

Pet Care

By Rez Animal Resource & Education



- Overheating (heat prostration) can kill an animal. Never leave an animal alone in a vehicle, since even with the windows open, a parked car, truck or van can quickly become a furnace. Parking in shade offers little protection, as the sun shifts during the day. When traveling, carry a gallon thermos filled with fresh, cold water.
- Don't force your animal to exercise after a meal in hot, humid weather. Always exercise him or her in the cool of the early morning or evening.
- In extremely hot weather, don't leave your dog standing on the street, and keep walks to a minimum. He is much closer to the hot asphalt and his body can heat up quickly. His paws can burn since they are not protected by shoes.
- Never take an animal to the beach unless you can provide a shaded spot and plenty of fresh water for her to drink. Rinse her off after she has been in salt water.
- Always provide plenty of shade for an animal staying outside the house. A properly constructed dog house serves best. Bring your dog or cat inside during the heat of the day and let her rest in a cool part of your house. Always provide plenty of cool, clean water for your animal.
- Please be sensitive to old and overweight animals in hot weather. Brachycephalic (snub-nosed) dogs (especially Bulldogs, Pekingese, Boston Terriers, Lhasa Apsos and Shih Tzus) and those with heart or lung diseases should be kept indoors in air-conditioning as much as possible.

Please be sure your pets have access to fresh water and shade from this extreme heat.

REZ ANIMAL RESOURCES AND EDUCATION (RARE) 360-280-6453

The River Inside

By Ho'o

Did you know there's a river inside of you? How is that possible? Much like a river your blood flows through you (feel your pulse). Now breathe, your respiratory system is a river because it must also flow (inhale and exhale). Then imagine that you're having lunch and feeding your body from the richness of Mother Earth (kale salad, yummy). The food travels from your plate into your mouth and through your digestive system, which is another example of a river. Finally, reach for that tall drink of water. What NO WATER?!

Often in my Zumba® or Hula class I will remind students to move, breathe, drink water and eat beautifully because it is essential to living healthy. The river inside of you is a unique flow of an intricate weaving one that must be maintained on a regular basis by what you eat, drink, do and absorb. Yet before we can live healthy we have to *take-out-the-trash*. A river with trash is not a vibrant ecosystem for life. Neither are images from TV or magazines that force us to adopt body types that might not be right for us.

News You Can Use

The easiest thing you can do for your body right now is *move* and *circulate*. Maybe your fingers, wrist and arms. Also, breath deep, because it is the life force that connects us to one another and to the universe. However the best thing you can do is join one of the many fitness programs or walk the track at the Youth Center. Four days a week is basic maintenance and your body will thank you for it in the future. Take care of the river within and the world will be a better place.

Zumba®:

Mon. & Wed. at the Elder's Building 11am-12pm ~or~ The Tribal Gym at 5pm-6pm (location subject to change)

Group Fitness:

Tue. & Thur. at the Youth Center (Contact Leilani)



The Nisqually River as it flows from Mount Rainer