

REX

by adopter mike clausen

Billy and I have been together for 15 years. We own and operate DIAKADI Fitness Performance Life in San Francisco the city's largest personal training only facility. We were in our 12th year with the gym, so we were able to take small step back and have time for other things in our life, namely a dog.

I grew up with German Shepherds, so they are pretty much all I knew. My dad had a silver/white German Shepherd named Clyde from before I was born that lived until I was 13. Then I had Sam from when I was 17-years-old until I was 32. But when I left for college Sam, stayed with my parents.

Billy and I were up at Tahoe Donner over Labor Day last year, and everyone had either a child or a dog. I knew then that it was time. I have always wanted a dog as an adult, but I feared that our busy schedule of owning a business would not allow me the time to care for one. But being business owners also grants us the luxury to create our own schedule.

When we started talking about fostering a dog, the main responsibility of taking care of the dog would be mine so, naturally, I wanted a German Shepherd. Because my sister and brother-in-law have two German Shepherds, one of which is a police K-9 for Pleasanton, Billy was very familiar with the breed and was fine with getting one. With that



in mind, I started doing my research.

I started researching dog rescues and foster programs in the city. I looked through various rescue websites, scanning for a German Shepherd or Shepherd mix. Those searches led me to Golden State German Shepherd Rescue (GSGSR) where I read about the benefits of working with a breed-specific rescue. I checked on the adoption day schedule and we made our way to the Danville event the next weekend.

It was GSGSR Dog Coordinator Sarah's plea that they really needed a home for Rex that got to me. His current foster situation was overcrowded, and she told me, no one really wanted him due to his age and the fact that he tested positive for spinal myelopathy (degeneration of the myelin sheath around his spinal cord). He had had 16,000 views on his Facebook photo, yet no one was coming forward. I knew that I wanted a male and assumed he'd be easy to take care of since he was a senior dog. The day we met him he wasn't very social so

continued on page 4

WE LOVE HAPPY ENDINGS!

If you would like to include your GSGSR-adopted dog's photo and a story about him or her, please email the photo and text to: gsgsmichelle@earthlink.net with the subject line of newsletter dog. We cannot guarantee that we will use every submission.

We welcome letters from your GSGSR-adopted dog too! We're sure they'll be happy to tell you what they'd like to say if you'll type it for them. Please make sure there are no restrictions on the photo use.



MONTHLY ADOPTION DAYS

1st Saturday of the Month

Robinsons Feed Store
1150 East Victor Road
Lodi
10 am to 1 pm

2nd Saturday of the Month

Pet Food Express
3916 Bel Aire Plaza
Napa
10 am to 1 pm

3rd Saturday of the Month

Pet Food Express
3150 California Street
San Francisco
11 am to 1 pm

4th Saturday of the Month

Pet Food Express
609 San Ramon Valley Blvd.
Danville
11 am to 1 pm

Please check our website:
gsgsrescue.org
for updates; if the Saturday
falls on a holiday we may not have an
adoption event that week.

from the president

It is hard to believe that we are already into the second quarter of 2016. It has been a wonderful and exciting journey of regeneration and regrowth that started in January 2015.

In the investment world, the terms “short” and “long” are used quite often. We began 2015 in a “short” position. We were short of volunteers, foster homes, dogs and locations to hold our Adoption Days. However, within a short period of time, a group of wonderful volunteers “invested” many hours of their personal time to put Golden State German Shepherd Rescue in a “long” position.

We have a great group of new volunteers, 19 current foster homes and average between 16 to 25 dogs in our care at any given time. In January 2015 we had only one meet-and-greet at the Pet Food Express in Danville where we showed off our dogs to potential adopters. We now have four Saturday adoption locations – Lodi, Napa, San Francisco and Danville – and continue to sign up more volunteers and foster homes.

I would like to thank all of our volunteers who put so much time and energy into our program. You should all be proud that your investment has allowed us to grow by leaps and bounds! Last year we placed 79 dogs. To give you an idea of the financial support it takes to do our work, we spent \$54,000 on the dogs to achieve that number, more than two-thirds of that going to their medical expenses alone. Boarding was the next largest expenditure, so you can see why we always need more foster homes. We spend less than one quarter of our revenues on administrative costs, including purchasing supplies for our Adoption Days and printing and mailing this newsletter.

