

If Your Dog Does One Of These Nine Things, His Love For You Is Truly Profound

By Hasthi Wand

We all know our dogs think we're the best, but they also have specific body language that demonstrates just how special you are to them.

Eye contact

Typically, in the animal world, if a creature stares into the eyes of another, that's a threat. But your dog isn't scared to make eye contact with you. This is a sign of affection. When your dog locks eyes with you, their brain releases love hormones, which creates a bond between you and your dog similar to that of a mom to her child. This intense gaze is also how your dog gives you emotional hugs and lets you know that they feel comfortable around you.

Physical leaning

Does your dog love to crawl over and put their weight on your feet and legs? They aren't just being annoying. Dogs literally lean on the people they love and trust the most for comfort. Whenever your dog pushes their body weight onto you, they are subconsciously searching for stability and using you as an anchor. They see you as their leader who can protect them from anything, which is why they want to be right next to you always.

Post-meal cuddles

Eating is every dog's number one priority. So, take note of what they choose to do after devouring their food. If your dog runs over to you for a cuddle after they empty their bowl (instead of going to sleep or looking for more food), that is the ultimate compliment. This means that you are their next priority and they can't wait to be by your side.

Facial expressions

Ever notice how your dog raises their eyebrows when they give you those big, adorable puppy eyes? Studies show dogs tend to raise their eyebrows more when looking at their owners, as opposed to strangers. Opening their eyes wider makes them appear more vulnerable, which entices you to run to their rescue. Your dog raises its eyebrows more for you because you're the special human they've grown to care about.

Gift giving

That slobbery tennis ball or favorite toy doesn't always mean playtime. Dandelions, stuffed animals, and weird socks are all gifts your dog is giving you from their treasure chest.

Presenting you with their favorite toys is a huge gesture of respect and admiration. They show you that they respect your position as pack leader and care about sharing what's important to them with you.

Sleeping close.

When dogs sleep, they are vulnerable. Where they choose to sleep signifies who they trust most. If your dog sleeps in your room or right beside your bed every night, they feel safest next to you.

Your dog trusts you so much that they can let their guard down when you're around. Sleeping close to you also lets them absorb your scent, which calms them throughout the night.

Empathy yawning.

Have you ever noticed how, when someone yawns, you kind of want to yawn too? It's a natural human reaction to show empathy. But dogs have evolved to pick up on their owner's habits, which is why they catch yawns from their pet parents too.

If your dog spontaneously yawns after you do, they are emotionally connected to you. Your dog is paying close attention to your actions and unconsciously mimicking them to show you that you're in tune with them.

Secure goodbyes

Does your dog hurl themselves on the couch and cry when you leave for work in the morning? While this may seem like a sign of love, it actually may mean the complete opposite. If your dog remains calm when you leave the house, congratulations, they have "secure attachment" with you. Your pup loves and trusts you so much that they understand you are always coming back. Having faith that you will return shows your dog has a strong bond with you and isn't easily clouded by fear.

Enthusiastic greetings

How your dog greets you when you come home can sum up how much they love you. Whenever you walk through the door after being away for even just a few hours, they wiggle, wag, and act like they haven't seen you in weeks. Your dog thinks you are the best part of their day, and they couldn't be happier you're back home safe and sound.

The 30-Day New Pet Adjustment Plan Every First-Time Owner Should Follow

By Cristi Conrad

Bringing home a new dog is equal parts excitement and uncertainty. One minute you're picking out toys, and the next you are wondering if every little behavior you see them exhibit is normal. A thoughtful new pet adjustment plan can turn those first thirty days from chaotic to calm.

The truth is that most animals need time to decompress, especially if they have come from a shelter or breeder environment. A structured new pet adjustment plan helps you set realistic expectations while building trust from day one. Instead of reacting to every hiccup, you will have a roadmap that guides your decisions.

An effective new pet adjustment plan is filled with consistency, patience, and clear routines that help your pet feel secure. When you follow a new pet adjustment plan step by step, you create a foundation that supports long term behavior, bonding, and confidence for both of you. Here's what we've found works the best!

The 30-Day New Pet Adjustment Plan Every First-Time Owner Should Follow

The first month with a new pet shapes everything that follows. Excitement is high, but so is uncertainty, and that is exactly why a structured new pet adjustment plan matters. Instead of guessing your way through each day, you will move through a clear rhythm that helps your dog or cat feel secure. Over the next thirty days, your focus should be on trust building, basic structure, and preventing overwhelm for both you and your pet.

