



THE  
ANTI-CRUELTY  
SOCIETY

An OPEN DOOR to COMPASSION

# Bark From The Heart



DIGITAL PROGRAM BOOK

May 1–31, 2021

# VCA ANIMAL HOSPITALS

would like to thank  
all **Anti-Cruelty Society**  
supporters!

**Save \$49.99 when you enroll in CareClub®\*\***

We are making it easier to give your pet the gift of good health by waiving the enrollment fee of \$49.99 for all CareClub Plans.

\*\*CareClub® Wellness Plans are preventive pet healthcare plans and are not insurance plans. CareClub® Wellness Plans do not cover any services which are not specifically identified in the CareClub® Wellness Plan purchased. Redeemable only at the Chicagoland VCA Animal Hospitals locations. Offer expires 12/31/21.

**\$25 First Exam\***

\$25 first exam includes:

- Status check on weight, nutrition and general health
- Dental check
- Vaccination overview

\*For new clients only. One \$25 initial health exam available per pet (dogs or cats only), up to 2 pets per household. Not to be combined with any other offer. Not good toward any services other than those set forth above including; boarding, grooming, prescription and non-prescription medication, and retail items. Not good toward emergency and/or specialty veterinary services. Redeemable only at the Chicagoland VCA Animal Hospitals locations. For pet owners who are aged 18 and older. No Cash Value. Expires 12/31/21. Cashier Code: 700.525 (Local).



**AT VCA ANIMAL HOSPITALS, WE CARE**





## A note from our **PRESIDENT**

**Springtime always brings us to one of our favorite events of the year. Even though we shifted from Bark In The Park to the virtual Bark From The Heart again this year, we are glad you have joined us to raise funds to care for and protect animals in need.**

This program book is a new addition to our Bark event and we hope you enjoy the helpful tips, resources, and stories. Page through to see pet trends, a focus on “barks and recreation” across Chicago, and stories about our Society alums, Daysha and Jarl. There’s a kids activity corner and even a dog-friendly recipe from our Community Cookbook for Dogs. Our thanks to our generous sponsors—especially Presenting Sponsor VCA Animal Hospitals and Platinum Sponsors Hill’s Pet Nutrition and Sandy and Jerry Manne. Check out the program for some special pet-centric coupons for dogs (and cats too!).

Thank YOU for your compassion in action and your participation in Bark From The Heart. You are an important part of our community of caring and your support helps us build a more humane Chicago while recognizing the importance of the human-animal bond. Have fun as you find your own adventure to celebrate with your friends, family, and fur friends. Remember to snap a photo and share it with your friends and on social media with #Bark2021.

With gratitude,

Tracy L. Elliott  
President and CEO

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The Anti-Cruelty Society is a private, independent, 501(c)(3) nonprofit that relies on the generosity of our donors and supporters. We are committed to an open door philosophy that provides care and compassion for any animal in need.

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# A STEP AHEAD FOR SHELTER PETS IN NEED

The Hill's Food, Shelter & Love program is proud to have helped over 11 million shelter pets and counting find a forever home.



# About **THE SOCIETY**



**At The Anti-Cruelty Society, we welcome all animals, whether they are cute or plain, young or old, square-jawed or bow-legged. We believe animals deserve love, respect, and the chance to find their forever homes.**

Founded in 1899, The Anti-Cruelty Society is Chicago's oldest and most comprehensive animal welfare organization. Our extensive programs and services help over 50,000 animals and humans every year. In addition to adoption, we provide community support to keep people and their pets together through safety net services such as Friends Who Care, Pop-up Pet Food Pantries, emergency pet boarding, and community education programs for all age groups. We conduct cruelty investigations and facilitate rescues across the Chicago area. We also offer a charity veterinary clinic, low or no cost spay/neuter clinic, a free behavior helpline, and access to our extensive pet care library and resources.

With more than 100 dedicated and passionate staff members, 617 active volunteers, and 709 fosters, The Anti-Cruelty Society has built a community of caring to help animals in need. We believe that pets are an essential part of the family and the community, and we work together to preserve families and to share the joy of the human-animal bond. This includes a commitment to the following:

- Compassionate care for any animal in need
- Providing the best life for every animal in our care
- Interventions to prevent cruelty to animals
- Community education on animal issues to inspire compassion and respect, and
- Low cost spay and neuter surgeries.