In addition to the new Adoption Days, we have been able to sponsor other events:

- A dog evaluation class at the Oakland Dog Shelter had 28 attendees. Our instructor JJ Jacobson did an outstanding job of teaching us about assessing new dogs and reading their body language.
- We held a medical class for our foster homes. Dr. Eleanor Dunn from Grand Lake Veterinary Hospital in Oakland graciously gave up her Sunday to teach the class. Dr. Dunn and her colleagues are our “go-to” vets and we greatly appreciate their continued support.

We have received two grants so far this year and we are looking into starting a low cost spay/neuter clinic in the San Joaquin Valley with the help and assistance of Luke’s Legacy. Much thanks to volunteer Joanne Koenig for spearheading our grant efforts.

Believing our valued volunteers should have all the tools they need, we will continue focusing on education. We will schedule classes for adoption counselors and foster homes in the near future.

Preparations are in the works planning our **2016 Gala** fundraiser. More details and a registration form are included on page 9.

We are optimistic that 2016 will be another great year. Remember, we can always use more volunteers – think about joining us. Others I wish to acknowledge and thank are our many sponsors and donors. With them and our dedicated volunteers, our mission to find forever homes for homeless German Shepherd Dogs continues on strong. ■

joan cannelli



The Contra Costa County Humane Society found her roaming the streets of Richmond. The two-year-old bicolor had a flea-caused skin infection, was severely malnourished and she’d ground down her lower teeth probably from repeatedly trying to chew her way out of her situation. Staff at the shelter considered her unadoptable, assuming her lack of appetite meant she had underlying medical issues, and planned to euthanize her until GSGSR decided to take her.

Fosters Amy and Erik took her in and named her Olivia. Olivia settled in with their pack of one cranky male and two female German Shepherds. Amy fell in love with the sweet, well-mannered girl and says, “I would have been a ‘foster fail’ if I could have.”

Meanwhile, Kim and Larry were looking for another dog. Their black German Shepherd Onyx was 10 and the family had recently lost their beloved yellow Labrador. Both had lifetimes of experience with dogs, Kim with hunting breeds and Larry with German Shep-

OLIVIA

herds because his dad gave him one when he was young to get past a fear of dogs.

Only one disagreement stood in the way of the Kim and Larry moving ahead – Kim had long been an adopter but Larry’s attitude about rescues was very negative. Kim prevailed in that discussion and, having read about Olivia on the GSGSR website, filled out the online adoption questionnaire, the first step in helping find the perfect match between a rescued German Shepherd and its forever home.

Amy contacted Kim and Larry, and arranged a meetup for them, with Onyx, at a park in Martinez. The dogs got along well. Kim and Larry liked Olivia enough to move forward with the adoption including a home visit where our volunteers assess the home

for suitability and safety for the dog and the family.

In this case, matters were a bit complicated. Kim and Larry have her 93-year-old mother living with them, and have infant and young grandchildren who live nearby and visit often. GSGSR does not place a dog in a family that has small children living in the home for safety reasons. They are not only big dogs, but GSGSR doesn’t know enough about the dog’s background to vouch for the safety of the situation. However, in this case, Amy felt that this was a good fit and took Olivia to her new home.

The couple wanted to rename her and settled on Larry’s wish to call her Kahlua. They just can’t say enough good things about her. She settled in with Onyx and Lumpsum, aka Bubba the cat. Kahlua is gentle with Kim’s mother, walking with her as the mother uses her walker to get down the hall then lies quietly at her side. When the grandchildren are around, she’s also

gentle and keeps a close eye on them. While Kahlua suffers some anxiety (she’s convinced the back yard hose is evil incarnate), the couple uses words like “exceptional.” She only barks at what she perceives as a threat and accepts all visitors to the house. As for Onyx, or Onnie, Kahlua is playful and her older friend now runs around the yard with Kahlua. “She’s a real blessing to the family,” Larry said.

Similarly, Kim and Larry are effusive about Amy – “She cares about the dogs, not herself.” Kim had connected with other rescue groups, finding those she actually talked with more interested in themselves. That’s when calls were actually returned or emails responded to. In fact, a couple of months after they adopted Kahlua, Amy and Erik paid the couple a visit. Larry said proudly, “They could not believe how she had transformed.”