Days 1 to 7: Decompression and Safety

The first week of your new pet adjustment plan is all about decompression. Your pet is processing new smells, new sounds, new people, and maybe even [wearing a collar](#), using the bathroom outdoors, and sleeping on a soft bed for the first time. Keep visitors minimal, limit new environments, and allow plenty of quiet rest time. Short, positive interactions matter more than long, overstimulating ones. A successful new pet adjustment plan during week one prioritizes safety and calm over social media worthy moments.

Days 8 to 14: Gentle Structure and Training

During the second week of your new pet adjustment plan, begin layering in simple structure. Introduce consistent feeding times, short training sessions, and predictable potty breaks or litter routines. Keep sessions brief and encouraging. Your new pet adjustment plan should now include gentle reinforcement of house rules. Clarity builds confidence. When your pet knows what to expect, anxiety decreases and cooperation increases.

Days 15 to 21: Confidence and Socialization

By week three, many pets begin to show their true personality. This stage of your new pet adjustment plan is ideal for controlled socialization. Introduce new environments gradually and keep experiences positive. Your new pet adjustment plan should still protect downtime. Confidence grows when new experiences are balanced with rest. Rushing social exposure can create setbacks, so pace matters.

Days 22 to 30: Reinforcement and Long Term Routine

The final stretch of your new pet adjustment plan focuses on reinforcing what is working. Consistency now sets the tone for long term behavior. Continue training, maintain feeding schedules, and adjust routines based on your pet's needs. By day thirty, your new pet adjustment plan should feel less like a checklist and more like a natural rhythm. The structure you built during this first month becomes the foundation for years of companionship.

Thirty days may not seem long, but in a pet's world, it is transformative. A thoughtful new pet adjustment plan replaces chaos with calm and confusion with clarity. When you invest intention into these first weeks, you create a home where trust and stability grow naturally.

Setting Up a Safe Space in Your Home

Every new pet adjustment plan needs a dedicated safe space. This might be a [soft crate](#), a cozy corner with [a bed](#), or a quiet room away from heavy traffic. The key is consistency and accessibility. A good safe space for your furry friend should include:

Pets

- Fresh water nearby
- Comfortable bedding
- A favorite toy or comfort item
- Minimal noise and disruption

Your new pet adjustment plan becomes far more effective when your pet knows they have a retreat.

Feeding Schedules and Nutrition Basics

Nutrition plays a central role in your new pet adjustment plan. Sudden food changes can upset digestion, so begin with the same diet they were previously eating, then transition slowly if needed. Consistent feeding times help establish routine and reduce anxiety. Measure portions carefully and avoid free feeding unless recommended. Your new pet adjustment plan should include structured mealtimes that support potty training and behavioral stability. Food predictability signals safety to animals who are still adjusting. Fresh water should always be available. Monitor appetite closely during the first week. A thoughtful new pet adjustment plan includes watching for changes that might indicate stress or health concerns.

Sleep, Crates, and Bedtime Expectations

Sleep patterns can shift during the first few nights. Your new pet adjustment plan should include realistic expectations about nighttime waking, especially with puppies. Choose a consistent sleeping location and stick with it. If using a crate, introduce it gradually with positive associations. Place soft bedding inside and reward calm entry. A well executed new pet adjustment plan treats the crate as a secure den, not confinement. Expect some restlessness at first. Comfort does not mean constant access to your bed. Your new pet adjustment plan should balance reassurance with boundaries, which ultimately builds independence and long term stability.

Getting Ready For Your New Furry Friend

The first month with a new pet pretty much shapes everything that follows. Skipping structure can lead to confusion and stress, but committing to a new pet adjustment plan gives your animal the stability they crave (and you'll crave that stability too, in all likelihood).

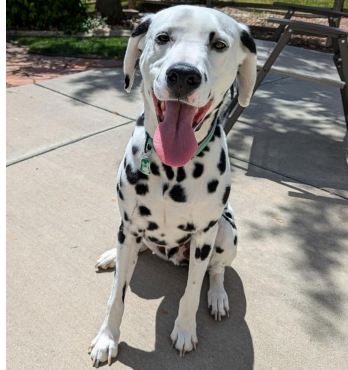
When your new pet adjustment plan includes predictable feeding times, gentle training, and safe spaces to retreat, your pet will be able to get into a reliable routine that will help them relax in their new home. In return, that sense of security strengthens your bond and makes daily life smoother for everyone in the house.

