for a dog that's jumped one too many fences, a cardiologist for a cat with a heart murmur or—and we hate to even put it out there—a 24-hour vet for a middle-of-the-night emergency, there are options in the Sacramento region.

THE ALTERNATIVE ROUTE

ANIMAL WELLNESS CENTER

2280 Fifth St., Suite 135, Davis; (530) 756-7387; animalwellnesscenterdavis.com

CENTER FOR INTEGRATIVE ANIMAL MEDICINE

635 Anderson Road, Suite 20, Davis; (530) 405-4000; <http://ciamvet.com>

FOOTHILL FARMS VETERINARY HOSPITAL

4325 Auburn Blvd.; (916) 332-4444; foothillfarmsvh.com

INTEGRATIVE VETERINARY CENTER

5524 Elvas Ave., Suite A; (916) 454-1825; integrativeveterinarycenter.com

MERIDIAN VETERINARY CARE

9712 Fair Oaks Blvd., Suite B, Fair Oaks; (916) 342-1245; meridianvetcare.com

PAW CHI HOLISTIC VETERINARY CARE

151 N. Sunrise Ave., Suite 1405, Roseville; (916) 297-7476; yourholisticvet.com

VETERINARY HEALING CENTER OF EL DORADO HILLS

2222 Francisco Drive, Suite 150, El Dorado Hills; (916) 933-6030; vethealingeldoradohills.com

ACUPUNCTURE AND MORE



Dr. Angie Stamm

Led by Angie Stamm, DVM, CVA, a UC Davis vet school alum, Meridian Veterinary Care provides integrative and alternative treatments for dogs and cats including acupuncture, herbal medicine, supplements and nutritional counseling. Vet staff members also administer a variety of pain management techniques including ozone therapy, orthopedic manipulation and something called Assisi Pulsating Electromagnetic Field (Assisi PEMF). For cancer, Meridian has treatments to slow tumor growth and reduce the side effects associated with traditional treatments. 9712 Fair Oaks Blvd., Suite B, Fair Oaks; (916) 342-1245; meridianvetcare.com

NOT JUST FOR EMERGENCIES

Not sure if it's an emergency? Vista Veterinary Specialists' website lists common concerns (vomiting/diarrhea, bites, toxicities, even labor and delivery) to help you decide when to seek help. The bottom line, though: If you are unsure, go in sooner than later. Located in Sacramento's Greenhaven/Pocket neighborhood, Vista also provides specialty services including cardiology, neurology and dermatology. Vista maintains an active Facebook page ([facebook.com/VistaVets](https://www.facebook.com/VistaVets)) and posts everything from animal updates to a list of "Pet Movies That Won't Make You Cry." (Sign us up!) 7425 Greenhaven Drive; (916) 231-4445; vistavets.com



24-HOUR EMERGENCY VETS

ATLANTIC STREET PET EMERGENCY CENTER

1100 Atlantic St., Roseville;
(916) 783-4655;
atlanticstreet.ethosvet.com

INSIGHT VETERINARY WELLNESS CENTER

4509 Golden Foothill Pkwy., El Dorado Hills; (916) 618-4700;
insightvetwellness.com

MARQUEEN VET EMERGENCY & SPECIALTY

9205 Sierra College Blvd., Suite 120, Roseville; (916) 757-6700;
marqueenanimalclinic.com

UC DAVIS WILLIAM R. PRITCHARD VETERINARY MEDICAL TEACHING HOSPITAL

1 Garrod Drive, Davis;
(530) 752-1393;
vetmed.ucdavis.edu/hospital

VCA BRADSHAW MEDICAL CENTER

9609 Bradshaw Road, Elk Grove; (916) 685-2494;
vcahospitals.com

VCA LOOMIS BASIN VETERINARY CLINIC

3901 Sierra College Blvd., Loomis; (916) 652-5816;
vcahospitals.com

VCA MUELLER PET MEDICAL CENTER & THE PET INN

7625 Freeport Blvd.; (916) 428-9202;
vcahospitals.com

VCA SACRAMENTO VETERINARY REFERRAL CENTER

9801 Old Winery Place; (916) 362-3111;
vcahospitals.com

VISTA VETERINARY SPECIALISTS

7425 Greenhaven Drive; (916) 231-4445;
vistavets.com

A TEACHING HOSPITAL FOR YOUR PET



Dogs, cats, horses, livestock and exotics (now you know where to take your bearded dragon): UC Davis William R. Pritchard Veterinary Medical Teaching Hospital treats them all. Celebrities including William Shatner, Renée Zellweger and the late Doris Day have brought their pets for treatment; others have traveled from as far as the Middle East and Asia. Whether your pet needs basic veterinary care, treatment for a rare disease or something in

between, it's available here. The list is long, but noteworthy procedures include total hip replacements, canine bone regrowth (following traumatic injury or disease), hemodialysis, cancer therapies and stem cell treatments. A recent highlight: treatment for feline chronic gingivostomatitis, a painful teeth-threatening condition that affects one in seven cats. 1 Garrod Drive, Davis; (530) 752-1393; vetmed.ucdavis.edu/hospital