We are more than a shelter as we open our doors 365 days a year to any animal in need. Help support our efforts to keep an open door to compassion for any animal that needs assistance.

**For more information about The Anti-Cruelty Society, visit [anticruelty.org](https://anticruelty.org).**



# ABOUT the Event



## Bark From The Heart

**Bark in the Park is The Anti-Cruelty Society's largest fundraising event of the year, but with pandemic safety in mind, the event has been recast as Bark From The Heart—which still provides an opportunity to celebrate and support animals in need.**

While we hope for the return to the park in 2022, this year we are engaging with thousands of supporters to raise awareness and funds to help The Anti-Cruelty Society care for and protect animals through Bark From The Heart. We hope you will help us meet our goal to raise \$150,000 to support animals in need.

The Bark From The Heart campaign run through Monday, May 31. Participants are encouraged to sign up as individuals or form a team of friends and family to help meet their personal fundraising goals. Participants may also purchase an event T-shirt and bandana. The event ramps up to **Saturday, May 22** as participants will pick their own pet-centric adventure and plant their flag to support animals. Each participant is encouraged to share their experience on social media with #Bark2021.

[Learn more about Bark From The Heart.](#)





## FEED THE LOVE. LOSE THE WEIGHT.

90% of pet parents with an overweight pet don't realize it. Extra treats and people food can really add up over time. Hill's Pet Nutrition is here to help. See how Poochini and Moto got their lives back in these fun short films.



## FURBO DOG CAMERA

Pet parents who are returning to work and pre-pandemic activities can easily check up on their furry friends. This unique device not only has a video camera, you can talk to your pets, take real-time pics, AND throw treats with its innovative app.



## BARK FROM THE HEART BANDANA

This 100% cotton, vibrant yellow bandana offers a practical and stylish way to support The Anti-Cruelty Society. Wear it as a headband, temporary mask, or around your neck. Make sure to get an extra bandana to accessorize your favorite four-legged friend!

# Pet TRENDS

## SHOP MY VCA

Offering the highest-quality, veterinarian-approved selection of pet care essentials, shopmyvca.com is your VCA go-to destination for all your pet's needs. Join the growing trend of subscriptions to experience the convenience of automatic, uninterrupted refills of your pet's must-haves delivered right to your door.





# Fundraising as easy as “BARKS”



B  
A  
R  
K  
S

**Fundraising for Bark From The Heart is an easy and fun way to support animals in need around the Chicago area. You can make a difference by helping The Anti-Cruelty Society care for pets that need second chances.**

You already have all the tools you need to be a successful fundraiser! Think creatively about your interests, talents, skills, and personal network to raise funds and awareness for The Anti-Cruelty Society. We're here to support your efforts every step of the way. Here are some ideas to get you started:

**BIRTHDAY** – This year for your birthday, ask your friends and family to make a donation to The Anti-Cruelty Society. If your birthday isn't coming around for a while, consider celebrating your pet's birthday, or their Gotcha Day as a fundraising theme.

**AUCTION/DRAWING** – If you're an artist, crafter, cook, or maker, offer to create something as a reward for your donors. This could mean "auctioning" that thing off by offering it to the highest dollar donor, or creating a drawing, where every \$10 donated gets that donor one entry into your drawing.

**RACE** – If you're a runner, walker, or biker, sign up for a race, or set your own fitness goal and ask friends and family to sponsor you.

**IN-KIND** – Consider buying a gift card to your favorite bar or restaurant, or looking around your home for precious items you wouldn't mind parting with. This is a great option for the less crafty among us, and not a bad way to do a little spring cleaning. Give that item to either the highest dollar donor, or create a drawing to give more people the opportunity to donate and win.

**SERVICE** – Are you a baker, musician, or photographer? Offer your signature treats, a song request, a custom playlist, or a photo shoot, in exchange for a donation to your fundraiser.

#### **HOW TO COLLECT DONATIONS:**

Go to [give.anticruelty.org/bark2021](https://give.anticruelty.org/bark2021) and click "Form a team." Follow the instructions on the next pages to edit your image, bio, and goal. Once you're set up, share your fundraising page using email and social media to encourage people to donate and support your goal to help us care for thousands of animals every year.