Take the next thirty days seriously. A well executed new pet adjustment plan is one of the most loving gifts you can give a new dog or cat. With patience and intention, you will look back and realize those early weeks laid the groundwork for years of companionship and joy — and it was well worth it!

“Owning a dog is a big responsibility, but it’s also one of the most rewarding experiences in life.” – Unknown

“Be patient with your new dog, and he will be patient with you.” – Unknown

Recent Adoptees!



Pippin
Evergreen, CO

FOSTERS SAVE LIVES!

Dalmatian Rescue of Colorado **desperately** needs foster homes. We have four dogs currently needing foster care and two or three more waiting to come in. We can't help these needy Dalmatians without assistance from our community. We are looking for active, out-doorsy people who have secure fences and no cats and who are willing to give these beautiful dogs some time and attention. Visit www.dalmatianrescueco.org to see the Foster Application which can be completed and submitted online.

We know that not everyone is in a position to adopt or foster a homeless dog. You can still help us with a donation of any size, at any time. You might even want to consider a monthly donation. You can donate by clicking the link below to give via Paypal, Venmo or GiveButter.

<https://dalmatianrescueco.org/donate.html>

Become A Dalmatian Foster Family Or Volunteer

When a Dalmatian is scheduled to be put down at a kill shelter, we try to place it in a foster home in order to give it another opportunity to find a permanent home. We desperately need concerned individuals to provide short term or long term foster homes.

What do you get out of fostering? If you like Dals (since you're reading this newsletter, you probably do!), then fostering is a great way to meet and learn about all kinds of Dals - males and females, blacks and livers, young and old. Plus there is the satisfaction of helping an animal that literally may have nowhere else to go!

We are very grateful to those who volunteer their homes and love for needy Dalmatians. But if you can't foster, there are other ways that you can help us. Volunteers can help evaluate dogs in shelters, transport dogs however far, give love and attention to Dals in temporary boarding facilities and help with fundraising. Some volunteers work with those dogs that have special needs, and provide them with food and supplies. We also have (and thank) the many people willing to sponsor a dog financially. We also have volunteers who perform home checks, staff fundraising and educational events.

So, as you can see, there are many ways you can help other than fostering.

If you want to volunteer and help the dogs of Dalmatian Rescue of Colorado, please contact us at the email address below:

info@dalmatianrescueco.org

Tips For Taking A Road Trip With Dogs

AI Compilation

Planning, preparation, and safety are key to a smooth and enjoyable road trip with your dog.

Preparing Your Dog

Before hitting the road, ensure your dog is ready for travel. Gradually acclimate them to car rides by starting with short trips and increasing duration over time, especially for puppies or dogs new to traveling. Schedule a veterinary check-up to confirm your dog is healthy, up-to-date on vaccinations, and discuss any travel anxiety or motion sickness concerns. Make sure your dog is microchipped and wears a collar with current ID tags. Refresh basic obedience commands like “stay,” “come,” and “leave it” to maintain good behavior during the trip.

Safety and Comfort in the Car

Secure your dog using a harness, crate, back seat hammock, or booster seat to prevent injury and distractions while driving. Avoid letting your dog roam freely in the car. Bring familiar items like their bed, blankets, and favorite toys to create a comfortable space. Feed your dog at least 3–4 hours before departure to reduce the risk of car sickness. Monitor for signs of motion sickness, such as drooling, vomiting, or lethargy, and consult your vet for remedies if needed.

Packing Essentials

Pack your dog’s food, water, medications, and supplements for the entire trip, plus an extra week’s supply in case of delays. Include a portable water bowl, leash, waste bags, grooming supplies, and a first-aid kit. Keep both digital and paper copies of vaccination records and health certificates, especially if crossing state lines.

Planning the Route

Plan a pet-friendly route with frequent stops every 2–3 hours for potty breaks, exercise, and hydration. Research dog-friendly accommodations and check their pet policies, amenities, and proximity to activities. This helps manage your dog’s energy levels and reduces stress during the trip.