Larry’s attitude about rescue group has completely changed from their experience with GSGSR. He is impressed with the group – its responsiveness, the background of each dog on the website and Amy, “The wonderful lady who loved Olivia to bits.” ■



DO YOU HAVE GSGSR GEAR?



GSGSR offers apparel and accessory items at its Adoption Day events (see page 2). Currently we have polo shirts, T-shirts, fleece vests (available in Fall), large and small tote bags, hats, license plate frames and a beautiful German Shepherd necklace. Coming in the next month: pink V-neck women's style T-shirts; light blue unisex T-shirts; pink visors and tan baseball caps!

We offer the merchandise virtually at cost to advertise GSGSR so we can continue to get more volunteers (especially foster parents) and donations to support us in saving more German Shepherd Dogs. Your "purchase" donation gets our brand out into more communities. As many will tell you, the shirts, in particular, cause many good conversations to start up with perfect strangers – baristas and bartenders, people standing near you in the checkout line of the store, even out on the trail as you walk your dogs.

If you would like to be more involved with merchandise, sales, fostering, Adoption Day events or any other activity, please complete a volunteer application on our website.



REX *continued*

I didn't know what to make of him. But he was so mellow, I knew things would be okay. Also, he reminded me so much of Sam.

We don't know much about Rex's background, except that he was mostly a backyard dog. Since he is so well trained and a such happy guy, I can't imagine that he was mistreated in anyway. I think he was probably bored a lot. Apparently, he was a master escape artist and, by the third time, his owners just left him in the pound. He is extremely fearful of loud noises and fireworks which is why he escaped his previous home. His teeth aren't in the best shape, so it looks like he was busy chewing rocks or other hard surfaces while he was in that backyard. Since he was older, we decided to keep his name as Rex, but often times he goes by the name of Boba or Boba Rex (after my favorite Star Wars character, Boba Fett).

When GSGSR found Rex, he weighed 115 pounds. With a combination of diet and exercise, Rex now weighs a healthy 85 pounds. He came to us with pain pills, which we have never given him. I think he was in pain because he was so heavy and lethargic. Not anymore! For breakfast and dinner, Rex gets two cups of PetKind Bison and Green Tripe

kibble, one cup of cooked chicken, two cups of green beans, two cups of carrots, a spoonful of olive oil and his Omega 3 supplement. We also add in whole body and canine support powders as well as a perio-support powder for his teeth. Rex is not very treat driven, so we don't have a lot of treats lying around for him, and use turkey for when we are training him.

Rex has a very active life now. We make it our priority to include him in all that we do. The dog is an athlete. He has been snowboarding in Tahoe multiple times and gets to swim in the ocean every month. He is an avid soccer player and needs to play every day. He gets three walks a day and we try to visit all the different dog parks in the city where he can get as much exercise as possible. He absolutely loves Fort Funston. He chases soccer balls there and plays with other dogs. It's good to see him open up more and become more playful with dogs.

The effects of age (we were told anywhere from 6 to 8 years old) have fallen by the wayside. He now has the youthful energy of a puppy. All he wants to do is play so we think he's probably around five or six.

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DINO

by foster mom joan cannelli

Each year on February 14th, people exchange cards, candy, gifts or flowers with their special valentine. It's often a day of love and romance. This Valentine's Day, along with two other volunteers, I went to the Oakland dog shelter where I first met and fell in love with a very dirty and sick male German Shepherd. I said I would foster him, even though I had no intention of taking a foster dog that day and wasn't sure why this particular dog got to me. I named him Dino, thinking that a good German dog should have an Italian name.

Within the first few days I had him, we realized that we had to treat him for a bad ear infection, a more serious lung infection and malnutrition (he weighed only 72 pounds). We bathed him, and began treating his ear and lung infections. We also fed him high quality food, and gave him antibiotics and supplements.