**If you need assistance fundraising, email Lindsay Welbers, The Anti-Cruelty Society's team raiser.**



# TAG US in your best pictures! #Bark2021



**While you're out on your personalized adventure, don't forget to snap a photo with your Bark From The Heart flag!**

Share your pic to social media with the hashtag #Bark2021 to enter our Bark photo contest. The winner of each category will win a pet gift basket filled with toys, treats, and more! Winners will be selected by staff members and shared on our social media for everyone to see. Be on the lookout shortly after May 31 to see if your picture won!

#### **Plant Your Flag Contest Categories:**

- Farthest Distance: How far can you plant your flag from The Anti-Cruelty Society? Show us by tagging your location in the uploaded photo or simply tell us in the photo's description.

- Most Unique: Time to get creative! We want to see the most fun and quirky way you can plant your flag for animals in need.
- Model Status: Is your pet the cutest in the land? Show us your furry friend posed with your Bark flag! (Fur not required—can be scaly, feathery, or slimy.)

#### **TAG THE ANTI-CRUELTY SOCIETY:**

Facebook: [facebook.com/AntiCruelty](https://facebook.com/AntiCruelty)

Instagram: @anticruelty

Twitter: @anticruelty

**READY...SET...GO PLANT YOUR FLAG!**

## Pick an adventure and **PLANT YOUR FLAG** for pets!

**We're asking all participants to choose a special activity with a furry friend on SATURDAY, MAY 22 AND PLANT YOUR FLAG to support pets. Make sure to snap a photo and share on social media with #Bark2021.**

#### **Here are some ideas for your adventure:**

- Walk to your nearest dog park
- Hop, skip, and jump to the lakefront
- Drive to grandma's house
- Jog on your treadmill
- Ride the elevator to the top of your building
- Visit a local business that's pet friendly
- Find a mountain (or sand dune) to scale
- Mail your flag to a friend across the ocean

**Whatever path you choose, you can help raise awareness and funds for the Society when you Bark From The Heart!**





# MEET Daysha



## Society Success Story

This special girl came to us with an unfortunate story. Our field services team picked up this sweetie after it was reported that her previous owner had passed away and Daysha had been living in the house alone for six months. When she arrived, she was very thin and extremely fearful. She attempted to remove herself from any situation involving a human. Our staff put her on a nutritious diet to help her gain weight and worked with her to become more comfortable around people. While she continues to be shy at first, she now LOVES to be around people. Daysha has since found her forever home where she will never have to feel the sense of neglect ever again.

**Help us continue to rescue animals like DAYSHA!**



## Our COMMUNITY PROGRAMS

To help keep pets and families together, The Anti-Cruelty Society provides a variety of innovative safety net services and programs.

**SAFE** – The Short-term Accommodations For Emergencies (SAFE) program assists people in times of crisis by providing temporary housing for family pets. SAFE provides up to 45 days of boarding, medical, and health services for pets free of charge.

**PET SUBSIDIES** – Securing pet-friendly housing can be challenging so we provide a one-time subsidy to help with pet deposits and fees for qualified individuals.

**FRIENDS WHO CARE** – Free pet food is delivered each month to qualified senior citizens who are at least 65 years old.

If you're looking for opportunities to help animals, the Society offers a variety of volunteer programs for pet lovers of all ages.

**NEONATE KITTEN FOSTERS** – Provide care for the most at-risk group of pets, neonatal kittens. These fosters provide 24-hour care for newborn kittens in their home. This intensive, yet rewarding, program equips you to care for these bottle babies with the support of our expert animal care staff.

**CRAFTS & CRITTERS** – Participants of all ages and families are welcome to join this Crafts & Critters virtual program where a staff member demonstrates how to craft easy-to-make enrichment items for our shelter animals.

An important part of our mission, our educational programs highlight pet safety, compassionate care, and training techniques.

**STORY TIME WITH MUFFIN** – With the help of Muffin, the Society's puppet dog, kids discover how much fun reading can be while learning ways to be safe around animals!

**AFTER SCHOOL CRAFTING CLUB** – Designed for high schoolers, each week participants create a DIY project to help enrich the shelter's animals.

**URBAN DOGS** – This virtual workshop helps dogs and owners learn how to adjust to city life. From dog reactivity to riding elevators, this program covers why dogs do what they do and how to best help achieve canine harmony in urban areas.



# Fundraise with BARK From The HEART

The Anti-Cruelty Society's goal is to raise \$150,000 during Bark From The Heart to help the pets in our care and we need your help! Set your very own fundraising goal and color in the thermometer to track your progress.