Additional Tips

- Practice short trips before the main journey to build positive associations with car travel.
- Keep your dog entertained with toys or chew items to reduce anxiety.
- Maintain a consistent routine for feeding and bathroom breaks to provide stability.
- Monitor weather conditions and avoid leaving your dog unattended in the car, especially in extreme temperatures.

By following these steps, you can ensure a safe, comfortable, and enjoyable road trip for both you and your dog, creating lasting memories together.

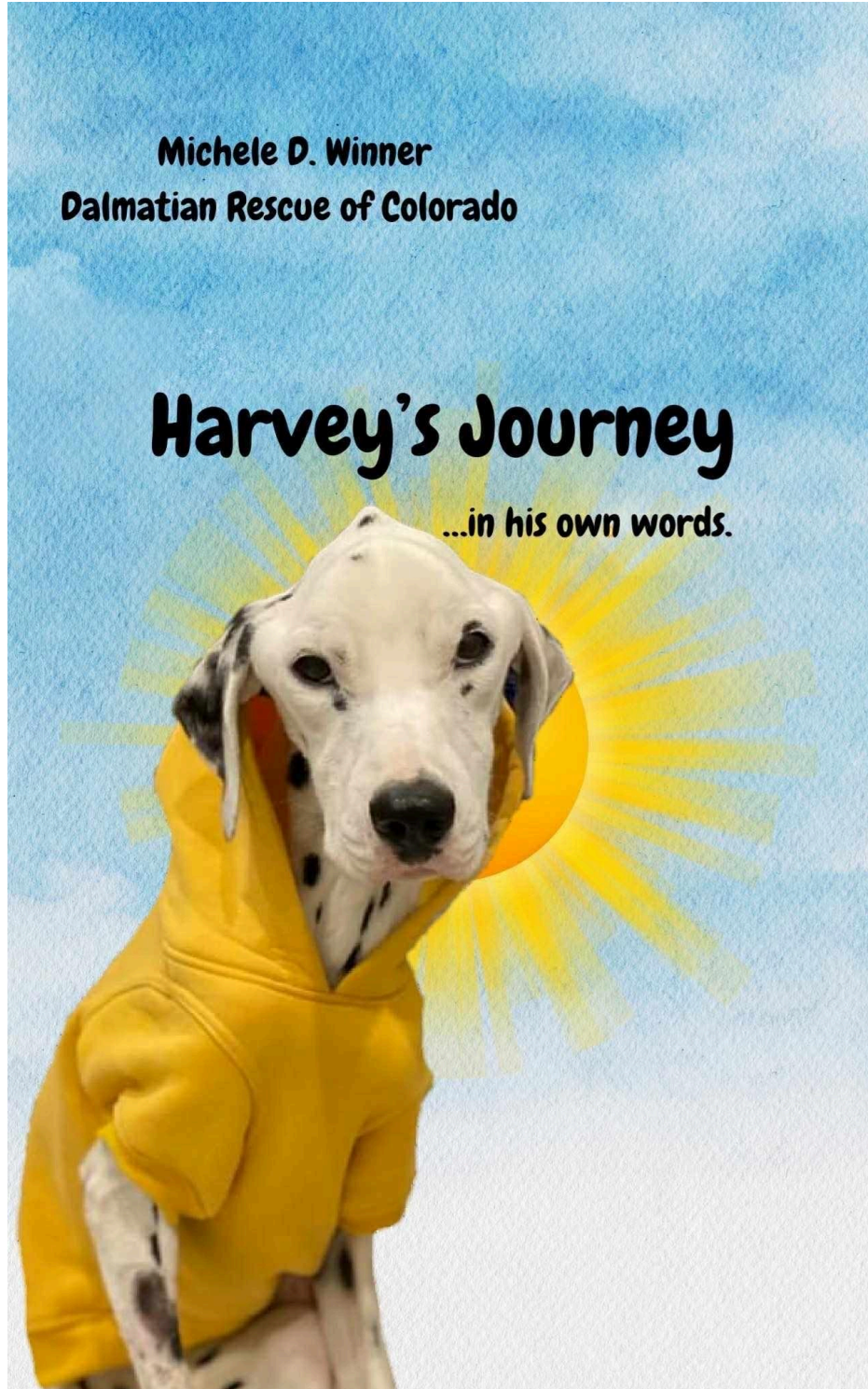
Dog Road Trip Checklist

Dog Food (include extra in case of trip delays)	Dog First Aid Kit
Collapsible Food and Water Bowls	Training Treats
Water	Extra Towels
Collar and Tags	Poop Bags
Leash (maybe an extra one, just in case)	Pet Bed
Seat Belt Restraint/Crate/Booster Seat/Hammock	Entertainment - Toys/Balls
Vaccination Records (both digital and printed copies)	Paper Towels