FOR DOGS ONLY

DOGS DON'T KNOW THERE IS A PANDEMIC GOING ON; they just know they need to walk or run or play or swim. Here are a couple of places where they can do just that. (Added benefit: Their human companions can get a little outdoor social time as well.)

**FOR A LIST OF
DOG PARKS IN THE
CITY OF SACRAMENTO,**

go to cityofsacramento.org/parksandrec/parks (Click "parks" then "specialty parks" on the left-hand side of the screen.)

For the county, go to regionalparks.saccounty.net

ACTIVE LEARNING



Performance Dogs in Action in Pleasant Grove offers a variety of classes—everything from agility, herding and canine kayak (yes, that's a thing) to good old-fashioned obedience training. Owner Nola Jones specializes in training herding dogs and trains more than 200 dogs a week. She also specializes in farm-dog education. "I like to teach children about farm life and farm dogs," she says. Current and former students and those involved in dog sports can use the facility, which includes a pond, dock and pasture, via a Play Pass. The facility also is available for party rentals. "I have multiple picnic tables, a barbecue area and plenty of space," says Jones, who also provides dog day care. 7089 Pleasant Grove Road, Pleasant Grove; (916) 655-1558 (text only); performance-dogsinaction.com



At Performance Dogs in Action, herding dogs learn new skills and gain confidence by working out in the pasture with flocks of livestock and facility owner Nola Jones, a renowned dog whisperer.

CHOW TIME

HEALTHY HOUNDS KITCHEN

This East Sac establishment uses only USDA-certified meats and produce in its custom-made creations. Each meal is minimally cooked and available fresh or frozen. They even make dog treats. During non-COVID times, watch them work in their exhibition-style kitchen. 3608 McKinley Blvd.; (916) 346-4416; healthyhounds.com



MAD BUTCHER MEAT COMPANY

Using ingredients such as chia seeds and organic fruits and vegetables, Mad Butcher Meat Company's raw pet food line, Wholesome Raw Pet Food, has something for dogs, cats, even snakes. 6480 Florin Perkins Road; (916) 383-4943; madbutchermeat.com

PAWS AND THE PALETTE

Looking for a birthday cake for your dog? Look no further than Pups and the Palette, which makes a variety of organic sweet treats—some of them vegan—for your sweet pup and a few for your feline friend. 1014 24th St.; (916) 337-3370; pawsandthepalette.com



V. MILLER MEATS

The next time you're picking up pork belly or handmade sausage at this specialty butcher shop in East Sacramento, grab some custom dog food for your best pal. 4801 Folsom Blvd.; (916) 400-4127; vmillermeats.com



AT THE ANIMAL DEN

At the Animal Den Pet Resort, the membership-based dog play area—The Local Bark Park—includes an in-ground pool, climbing and play structures, toys and a digging pit. All the while, you can enjoy craft beer and nibbles. All dogs must be up to date on vaccines, spayed/neutered (if older than 10 months) and exhibit appropriate temperament for a group setting. Animal Den also provides doggie day care, boarding and grooming services for dogs and cats. "So far, we've only gotten dogs and cats, but we're not opposed to other animals," says Carely Valdivia, assistant manager. 4060 Power Inn Road; (916) 456-4720; animaldenpetresort.com



Beth Baugher

A SOFT PLACE TO LAND

ANYONE WHO HAS EXPERIENCED THE DEATH OF A PET KNOWS THE GRIEF IS REAL.

Just ask Shanie Bradley. “I still can’t look at her pictures without getting a big lump in my throat,” says Bradley, whose dog Ginger (Ginny) died unexpectedly this past summer. “Her ashes sit in a beautiful box on top of our entertainment center with her collar and tag on top, and her paw print is right next to it on a ceramic tile.”

Keeping collars, tags and other items associated with your pet is a healthy way to process the loss of a being that provided unconditional love, according to Florence Soares-Dabalos, client support and wellness professional at William R. Pritchard Veterinary Medical Teaching Hospital at UC Davis. She also recommends employing rituals such as making a photo journal, writing a letter and holding a funeral, especially if children are involved. “Whatever you would do for a human loved one, why not do for your pet as well?” she says.