My personal Bark From The Heart fundraising goal is \$\_\_\_\_\_!

I'm raising money for Bark From The Heart because....

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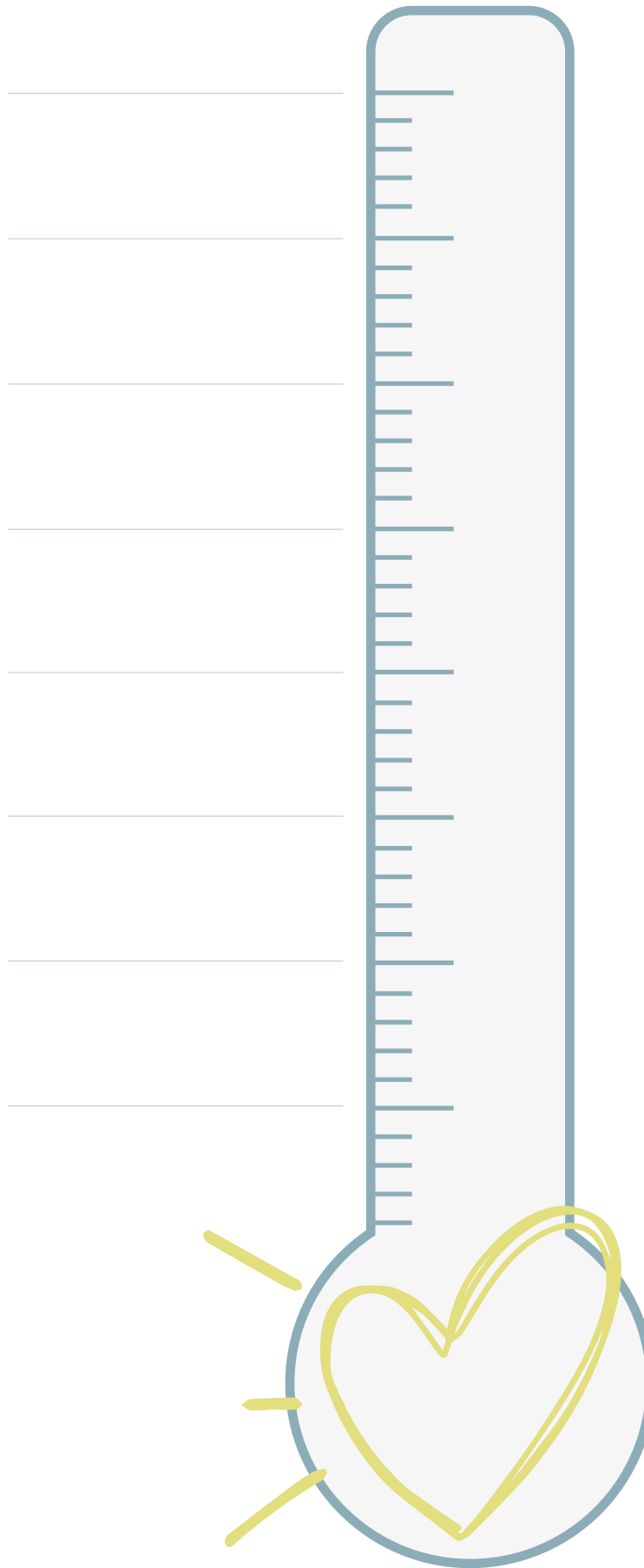
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You can set up your personal fundraising page by [CLICKING HERE](#).



## BARK From The Heart SWAG



Bark From The Heart is about many things, including gratitude. We're so grateful to our fundraisers and donors for helping support our work and we want to thank everyone who helps us achieve our fundraising goals. You can earn some cool Bark From The Heart gear with each fundraising milestone. Everyone who raises or donates the following amounts by May 31 will receive:

**\$20:** Bark From The Heart event flag

**\$50:** Flag and T-shirt

**\$60:** Flag, T-shirt, and bandana

**\$250:** Flag, T-shirt, bandana, and picnic blanket

**\$500:** Flag, T-shirt, bandana, picnic blanket, and cooler

[Click here to get FUNDRAISING!](#)



# PET PORTRAITS

**JULY  
11-18, 2021**

**BACK BY  
POPULAR  
DEMAND**



## Help animals in need by ordering yours!

The Anti-Cruelty Society is excited to bring back its popular Pet Portraits fundraiser! Starting July 11, you can sign up to receive a one-of-a-kind drawing of your furry friend from one of our volunteers or staff members. Here's the catch, artists are chosen at random; your portrait might be painted, digitally drawn, colored with crayons; professional, or more "abstract." But one thing is for sure, it will be unique!