Join DRC's own rescue Harvey, in his own words, telling the story of his life-changing journey from despair when first rescued back in December -- to sheer joy upon his adoption in June. Through the magic of social media, this heartwarming rescue story has already touched the hearts of nearly 50,000 people and will surely touch yours.

Harvey's unbreakable spirit will astound you and surely bring a smile to your face and lift your spirits. His miraculous recovery has garnered love and compassion from all ages, spanning from the elementary school aged generation to the retirement community. Treat yourself to a positive rescue story from Harvey's point of view. Available in an Amazon e-book and also in paperback.

All proceeds go to DRC.

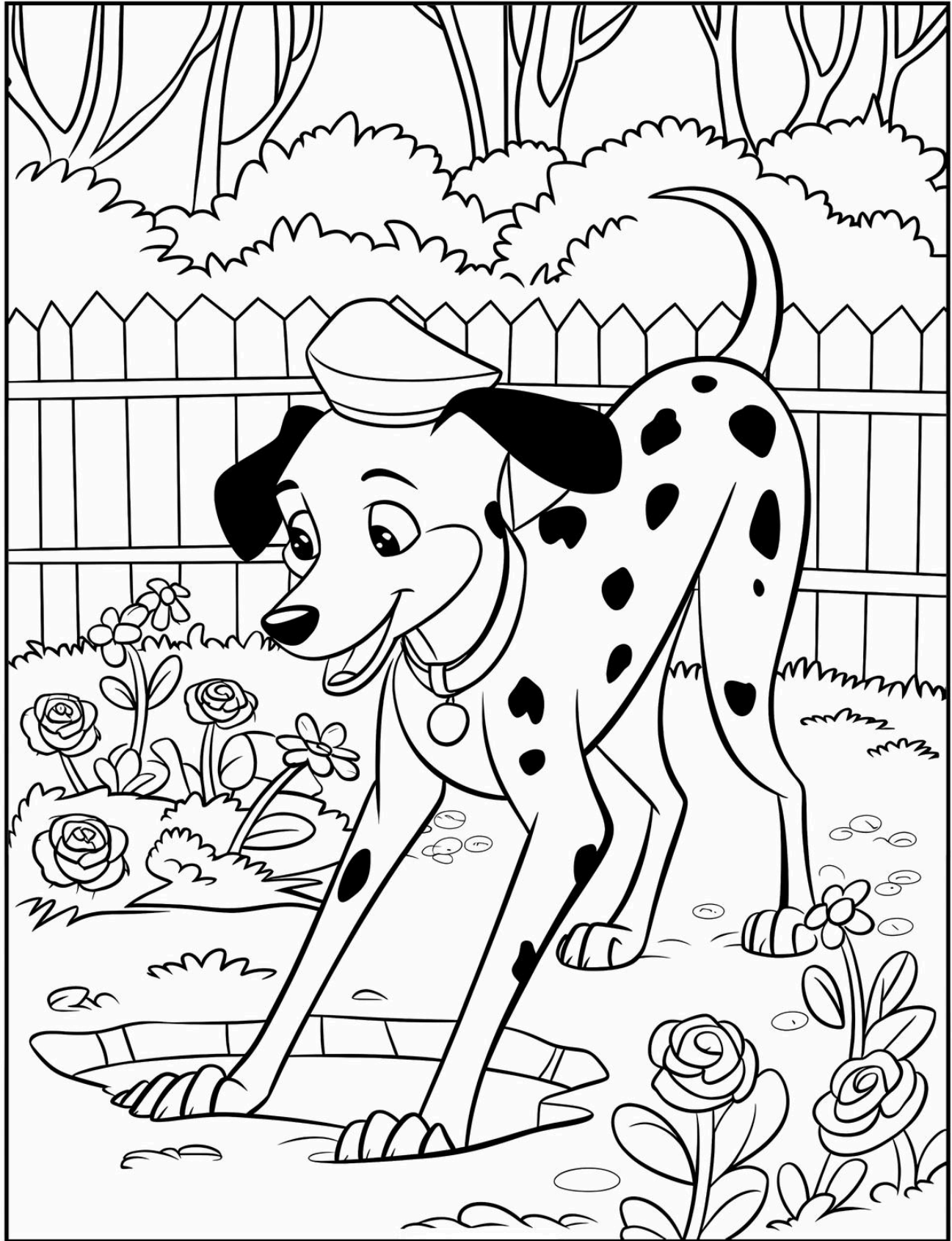


**Available in either:
Paperback: \$14.99
Or E-Book: \$9.99**

Please click the link below to purchase this book and remember, 100% of book purchases benefit Dalmatian Rescue of Colorado!

[Harvey's Journey ...in his own words: Winner, Michele D.: 9798332160677: Amazon.com: Books](#)

For The Kids *(or adults who are kids at heart)*



Dog Treat Recipe For Dogs With Allergies - Grain Free

Bake up an allergy free dog treats recipe that is pup-approved and grain-free specifically made for dogs with allergies. These homemade dog treats feature apples, bananas, pumpkin and carrots.

INGREDIENTS

Dog biscuits:

1¼ cup coconut flour

½ banana, mashed

½ cup unsweetened applesauce

1 cup pumpkin puree

2 carrots, grated

1 cup water

Grain-Free
Dog Treats
for dogs with allergies



INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Place a sheet of parchment paper on a large cookie sheet.
2. Use a mixer and large bowl to blend together the coconut flour, banana, apple sauce, pumpkin, grated carrots and water. The mixture will be slightly crumbly. Use a cookie scoop and roll small amounts of the dough in your hands into a circle. Alternatively, you can flatten out a large ball of the dough and use a cookie cutter. (My dogs don't care if their treats are shaped like bones or dogs.)
3. Arrange the dough on a cookie sheet and bake for 25 minutes. Allow the homemade dog biscuits to completely cool before refrigerating in an airtight container.

Do You Shop Online?

We Have A Way For You To Help Us When You Do!