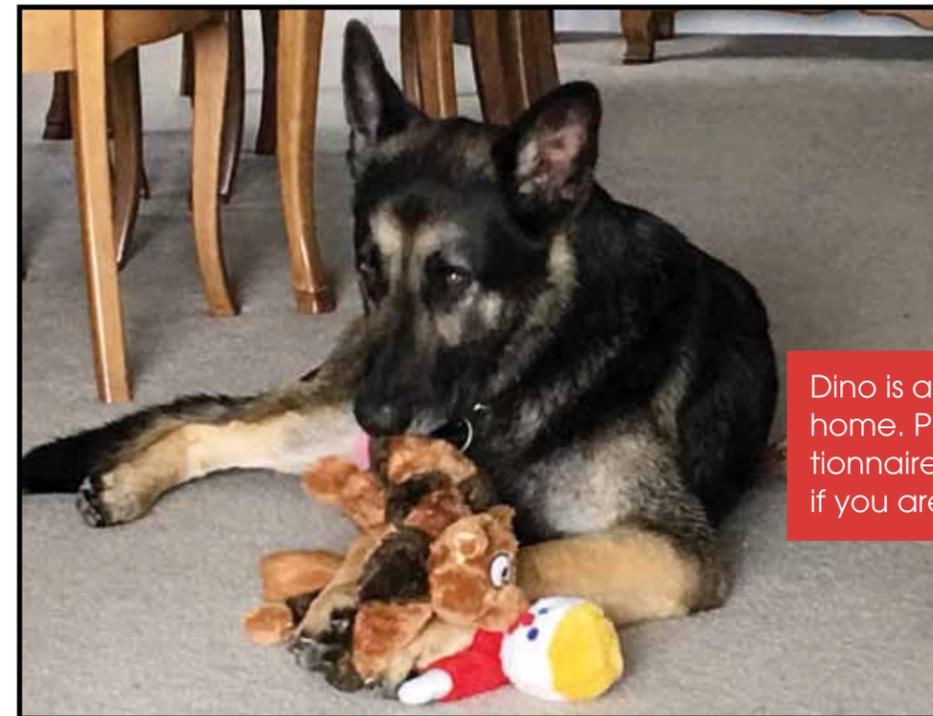
I didn't understand why someone did not look for him or did not give him any identification because he was neutered, housebroken and has wonderful house manners. At one time or another,

someone loved this dog and gave him attention.

Dino has been with me almost four months and he now weighs 88 pounds and his ear and lung problems have cleared. He does have pancreatic insufficiency though, which means that he can not correctly digest his food. When I first got him, he was only digesting 10% of what I fed him. Fortunately, this is an issue handled easily by adding enzymes to his food and soaking it in water for about 30 minutes. He will have to be on the enzymes for the rest of his life.

Dino is a clown! He loves squeaky toys, as a few of my neighbors will attest! He is not a big barker, is a total lover and wants to please. He is a big boy so will need some additional training. He loves people and he has been very good around kids. No cats for this big boy.

The perfect home for him would be either a home with a runner, because



Dino is available for adoption to the right home. Please fill out an adoption questionnaire on our website gsgsrescue.org if you are interested in Dino.



he has lots of energy, or a family with older children. He is, after all, a big boy and could easily knock down a small child and unintentionally injure them.

I will always remember Valentine's Day of 2016 – the day I fell in love with Dino! ■

STELLA

When Megan and Matt decided to look into getting a German Shepherd Dog, Matt started the online search. He, in particular, was looking for a loyal dog that would protect Megan, the house, neighbor kids and family. Matt is a police officer and applying to be a K-9 officer. It was important to him to know that when he was off serving and protecting, Megan wouldn't be without protection.

Both grew up with dogs, but for each, this was a first time with a GSD. For Matt there were beloved black Labradors, a Pit Bull/Labrador mix and a poodle belonging to his mother. Megan had loved Pugs and Beagle mixes. They knew that the negative stereotypes about GSDs but, having met many K-9 officers, Matt knew better.

As a puppy, Stella lived with a family in Sacramento. When the family had to move, their neighbors, a college student took her in, thinking it would be for a few days. However, the family just disappeared. Because he didn't have time for the dog, he advertised Stella as a free dog on Craigslist. Another rescue group contacted GSGSR Dog Manager Sarah who picked Stella up and took her to Amy who had just volunteered to foster dogs with GSGSR. Stella was Amy's first foster dog.