**Registration opens Sunday, July 11, 2021.**  
**For more details visit: [anticruelty.org/portraits](https://anticruelty.org/portraits)**



# SUMMER Safety TIPS



**Hot weather can be dangerous for pets—especially dogs who spend more time outside. Follow these recommendations to keep your four-legged friends safe as the temperature rises.**

Do not leave your pet in a parked car. It can become dangerously hot in just a few minutes, even with the windows open. Your pet may be at risk for irreversible organ damage or death.

Be aware of the humidity. With high humidity, dogs have a harder time cooling themselves, which leads to overheating and their internal temperatures skyrocketing. Offer an ice pack or wet towel for them to lay on, and if available, a wading pool with shallow, cool water.

Limit outdoor activities and exercise on hot days. Extended periods of time in the heat can lead to heat stroke and death.

Morning and evening hours (before the sun comes up or after the sun goes down) are ideal. Walk your dog on grass, rather than asphalt to avoid burning his paws. Always bring water along on a walk.

Provide shade and water. When you're outside, be sure your pet has protection from heat and sun and plenty of fresh, cool water. Indoors, keep your home at a comfortable temperature with air conditioning or several fans running.

Know the signs of heat stroke. Take immediate action to cool your dog if they experience difficulty breathing, pale gums and tongue, disorientation, excessive drooling, muscle tremors, or sudden collapse. Quickly visit the vet to ensure your dog's recovery.

**[Find additional hot weather safety tips here!](#)**

## MEET Jarl



## Society Success Story

**Our field services team was called to rescue this sweet boy after a witness saw him being thrown from a car.**

Jarl, a 5-year-old male feline, arrived with multiple medical conditions and a distrust of humans. It was touch and go for a while, but our team provided expert medical care, nutritious food, and plenty of loving attention. Jarl's physical challenges improved and he started to trust humans again. He found his forever home in February with a loving family.

**[Help us continue to give animals like JARL a second chance at life!](#)**



# BARKS and RECREATION

## The Best Chicago Dog Parks for Your Pup to Let Loose

Apr 18, 2021 by Tiffany Tran, Sidewalk Dog (Edited by The Anti-Cruelty Society)



[READ THE FULL ARTICLE HERE!](#)

**Whether you want your dog to socialize, exercise, or just roll around and sniff everything in sight, the opportunities for a perfectly nature-filled afternoon are endless at these awesome Chicago dog parks.**

### Jackson Bark

This award-winning park is dog-full of amenities for you and your pup to enjoy: drinking-water stations, bag stations, a shaded “pup lounge,” toys, ramps and other fun objects to climb on, and SO much more.

### Puptown Dog Park

Located in Margate Park, Puptown Dog Park is a volunteer-maintained off-leash area. You’ve already got a view of the water near the Lakefront, but it also has a doggy drinking fountain to keep your pup hydrated!

### Wiggly Field

Located near Wrigley Field, this spot is one of the most famous and popular dog parks in the city. There’s a doggy drinking fountain, a small dog enclosure, and agility equipment on site! You can usually find street parking nearby.

### Portage Park Dog-Friendly Area

This small pup-friendly area makes up for its size with great features, including ample shade, water bowls, dog toys, and even a kiddie pool for the furry ones!

### Lake Shore East Dog Park

Located along the southern edge of Lake Shore East Park, this beautiful little dog park features a doggy drinking fountain to keep your doggo in tip-pup shape while you socialize and play.

### Montrose Dog Beach

This large fenced-off dog area located at the north end of Montrose Beach is a great place to let your

pooch frolic in the water or do the doggy paddle. There’s a paid dog-washing station onsite, and our sources tell us that dog food trucks make appearances on many weekends!

### Pottawattomie Park Dog-Friendly Area

Located right at the border of Rogers Park and Evanston, this spacious dog park is tucked in the back of the park next to the elevated CTA tracks. Overall quiet, the park has a separate area for the smol boys and even some agility equipment.