It's called iGive! They have over 1900 stores participating in their donation program! You're sure to find stores that you already shop at... walmart.com for example. It's really pretty simple. You sign up for free, then shop your favorite store from their link, complete and pay for your order. iGive then completes the donation process behind the scenes and each month they send a check to Dalmatian Rescue of Colorado. Sounds pretty good, right? You shop as you normally would and Dalmatian Rescue of Colorado gets much needed donations without costing you anything! That's what I call a win-win.

Check out iGive at [How iGive Works - iGive.com](http://www.igive.com)

We hope you'll sign up and support Dalmatian Rescue of Colorado every time you shop online!

KING SOOPERS/CITY MARKET COMMUNITY REWARDS



For Colorado supporters (or anywhere King Soopers or City Market operates), Dalmatian Rescue of Colorado has also enrolled in the King Soopers and City Market Community Rewards Program.

To Use the King Soopers or City Market Community Rewards Program, simply visit the appropriate link below.

For King Soopers Stores - go to <http://www.kingsoopers.com>

For City Market Stores - go to <http://www.citymarket.com>

Once logged in to your King Soopers or City Market account, search for Dalmatian Rescue of Colorado, Inc., either by name or FR415, and then click Enroll. New users will need to create an account which requires some basic information, a valid email address and a loyalty card.

*Customers must have a registered King Soopers or City Market loyalty card account to link to our organization. If you do not yet have a King Soopers or City Market loyalty card, they are available at the customer service desk at any King Soopers or City Market.

REMEMBER, purchases will not count for our organization until after you have registered your loyalty card (the same card that you use to build fuel points). You must swipe your registered King Soopers or City Market loyalty card or use the phone number that is related to the registered King Soopers or City Market loyalty card when shopping for each purchase to count. This does not affect your fuel points!

Drink Coffee. Save Dalmatians.

Every abandoned dog deserves a second chance. At Dalmatian Coffee Co., we use the sale of our single origin and blended coffees to help them find new homes. Twenty percent of our profits benefit Dalmatian Rescue operations (including Dalmatian Rescue of Colorado), no-kill animal shelters, and dog foster care organizations.