People may find support through a support group, grief counselor or crisis line, but Soares-Dabalos recommends caution in confiding in friends or family members who may not respect the magnitude of pet loss. “If somebody dismisses or minimizes their grief, that person does not understand the depth of the human and animal bond,” says Soares-Dabalos, who has provided support and education to people over the loss of cats, dogs, horses, pigs, chickens, goats and iguanas.

How can someone help? “Just be there,” says Soares-Dabalos. “Listening is doing something. Validating is doing something.”

Soares-Dabalos reminds us that grief is an individual experience. “It will take time. There will be ups and downs,” she says. Above all, she says, express your grief. “It’s not something that people need to hide or be ashamed of, because there are plenty of us animal lovers who do understand.”



PET GRIEF RESOURCES

SACRAMENTO SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS PET LOSS SUPPORT GROUP

First Tuesday of each month 6:30–8 p.m. via Zoom. (916) 504-2847; sspca.org

YOLO HOSPICE

Free individual pet bereavement counseling via telephone or Zoom. When it is safe to return to in-person gatherings, Yolo Hospice expects to resume its monthly in-person pet loss support group. (530) 758-5566; yolohospice.org

UC DAVIS VETERINARY MEDICINE

Offers a website with a wealth of pet loss grief information and resources. vetmed.ucdavis.edu/grief-counseling/pet-loss-resources

ASSOCIATION FOR PET LOSS AND BEREAVEMENT CHAT ROOM

apl.org

LAP OF LOVE VETERINARY HOSPICE & IN-HOME EUTHANASIA PET LOSS AND BEREAVEMENT RESOURCE LINE

(855) 352-5683 (LOVE). Note: Lap of Love’s website also has a lot of helpful information: lapoflove.com

PETLOSS.COM

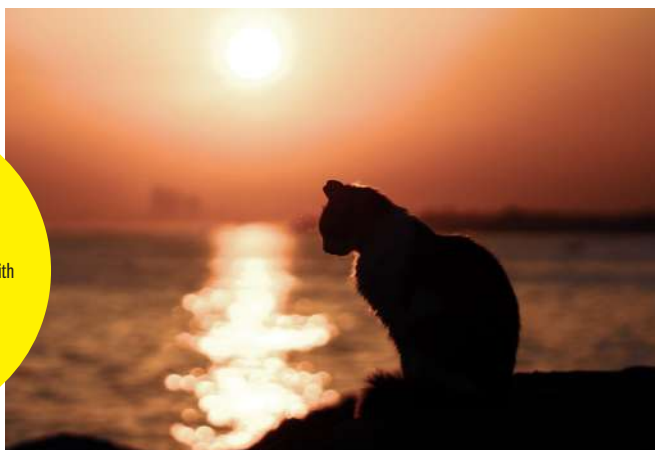
Pet loss support resources including an online chat room.

TREASURED PETS

Provides a variety of pet loss support services and resources including pet grief support. (916) 348-4000; treasuredpets.net

WHY CAN'T THEY JUST LIVE FOREVER?

Some ways to remember your beloved pet: create a memory stone with their name, make a shadow box with collars, toys and a favorite dish, plant a tree in their honor or create a photo collage of the best images captured over the years.



CAPTURING THE MOMENT

Your dog is probably your hiking buddy, camping cohort, maybe even your paddle boarding pal. Have you ever considered capturing these moments on film? Ashley English, photographer with **COOP & YOU PHOTOGRAPHY** (coopandyou.photography), specializes in shooting outdoorsy, action-type shots. "Those are the moments that are really special to capture," says English, who moved to Sacramento from Southern California this past August with her husband and two dogs, Cooper and Fidus. Coop & You is named after Cooper, who was English's muse. "I became obsessed with taking pictures of her . . . and I thought, 'Maybe I'd like to do this.'" English photographs dogs, cats, rabbits, hamsters—any animal is photo worthy in her eyes. She also can turn one of your photos into minimalist digital art.