Sidewalk Dog’s mission is to help dog parents spend more time with their puppies by discovering and sharing activities they can do and places they can go—together! Sniff out their [award-winning newsletter](#) and [Instagram](#), then join their [Dog-Friendly Chicago Facebook Group](#).

**[Want more great local dog news and tips? Sign up for Sidewalk Dog’s newsletter!](#)**

Chicago’s

DOG PARKS



# LEASH training your CAT

## WHAT YOU NEED:

Leash training a cat is different from leash training a dog and requires different equipment. Make sure you use gear that is specifically designed for cats.

YES: well-fitted cat harness

NO: small dog harness

YES: lightweight, nylon or cloth leash

NO: chain leashes, retractable leashes

## LEASH TRAINING

### Step 1: Get your cat used to wearing the harness indoors.

Place the harness on your cat without the leash attached. Give him a treat or two with the harness on then slowly take the harness off. Only give treats when the harness is on, do not give treats when the harness is off. Repeat this process while gradually increasing the amount of time your cat wears the harness.

### Step 2: Get your cat used to walking on the leash (without tension) indoors.

After your cat is comfortable with the harness, attach the leash to the harness. Begin by allowing your cat to walk around as you follow with a loose leash. After a short time, remove the harness and leash and repeat this process for a few days until your cat is relaxed and freely walking.

**Step 3: Get your cat used to leash tension indoors.** While supervising, allow your cat to drag the leash behind him or her while freely moving around your home. This will allow your cat to feel and get comfortable with a little bit of leash tension. Always make sure to supervise and never leave a leash or harness on an unsupervised cat.

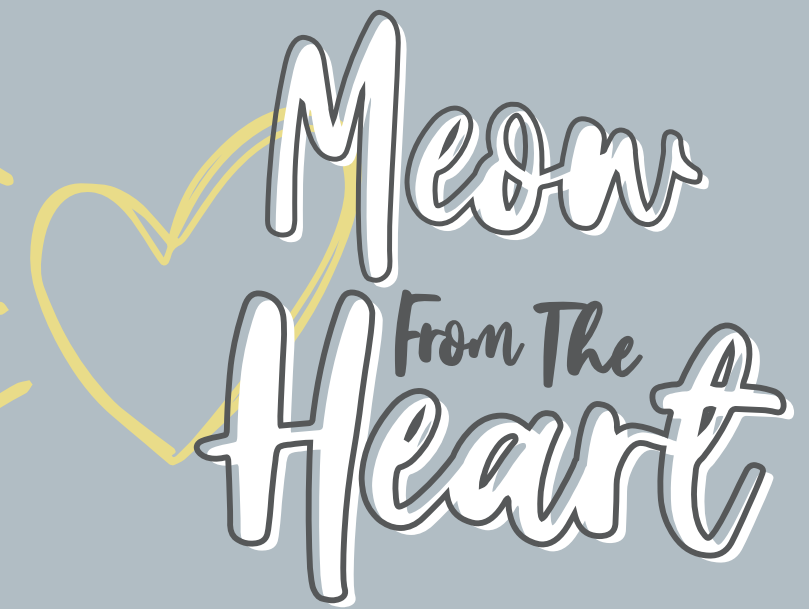
**Step 4: Walk your cat indoors.** Put on the harness and leash and follow your cat as in Step 2. After the cat has walked a bit, gently try to lead your cat in another direction. Use treats either dropped on the floor or held in your fingers to lure your cat and then reward your cat for moving. Praise your cat and give treats if he walks on his own.

**Step 5: Go Outside.** On a dry, temperate day, start by walking your cat to the door, opening the door, and encouraging him to go outside. To help with this, toss a treat one-foot outside the door to lure your cat. If your cat is frightened or hesitant, do not force him to go out. Instead, stop for the day and try again later.

Make sure to bring treats for your cat when walking outside. Keep the time spent outside to a few lovely minutes. When it comes to training, it is far better to end on a positive note than a negative one.

Don't venture too far away from your home on your walks. Be aware of your surroundings and keep your cat away from dogs, small children, and other potential disturbances

**VISIT OUR PET LIBRARY** offering information on over 80 topics related to general care, health, and behavior.



**This year, we're inviting our favorite felines to celebrate Bark From The Heart! Here are a few ideas for how to get your cat in on the Barking:**

Plant your flag in their favorite spot – Where does your cat like to snooze? On their cat bed? By the scratching post? On your laptop? Take a photo with your furry friend and the flag.