Matt's and Megan's online searching led them to GSGSR's website where they saw a picture of puppy Stella. When they met up again, both of them had taken a screen shot of Stella that they couldn't wait to show each other. Megan went to the Adoption Day event in Danville to find out more about Stella and the rescue organization in general. She was impressed. After filling out an adoption questionnaire, GSGSR's Foster Coordinator arranged a for them to meet her while she was still on the "Coming Soon" list.



Stella went to her forever home with Matt and Megan, and her new "sister" Roxy, an older Labrador/Dalmatian mix. From the beginning, Matt says, Stella was well behaved and calm, perhaps mirroring Roxy. The only non-toys she ever chewed up were a cell phone charger and her bed. Like puppies and GSDs, she destroys her toys; all but a stuffed duck that she carried around treating like her baby for the longest time.

Stella's a huge ball fan and will play catch all day. She treats the neighborhood youngsters gently but will steal their basketball at a moment's notice. At dog parks, she happily plays with the other dogs, running up to them to meet them. She loves laying on the couch and watching TV. When Matt and Megan sit together, Roxy always wants to be between them, which Stella turns into a contest. When Roxy is hogging the bed, still between her humans, Stella will either go to sleep at the foot of the bed or on the pillows.

Matt says Stella is a perfect fit with the family. She knows her basic commands and is the most selfless and loving girl. She's on the small side for a GSD but you know they are smitten with her. Why else would Matt have 600 photos on his phone – more than Megan, family, Roxy and the house combined? ■



SHOP AND SAVE SHEPHERDS!



Amazon donates .5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

A link can be found on our website gsgsrescue.org.

SUMMIT

One of our adopters lost their much-loved Bull Mastiff, Bella, in March. Bella was only seven years old and left gaping holes in their hearts. The family of five longed for a new dog but there were differing opinions in the house on what kind of dog to get. The teenagers wanted a puppy, in particular a pug. However as cute as a puppy can be, the parents knew the busy lives of teenagers would leave the parents to do most of the puppy-raising so they were thinking of a more mature dog. Cindy and Kirk agreed they both wanted a shorter-haired female. Kirk was keen on getting another Bull Mastiff. Cindy had other ideas. Specifically, she'd been thinking about rescuing a dog and never owned, but always liked, German Shepherds. The debates in the house continued.

Cindy had been watching facebook posts by her high school friend Samantha, a volunteer with GSGSR. Cindy found herself drawn to the many dogs looking for forever homes. However she became concerned when she heard several of her friends voice their fear of the German Shepherd breed – that was almost a deal-breaker. She knew from Samantha that GSDs were remarkable dogs, undeserving of their sometimes negative reputation.

Cindy started a soft-sell campaign by suggesting the family attend one of the GSGSR adoption days. She learned there was one in Lodi Adoption in April. They agreed to visit, just to check out the breed and talk with people about the dogs. No adopting, mind you, just talking, and learning more about the breed and how rescue worked.

The family met Summit at the Lodi event. Summit was a one-year to 18-month-old long-haired (coated) male. Cindy felt somehow drawn to him, even though he didn't meet the two criteria she and Kirk agreed on (short hair and female). They talked with volunteers about him and about the breed. They took him for a walk. At that point, the hook had set. But still, there were criteria that were important. The family talked with Summit's foster,

Mary, about the young dog. Did he hump things? No. Was he a marker? No. Does he counter-surf? No. Does he get on the furniture? No, he prefers to stay on the floor. Those boxes checked, the family continued through the adoption process, all agreeing on giving Summit a try-out.

During the first weekend Summit was home with them, many dog-owning friends were invited over to test Summit's social behavior. Since the house was often filled with loud teenagers, arriving at odd hours and sometimes even letting themselves in, the dog had to be adaptable and non-territorial. Although somewhat anxious at first, Summit warmed up to each visitor. As weeks went on, Summit learned the patterns of the house. He had begun to bark only when something out of the ordinary was occurring. One night, the family sponsored a post-prom party that started at 11 p.m. and went until 2 a.m. Summit barked at the first two young people to arrive before catching on that there'd be many more coming in. The boys at the party took him into the large back yard and played frisbee with him at midnight. Summit was thrilled.