Fans of Andy Warhol and pop art will want to check out the work of local artist **DAWN PEDERSEN**. "I put more ornamentation in, but I am influenced by pop art and Andy Warhol's choice of colors," says Dawn Pedersen (dawnpedersen.com), whose work has been displayed at Crocker Art Museum and Fe Gallery. She sells prints of her commission paintings, and her collection of candy-colored pop art animal paintings is worth perusing for the titles alone. A couple of standouts: *Bubba's Gonna Need to Try Your Chicken Again to Make Sure It's Safe for You to Eat* and *Onyx Tells You Your Future But Sometimes He Lies*. "I'm trying to get into the mind of the animal. 'If this animal were a human with this look on their face, what might they be thinking?'" says Pedersen, who herself has a "pandemic kitten" and two loaded fish tanks. She works exclusively from photos and can create using watercolor, acrylic, oil or ink. She also makes calendars, ornaments and button pins. **S**



"Nika Prefers Fresh Sturgeon But She Will Accept This Canned Tuna," acrylic on wood panel, by Dawn Pedersen



An action shot by pet photographer Ashley English



Daily Dose of Luna

Every day, I text a photo of my black kitten, Luna, to my parents and sister. We're a family of cat-lovers and a new kitten is so photogenic. The Daily Dose of Luna quickly became a fun way to stay in touch and pass along not-that-crucial news—a photo of Luna with Mike, who was wearing his bike jersey (to show my cycling-fanatic dad that Mike's been riding); Luna admiring the MacBook Air box (to report that my new laptop arrived); Luna looking nervously roofward with a message that the gutter guys were on the premises. A favorite: Luna and tuxedo housemate Rosie in a fight sequence on the windowsill

facing neighbor Ron's sunset maple trees, announcing the coming of fall during the pandemic year when we would skip gathering at my house as usual for the holidays.

Yes, Luna is a pandemic pet. As writer Elena Macaluso confirms in this month's Pet Mania story, adopting a puppy or kitten has been a real trend this past year. For me, the decision to adopt in 2020 was multifold: Our older daughter moved out early in the year and took her two cats, which left Rosie lonely. (Despite the windowsill antics, Rosie and Luna are friends.) And, hey, what better time? I'm working from home, and there's plenty of room on my lap underneath my keyboard.



I got Luna two days before the Sacramento SPCA's Clear the Shelters event would've reduced her price by more than two-thirds. On that late September day, when SPCA volunteer Emily pulled her out

of the curtained cage, I knew I'd better snap the kitty up right then. She was perfect: black, shorthaired, friendly, affectionate (so much purring!) and healthy (shiny and sturdy). She's a true companion, always in orbit around me, my glossy little moon cat.

Enjoy your pandemic pets—and the issue.

KRISTA MINARD
krista@sacmag.com

AND THERE'S MORE ...

► I hired **Elena Macaluso**, former Sac Mag associate editor, to write the Pet Mania story in part because of her deep devotion to animals. For example, Elena used to take her cat Angel to have her photo taken with Santa every year (and Angel put up with it!) because monies raised benefited local rescue organizations. These days, Elena takes tuxedo Ladybug and dilute tortie Mama Kitty, who she adopted from Lapcats the year after Angel died. Elena and her guy, Derek, did a stint reading to dogs on Fourth of July at Bradshaw Animal Shelter, and she's made many donations to local shelters in the name of friends' deceased pets. At the holidays, she holds a party in memory of her mother, who also loved animals, and requests guests bring gifts she can donate to an animal shelter. Then she loads up the stash—Costco-size bags of dog food, giant canisters of cat litter, gangly feather wands, etc.—and delivers it herself.

CONTRIBUTORS

Jennifer Junghans

"I thought a nature-inspired treasure hunt would serve as a welcome guide to explore the natural world intentionally," says Jennifer Junghans, who has degrees in biological science and horticulture and writes about wildlife, conservation and food systems. "We look at things all day long, but when we observe them, hidden worlds are revealed! Close encounters with these 10 local natural wonders will inevitably lead to other awe-inspiring discoveries, and I hope it serves as a steppingstone to a lifelong relationship with our natural world."



Ryan Angel Meza

"An assignment like this is always tough because of all the emotions that go along with it," says Ryan Angel Meza, who shot the photos of writer Kate Washington and her husband, Brad Buchanan, for "Who Cares" in this issue. "Staying in tune with microexpressions can be a glimpse into their psyche—mind, spirit and even the dynamics between loved ones. From a technical perspective, particularly with the kitchen shot of Kate and Brad, I wanted to incorporate symbolism between the light and darkness."



Susan Yee

Raised in Sacramento, photographer Susan Yee enjoys capturing how the city has evolved over the years. "I love the interior space of the new Fort Sutter (Hotel) and Four Palms bar," she says. "It's got a great vibe." After graduating from Sac State with a photography degree, she moved to San Diego for 10 years before coming back to the city where it all began. She has photographed for Sunset magazine, Chipotle, Whole Foods, local businesses, branding companies and social media influencers.