Train your cat – Cats are independent, clever and a little aloof, but you can train them to follow some basic commands. Using a handful of treats, and a lot of patience you can teach your cat to “come,” “stay,” “shake paw,” or “high five!”

Make a new toy for them – see if you have a cork and some pipe cleaners or maybe some catnip in the house. [Click here](#) to create some fun DIY toys for your cat.

[Check out more cat info in our Pet Library!](#)



# 9 DOG-Friendly HIKES Near Chicago

Need help picking out an adventure for you and your pooch? Read on for great recommendations from our friends at Sidewalk Dog



Apr 18, 2021 by Tiffany Tran, Sidewalk Dog (Edited by The Anti-Cruelty Society)



[READ THE FULL ARTICLE HERE!](#)

**While the Midwest isn't famous for any mountain ranges or elevation, there are still plenty of amazing sights near Chicago. Get ready to leash up and let your pup get their sniff on with these dog-friendly hikes.**

## 1. Lakefront Trail

This dog-friendly hike spans different neighborhoods, so you can explore something new every time. With 18.5 miles of trail, you'll be sure to get your steps in.

## 2. Beck Lake – Des Plaines River Trail

Beck Lake is located 30 minutes north of Chicago and is part of the 16-mile long Des Plaines Trail System. But there's nothing plain about it and its gorgeous pockets of prairie flowers to admire.

## 3. Palos Trail System

Bring your best pal to the Palos Preserves, which are less than 30 minutes southwest from downtown Chicago. They

have some of the best natural areas, with plenty of sloughs, inclines, and unpaved trails for a "real" hiking experience.

## 4. Moraine Hills State Park

Located an hour northwest of Chicago, Moraine Hills State Park is perfect for the whole family—pups and human puppies included! The park features a mix of paved and gravel paths with plenty of connecting trails.

## 5. Midewin National Tallgrass Prairie

Have you ever asked the exceptionally niche question, "Where do the buffalo roam?" Midewin National Tallgrass Prairie is the answer, located about an hour southwest of Chicago. With miles of trails through prairieland, it's a great chance to let your dog stop and smell the native wildflowers.

## 6. Starved Rock State Park

The namesake Starved Rock Loop gives you 5 miles of gorgeous views of canyons, rock formations, and seasonal waterfalls—all of which would be the best backdrops for your doggo's loyal Instagram followers.

## 7. Swallow Cliff Woods

Technically part of the Palos Trail System, there's a major road and channel between the Swallow Cliff Woods and the other trails mentioned, so we think they deserve their own section.

## 8. North Branch Trail

This trail is fully paved and spans from Gompers Park on the northwest side of Chicago to the Chicago Botanic Garden (which is 16 puppin' miles, but who's counting?).

## 9. Chain O' Lakes State Park

With 3 natural lakes and the Fox River that connects to 7 other lakes, maybe your dog will be bow wowed by the sheer number of options. With 6 miles of trails, it's the perfect place to meander with your pup and smell the flowers.

[Wanna know where else to take your pup near Chicago \(waterfalls, drive-ins, farmers markets\)?](#)  
[Subscribe to Sidewalk Dog's newsletter!](#)



# Cooking with the Society



## Millie's PUMPKIN PUPSICLES

### Ingredients:

- 1 can plain pumpkin
- 11 fluid ounces dog-safe chicken broth<sup>†</sup>
- 1 cup fresh strawberries (or other fruits/veggies\*)

### Instructions:

#### STEP ONE

Add all ingredients to a blender and mix until smooth.

#### STEP TWO

Pour mixture into ice cube tray or mold.

#### STEP THREE

Freeze overnight.

#### STEP FOUR

Let your pup enjoy!

\*You can substitute strawberries with other dog-safe fruits or vegetables such as carrots, blueberries, apples, or bananas.

<sup>†</sup> Use a broth that doesn't include onion or garlic as this can be harmful to dogs

Now available:  
The Anti-Cruelty Society's  
**COOKBOOK**  
for **DOGS**



**Help animals in need by ordering a copy today!**

Discover more than 20 healthy recipes for your canine companion with color photos of the finished treats from our test kitchen. Members of our community of caring, staff and volunteers, contributed the recipes, as well as photos of their beloved pups. In addition, Dr. Michelle Medhurst, an Anti-Cruelty Society veterinarian, shares professional suggestions on what to feed your dogs and what to avoid.