You benefit from big, bold flavors — dogs benefit from your giant heart. We don't roast until you order, so your coffee arrives at the peak of freshness.

When you purchase our coffee, apparel, and other items, you'll be part of a small group of rescues listed on our home page that receives an even share of 20 percent of our profits, each quarter.

[Dalmatiancoffeecompany.com](http://dalmatiancoffeecompany.com)



DALMATIAN



20% OF PROFITS BENEFIT
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AND OTHER GREAT RESCUES.

dalmatiancoffeecompany.com





Trainer Tips

“Stop Unwanted Behaviors With Prevention”

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How do I stop. . . jumping, barking, lunging? A common question for me is how to stop unwanted behaviors. Whether the dog is jumping, barking, lunging, whining, peeing, biting, getting on furniture, surfing counters, snatching food, chasing the cat, or doing any other number of unwanted behaviors, the question is always the same. How do I stop it?

In most cases, people are trying to stop the behavior once it has already started. They try to stop the dog from jumping on people when he's already jumping. They try to stop the dog from surfing countertops when the dog's paws are already on the countertop. They are trying to get the dog off the couch when the dog is already on the couch. In all of these situations, the people are reacting to something that is already happening or has already happened. And sometimes we do have to deal with something that is already going on. However, if you really want to stop unwanted behaviors that occur often, waiting for them to happen is NOT the most effective strategy for stopping the behaviors from happening again in the future. PREVENTION is the key. Any time I can PREVENT the behavior from starting in the first place, I am going to reduce or eliminate the behavior from happening in the future a lot faster.

Let's take jumping on people as our example. Every time your dog greets people by jumping on them, they are building a habit of jumping on people to greet. Every time they practice, they get better and better at it. And by that, I mean they get better at doing it without thinking about it. It is becoming a HABIT. Once it becomes a habit, it gets harder and takes longer to eliminate the habit. Even if I can ensure it NEVER gets rewarded with attention from the people, the jumping is going to take longer to eliminate if I am allowing it to happen in the first place. However, if I can prevent it from starting, I can create NEW HABITS a lot faster and easier. Perhaps I want my dog to greet by sitting and letting people approach the dog. Perhaps I want the dog to approach the people with all four feet on the floor. Perhaps I want the dog to bring a toy to the person. Again, with all four feet on the floor. I can establish whatever new behavior I want, as long as it's realistic for the dog to do, and it's as close to incompatible with jumping as I can find. Any time I allow the behavior to happen, and THEN direct the dog to do something else, I am still allowing the unwanted behavior to be practiced and become a regular part of the dog's behavior. They are still building the pattern of jumping first and THEN doing something else.

I need to help the dog learn a new pattern of behavior that does NOT include jumping. Or any other unwanted behavior. Don't focus on interrupting or redirecting the unwanted behavior. Focus on PREVENTING the unwanted behavior. Now, prevention is much easier if the behavior is PREDICTABLE. If it tends to always happen in the same circumstances or at the same times. The more easily I can predict when it's going to happen, the easier it is to prevent. Going back to our jumping on people example, if it always happens when visitors come over, or when family members arrive home, or at other predictable times, then it's much easier to put a plan in place to prevent it from happening. That gives us a chance to help instill new behaviors in its place. Preventing it is just the first step. The second step is ensuring we are teaching an ALTERNATIVE BEHAVIOR in place of the unwanted behavior. If I prevent it but don't replace it, then I am still going to have trouble. Prevention first. Alternative behavior second. How do you prevent it? Do some planning in advance. Don't wait for it to happen and then think about what you're going to do. If the unwanted behavior is happening when visitors come over, or family members arrive home, think about your plan before the situation occurs. Prevention might include things like having the dog on leash, having baby gates set up, or having the dog outside temporarily. Alternative behaviors prevent your dog from creating a new unwanted behavior in place of the current unwanted behavior. Alternative behaviors might include teaching your dog a solid Sit, a reliable Place, or a dependable Touch, or a Find It Game with a treat scatter on the floor.

We can eliminate and replace unwanted behaviors much faster by using prevention first and then an alternative behavior to take the place of the unwanted behavior.

For additional training tips and information, you can read our blog at <https://thelightofdog.com/read/> or find us on Facebook and Twitter.

