



Phyllis Schwartz

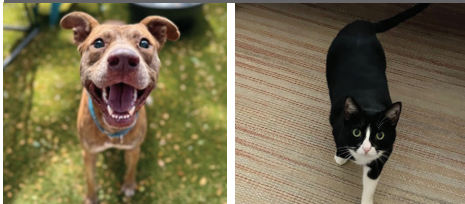
Life Lessons for Young Readers

Choose kindness. Don't bully. Be helpful. Enjoy reading and writing. Respect other cultures. These are just a few of the themes woven into a trio of children's books by Encinitas mom and author Phyllis Schwartz, a former TV news writer and producer. During her journalism career, she continued to write her personal poetry and was active in many community groups including the Girl Scouts, American Heart Association, and the American Cancer Society. The latter become one of the most important to her as a survivor of three different types of cancer. Her health journey inspired her first book, *When Mom Feels Great, Then We Do Too!* Schwartz's concerns about bullying on the playground, the boardroom, and beyond informed her second book, *Mom Wombat Says Make War No More!* Each of her books has an easy to follow, healthy recipe, and her latest, *Laggie and Grillo: An Unlikely Friendship*, also has a fun poetry exercise for young readers. phyllisfeelsgreat.com

COURTESY PHOTO

ADOPTABLE PETS

HELEN WOODWARD ANIMAL CENTER



WOOF Hashbrown is a Terrier Blend who was found wandering the streets of Wailuku, Maui, and he didn't appear to know where he was. Rescuers with Maui Humane discovered he was born blind! Hashbrown loves treats, gets along phenomenally with people and other dogs, and he doesn't let his lack of sight affect his quality of life. Adoption fee: \$421

MEOW Gumdrop had a tragic start to his life. As a young kitten, he experienced some sort of significant trauma that's led to him become incredibly shy. But once he opens up, he'll nuzzle your face, lay on your lap, purr up a storm, and he's not afraid to meow when he wants attention. Adoption fee: \$156

Adoption fee includes microchip identification and registration fee. Pets have been spayed or neutered and have up-to-date vaccinations. 858.756.4117, ext. 1, animalcenter.org

RANCHO COASTAL HUMANE SOCIETY

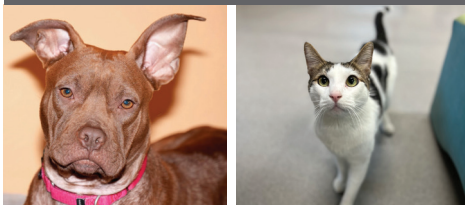


WOOF Wooster is a 5-year-old, 71-pound Husky mix who was surrendered to a crowded shelter in the Imperial Valley. He's ready to howl his way into your heart, bringing all his love and energy with him. He's an active guy who loves playing with his toys and making new friends. Adoption fee: \$145

MEOW Fribble is a 12-year-old, 11-pound, Domestic Short Hair cat who longs to share cozy moments and warm cuddles. She'll thrive in a slower-paced home. Adoption fee: \$75 (If her adopter is 60 years or older, Fribble's adoption fee will be paid by a generous benefactor)

Adoption fee includes microchip identification. Pets have been spayed or neutered, examined for good health & temperament, and have up-to-date vaccinations. 760.753.6413, sdpets.org

SAN DIEGO HUMANE SOCIETY



WOOF Honey Bear is a shy 5-year-old American Pit Bull Terrier Mix with big, floppy ears and an even bigger heart. Snuggle time on the couch is required and she'll never say no to play-time with lots of toys. This gentle gal may do well with other fur friends. Meet Honey Bear at SDHS' Escondido Campus. Adoption fee: \$110

MEOW Freddie is a 5-year-old spotted kitty who loves human friends, always swaggering up to his caregivers for pets and affection. He arrived at the shelter with a wound on his back, and with the help of veterinary care he's been healing quite well. Visit SDHS' El Cajon Campus to meet Freddie. Adoption fee: \$78

Adoption fee includes spay/neuter, vaccinations, microchip, a free veterinary exam certificate and a dog license if residing in a city contracted by SDHS. sdhumane.org/adopt