Since going home with them, Summit has been pretty well behaved. Well, he did eat a nice memory foam pad when left in his crate early on and he will take off with just-removed socks. But he



hasn't looked twice at the yard's extensive drip irrigation system in the spring garden. He sleeps peacefully in a crate and only barks for warnings. Interestingly, when he got in the family truck, he settled right down on the passenger side floor mat, making everyone suspect that he was a contractor's dog, used to spending long periods napping there.

The family has made a point of exposing Summit to new situations, gradually relieving him of his anxiety and discomfort. Many dogs have been invited over to play in Summits territory. They are taking intermediate training with a [continued on page 8](#)



WANTED: *gala sponsors and donors!*

Plans are in the works for the 2016 Golden State German Shepherd Rescue Gala fundraiser. The date is October 1 and this year we are moving to a new venue. We will hold our event at **Zio Fraedo's Restaurant** in Pleasant Hill. We'll have more updates in our next newsletter, on our website and post on our Facebook page ("Like" us there if you don't already).

We are looking for auction sponsors and donations. Please consider making up a gift basket or getting gift certificates from restaurants, hair dressers, nail salons, massage parlors, etc. Do you have a time-share or condo you are willing to donate for a week or weekend? If you have empty baskets lying around your house, please let us know and we will make arrangements to pick them up. We depend on your generosity to make this event work.

The Gala is our only annual fundraiser. With your help, we can continue rescue and find forever homes for this wonderful breed. We have seen a large increase in the numbers of German Shepherds in shelters this year and we want to give them all the medical care and TLC they need until they find their forever families.

2015 GALA RECAP

On October 3, 2015, Golden State German Shepherd Rescue held its very successful Gala event that allows us to continue saving homeless German Shepherd Dogs and placing them in their forever homes. Held at the Crowne Plaza in Concord, 121 people attended, including guests Pleasant Hill Police Officer James Woehman and K9 Castor, Contra Costa Sheriff's Deputy Scott Pliler and K9 Anavi, along with rescue dogs Shasta, Hank, Siggie and Oneida.

Many thanks to our sponsors for supporting the event: Ann Taylor, Dick & Jean Zukin, Sharon Johnson, MBM Services, Wareham Development, Gerry & Ruby Hertz, Coyote Hills Kennel Club, Seagate Properties, Mary Severson and Franki & Dave Kohler.

As in years past, we held a silent auction. The Gal is our primary annual fundraiser and the auction is where we make the most since we charge a break-even rate for the dinners. Organizing the auction is a massive enterprise and we thank Debbi Hankins who has taken on this job for many years. Without her organizational skills, it would not be the fantastic event it always is. And thanks to everyone who donated items for the always popular gift baskets.

As some of you may know, GSGSR reorganized last year. The hard work that went into that effort made it particularly special to all come together to raise

the money we need to help homeless German Shepherd Dogs. Specifically, we use the money to:

- Provide necessary medical care, including spaying or neutering, microchipping. Many of our dogs come to us with health issues requiring expensive veterinary intervention.
- Board our dogs when we're short of foster homes.
- Give our fabulous foster families food, collars and other items to use as they ease the dog's transition from shelters and assess their temperaments so we can find the perfect home.
- Reimburse volunteers' mileage for taking the dogs to vet visits and adoption events.

Throughout the year, generous donors give us money – donating large sums outright, sponsoring our events, taking advantage of the donation boxes we have at all of our Adoption Day events, other times by sponsoring a dog. Thanks to volunteer Joanne Koenig, we have applied for and received several grants; one, for example, to pay for Klemmy's serious health issues after she came to us in deplorable condition.

Many thanks to all of you who participated either by donating and bidding on items, working the event and just being with us at the Gala. Our camaraderie made for a great evening. ■

SUMMIT *continued*

trainer who specializes in large breeds. With one of the girls, he very much enjoys playing search, making the family wonder if he'd enjoy search and rescue training. They all say it seems he's been with them forever.