[Purchase an eBook or paperback here!](#)



## COLOR your FLAG



### **BARK** with **YOUR** heart...

Participate in Bark From The Heart and help animals in need by selecting an adventure with your pet (or by yourself!) on Saturday, May 22 and plant your flag for pets:

- Walk to your nearest dog park
- Hop, skip, and jump to the lakefront
- Drive to grandma's house
- Jog on your treadmill
- Ride the elevator to the top of your building
- Visit a local business that's pet friendly
- Find a mountain (or sand dune) to scale
- Mail your flag to a friend across the ocean
- Take a pic and post with #Bark2021





# high hopes

every sale gives hope to homeless pets™

## Summer of Rescue



**Win \$5,000** for your favorite pet rescue or shelter, plus  
**a year's supply of High Hopes treats** for your own fur  
buddy during High Hopes Summer of Rescue.



Go to [www.highhopesforpets.com](http://www.highhopesforpets.com) for true stories of  
pets that found their forever homes after having rough  
starts in life.

**Just vote** for your favorite story and nominate your  
favorite shelter or rescue, and you'll be part of  
**High Hopes Summer of Rescue.**



**EVERY SALE GIVES HOPE TO HOMELESS PETS**





# Kids CORNER

## Mad Libs

### "Family Bark"

It was a/an \_\_\_\_\_ day in May and the \_\_\_\_\_ family was preparing for a very special event. They planned a/an \_\_\_\_\_ way to celebrate Bark From The Heart. The whole whole family, including their dog, \_\_\_\_\_, were going to \_\_\_\_\_ at \_\_\_\_\_. They put on their Bark From The Heart \_\_\_\_\_ and headed out the door.

When they arrived, they planted their Bark From The Heart flag on top of a \_\_\_\_\_ and took \_\_\_\_\_ selfies.

On their adventure, they saw \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and a/an \_\_\_\_\_ looking \_\_\_\_\_.

It was an exciting day to celebrate Bark From The Heart!

### "Meow From The Heart"

\_\_\_\_\_ is a/an \_\_\_\_\_ cat cat who lives with \_\_\_\_\_ in a/an \_\_\_\_\_ overlooking \_\_\_\_\_ park. The cat was adopted from The Anti-Cruelty Society \_\_\_\_\_ of years ago because they would be a great \_\_\_\_\_ and \_\_\_\_\_ friend.

Together the cat and their \_\_\_\_\_ decided to participate in Bark From The Heart and plant a flag for pets. They agreed to plant their flag in the \_\_\_\_\_ so both cat and human were \_\_\_\_\_. They spent the rest of the day \_\_\_\_\_ in \_\_\_\_\_ and \_\_\_\_\_ on the \_\_\_\_\_.

It was a purrrfect way to \_\_\_\_\_ "Meow" From The Heart.

## Craft Corner: NO SEW PET BED

### HOME-MADE PET BED

The Anti-Cruelty Society provides each cat and dog with a soft blanket or bed on which to sleep. We use a variety of items throughout the shelter, including towels, blankets, and fleece, but the best possible item is a home-made pet bed. We've created the following tutorial to help you make make a soft and easy to wash bed that a cat or dog will be sure to enjoy.

### MATERIALS

- Fleece
- Ruler
- Scissors

### TIME TO CREATE

Each bed takes about one hour to create

### INSTRUCTIONS

1. Cut two 48x26 inch rectangles to make a dog bed or two 26x13 inch rectangles for a cat bed. Lay the two pieces on top of one another.
2. Cut 1 inch wide strips around the whole perimeter of the fabric (the cuts should go several inches in). Slice both layers at once.
3. Take one strip from the top layer and tie it to the corresponding strip beneath, creating a secure knot.
4. Tie the knots at all four edges.

[Find other DIY Crafts for animals HERE!](#)





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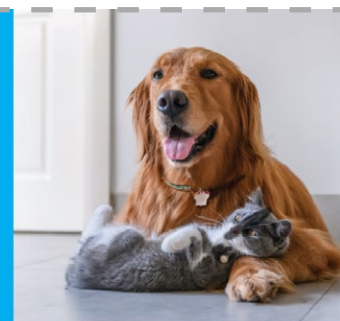


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