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Paws for Thought by Dr. Tami Rogers

On the Road Again...

Summer is in full-swing and that means more time on the road. If you are like my family, your dogs go with you everywhere and look forward to road trips as much as you do.

However, sometimes travel can be stressful to pets—a bit of proper planning on your part can ease the tension felt by them and other family members. Obviously, there are some pets that are better left at home which is where a good boarding facility or a capable pet sitter can be a true asset. For those of you who are planning on traveling with your pets this summer, here are a few tips:

First and foremost, it is important to make sure your pet will be welcome upon arrival at your travel destination. A quick phone call ahead or quick search online will provide you with pet friendly destinations, campground regulations, and more useful information. I recommend that you extend the same courtesy to family and friends when planning a visit by making prior arrangements for your pet. A simple phone call shows you are a conscientious pet owner and respectful of other people's spaces. Secondly, it is especially important that your pet is wearing a collar with current identification tags when away from home, and always, of course! ID tags should include the home number and address as well as a cellular phone number that is guaranteed to be with you while away. In regard to other identification information, if your pet has a microchip, you should carry that information (their ID number and contact information for the appropriate company) as well as copies of current health and rabies certificates. Third, in what seems like a very obvious statement, make sure you have plenty of their food and appropriate medications to last the duration of your trip. You also may want to take some toys that they are used to playing with and of course, a leash is always essential. Lastly, if you are traveling to a region where your pet will be exposed to fleas, ticks, or mosquitoes, you should be armed with the appropriate preventatives (call your veterinarian to ask if you are unsure).



There are also some general considerations to keep in mind if travel occurs via car. Many of us take our dogs with us on a daily basis for routine errands or to work and obviously more time in a vehicle is expected with long road trips. Though most people say they are aware of this, I still see animals left in cars unattended during the summer months. Even with the windows "cracked," the temperature inside your vehicle can easily pass 120 degrees in a matter of minutes. Animals have a difficult time dissipating heat and quickly become overheated.

The stress of being overheated will increase the anxiety in a pet which will quickly exacerbate the problem. Whether running local errands or if you are on a long road trip, plan accordingly and make sure that your pet will never be left in the vehicle unattended.

Some other important

considerations with car travel include ensuring your pet is safely secured in the moving vehicle. During an accident, an unsecured pet is at risk of being thrown from the vehicle. Animals can fall out of moving vehicles if not appropriately secured. Seat belt systems are available at most pet stores or you can secure your pet in a kennel (avoid cardboard boxes as they will not withstand pressure). Also, when on long trips, it is important to stop frequently so your pet can go for a short walk to stretch and urinate. If car travel has a tendency to cause motion sickness for your pet, call your veterinarian as there are many approved medications that may alleviate the problem.

There are certainly other considerations to make when traveling and if you have questions or concerns, call your veterinarian before heading out on the road. Regardless of where your summer travels take you, I hope it is full of fun and adventure! Happy trails everyone....

Dr. Rogers can be reached at the Jacksonville Veterinary Hospital at 541-899-1081 or jvhospital@qwestoffice.net. See ad this page.

For Free-Range Fun—Try a Farm Stay!

By Caroline Milleson, Sanctuary One Operations Assistant

Summer is a busy and beautiful time here at Sanctuary One, a 55-acre care farm in the Applegate Valley, where people, animals and the earth come together for mutual healing. Our gardens are thriving and our animals seem to appreciate the long sunny days. Cucumbers and summer squash are ready for harvest, and sunflowers tower above us. Lisa, Lulu and Jigsaw, our trio of rescued Yorkshire pigs, cool-off with dips in the pond, in the company of wild and domestic ducks and geese. Rusty, the beagle, and little Gabe, the poodle, look forward to hikes up shady Mule Creek Trail, and the surrounding national forest is alive with birds, bees, berries and animal life.

Does this sound like a setting you might like to experience? It's all available for you to enjoy when you reserve a night or more in our Farm Stay Suite. Our Farm Stay Program provides a unique opportunity to support and connect with the daily operations of Sanctuary One. As a Farm Stay Volunteer, you'll spend some time each day assisting with farm and garden tasks and can also join educational tours, walk the labyrinth and even hike Mule Mountain.

Farm Stay Volunteers have the chance to meet our animal residents and assist in their care; from walking a dog, to socializing with the goats and llamas in the pasture, to relaxing with a shy cat in our cat cottage. Additionally, you can enjoy hands-on time in the garden and learn about hot composting, sheet mulching, vermiculture and permaculture principles. By caring for animals, tending the earth, and connecting with staff, visitors and volunteers, Farm Stay Volunteers engage in all facets of care farming.

Our Farm Stay Suite consists of an air-conditioned and spacious private bedroom and bath, as well as a shared kitchen, dining room, living room and back patio. The

Suite can accommodate up to four people, and includes a full-size bed, sleeper sofa, mini-fridge, microwave and gorgeous views of the garden and farm.

We encourage our visitors to explore the beauty and attractions of the Applegate Valley. Just two miles down the road, Applegate Lake Recreation Area is a great place to swim, hike, bike and boat. We're also perfectly positioned on the Applegate Valley Wine Trail, featuring 18 wineries including the award-winning Cowhorn Vineyard and Winery. Jacksonville, which is also nearby, is home to the popular Britt Music Festival, offering great concerts.

Town also offers-up great dining and shopping opportunities, as well as miles and miles of hiking trails in the Jacksonville Woodland and Forest Park Trail systems.

This is a superb opportunity for singles, couples and families alike. If you've always been curious about Sanctuary One, or you'd simply like to connect with animals, nature and some really great people, we invite you to stay with us!

For more information, please contact us at info@sanctuaryone.org or 541-899-6895. We hope to hear from you soon and can't wait to have you visit!



Sanctuary Farm Stay guest and with Sanctuary goat, Curly Sue



VISIT
www.SanctuaryOne.org