Cindy had many compliments about GSGSR and our foster Mary. She particularly liked how willing everyone was to answer any questions she had, and to neither under- nor over-sell the dogs. In fact, she offers herself up to talk with any family experiencing the uncertainties they did about working with GSGSR and adopting a rescue GSD. ■



If you are unable to attend, you can still help make our event a success. We always need auction items and sponsors. All auction donations are tax deductible. Past auction items have included things like gift baskets, dog and cat items, wine, jewelry. Sports tickets and all types of gift certificates are always appreciated.

raffle

ALL CASH PRIZES

Grand Prize: \$2500

First Prize: \$1000

Second Prize: \$500

**Tickets
\$20**



**Only 600
tickets will be sold.**

Tickets may be bought up until the drawing time at the event. You need not be present to win.

Golden State German Shepherd Rescue invites you to celebrate our Sixth Annual Fundraiser

Zio Fraedo's in Pleasant Hill OCTOBER 1, 2016

Event begins at 6 pm.

Reserve early, registration limited.

Our annual Gala returns at a NEW venue!

Join us at Zio Fraedo's in Pleasant Hill for cocktails and hors d'ouvres, dinner and auction plus rescue dogs and working K9 dogs. Complete information and registration are available on our gala website **GSGSRFundraiser.org**.

Name 1: _____

Address: _____

Phone: _____

Email: _____

Entree Choice: Beef Chicken Vegetarian

Name 2: _____

Address: _____

Phone: _____

Email: _____

Entree Choice: Beef Chicken Vegetarian

of dinner tickets @ \$65/each: _____

Registration is limited to the first 150 people.

CUT OFF FOR RESERVATIONS IS WED., SEPT. 21.

Reserved tables available for parties of 8-10 people.

of raffle tickets @ \$20/each: _____

TOTAL: _____

Check made out to GSGSR enclosed

Bill my credit card: Visa Mastercard Amex Discover

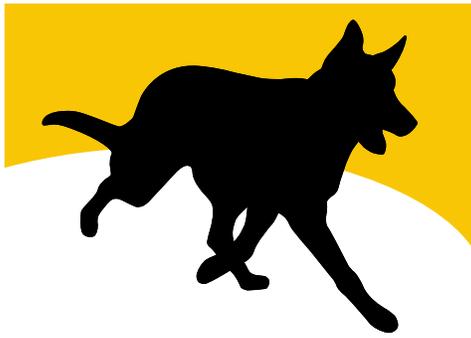
card #:w _____

exp: _____ id #: _____ (back of card)

Dinner confirmation will be sent when payment is received.

Mail form to GSGSR Gala, P.O. Box 2956, Alameda, CA, 94501 or fax to 510-217-6270 or email to gsgsrfundrasier@earthlink.net

**For more information: www.GSGSRFundraiser.org
gsgsrfundraiser@earthlink.net | 1-877-447-4717**



Golden State GERMAN SHEPHERD RESCUE

GOLDEN STATE GERMAN SHEPHERD RESCUE
Post Office Box 2956, Alameda, CA 94501
877-447-4717 (toll free)
goldenstategsr@earthlink.net
ggsrescue.org

Rex, continued from page 4

Rex is definitely an old soul. He plays off our energy, and is active when we are and mellow when we need him to be. We are able to bring him to work with us and Rex just curls up beneath our desk while we are in the office, and waits patiently and quietly if we are with clients. Around the house he will not leave our side. He follows me around religiously and spends time between the two of us.

Sarah was my main point of contact throughout the entire process. Our initial goal was just to foster Rex until someone adopted him. I assumed it would be for a long time since they were unable to place him in a home initially. I assumed that we would give him a comfy home to be in til he was adopted. As soon as he jumped in the back of my truck from when we picked him up at his foster home I knew he was our dog. After the first weekend with him, I put in our papers to adopt him. He was way too special of a dog to risk losing. Everyone at GSGSR has been great.

The one take-away I have from this experience is that I think adopting an older dog is the way to go. Especially with as busy as we are, it's so much easier having a well-trained dog in your home. Having Rex has allowed us to slow our lives down. I'm not just focused on work anymore, which is a great thing. If you're thinking of adopting a dog, give it a try. Make sure you have the time and the room for one, and maybe invest in a Dyson vacuum, because your house will never be the same! But having a dog will change your life. I forgot how much enrichment they bring to you. ■