 <https://thelightofdog.com/>

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(This “Ask The Trainer” article is reprinted with permission of Sue Brown, co-owner of The Light Of Dog, a Certified Dog Behavior Consultant. The Light of Dog Training is located in Sedalia, CO and services the Denver Metro Area. <https://thelightofdog.com>).

Bits & Pieces

Advertising in NewSpots! is FREE!!!

Do you have a business or a hobby that other adopters, fosters, and volunteers might be interested in? Let us help you spread the word by 'advertising' in Dalmatian Rescue of Colorado's monthly newsletter – NewSpots! We currently notify about 1800 people of the new editions of NewSpots! That's a lot of word of mouth and print advertising for **FREE!**

Simply contact the editor, Karl Schill, at karl@dalmatianrescueco.org and he will work with you to provide your ad and place it prominently within the newsletter.

Foster Homes Needed!!

******* Be a Pal, Save a Dal *******

PLEASE – They need YOUR help!! Remember when your rescue Dalmatian came home with you, from the warmth of a loving foster family? If we hadn't had foster homes, you probably would not have gotten YOUR dog. PLEASE think about fostering a dog for the Dalmatian Rescue where you obtained your Dal, or the one closest to where you now live, so they can save lives like they saved your dog's life!! PLEASE give a warm home to a dog who can relax, show his true personality, enjoy a thick bed rather than a concrete floor in a shelter and get ready for a new home. PLEASE help rescues and the dogs so that others might have a dog that is well socialized, trained and ready to love. PLEASE think about this... Dalmatians are everywhere and are literally dying to meet you or someone willing to give them a "spot" to LIVE until their forever home comes along. PLEASE be a spot for rescue and for them?

We thank you and you know any dog you help your local rescue save will be eternally grateful! PLEASE submit a foster application if you can possibly help your local rescue and them! PLEASE take your cookie... good boy/girl!

Reader Recommendations and Tips

This is where we share recommendations and tips from and for our readers. Our newsletter is read by as many as 1800 people each month. That number constantly increases as we have more adopters and adopters recommend it to their friends and family as well. So, go ahead... share your tips and recommendations. Please send along any information you want to share with others, like products that you would recommend, dog toys, great pet insurance, good vets (or bad ones to avoid as well), etc. Is there anything you wish someone had told you about that you have found? Pass it along. Send your ideas, recommendations and tips to Karl at karl@dalmatianrescueco.org for inclusion in the next issue.

I am sorry to say that we have no reader recommendations for this edition of NewSpots! Don't forget, this segment of the newsletter only works if YOU send in recommendations and/or tips to share with other readers.

Recommendations can be anything Dalmatian (or in general, dog) related. A good book you read, how you got your dog to stay off the counter (we all hate counter surfers), treats your dog really likes, a new dog food you tried, dog themed movies... anything really. Just send your recommendation or tip to me at karl@dalmatianrescueco.org.



NATIONAL RESCUE DOG DAY - MAY 20, 2026

Each year on May 20, we recognize all the benefits of allowing a four-legged canine to adopt you into their immeasurably lovable life on National Rescue Dog Day.

According to the American Society for the Prevention of Cruelty to Animals (ASPCA), approximately 3.3 million dogs enter shelters every year. When these abandoned and abused animals find their way to a shelter, each one needs a forever home and their potential is limitless. They're rescue dogs. No matter their size, color, or breed, dogs will find a way to nuzzle, fetch, or beg their way into your heart. You will find it hard not to scratch one behind the ear.

Rescue dogs often overcome extreme obstacles. And yet, they provide comfort, security, and friendship as family pets. Rescue dogs are also capable of much more. With training, they contribute to the independence of people with disabilities as service animals and give comfort to the elderly. In these circumstances, they become our eyes, ears, or legs as well as our best friend. Rescue dogs provide a variety of therapeutic benefits, too. Children, teens, and adults with autism may benefit from services provided by trained rescue dogs. As emotional support companions, rescue dogs help to relieve anxiety, depression, and PTSD among the military or those who suffer from mental illness.

They make excellent teachers, too. Rescue dogs show children about caring and kindness. Rescue dogs can even be trained to rescue us from dangerous situations or help to investigate the cause of a fire. When it comes to four-legged friends, they improve the human condition by leaps and bounds, barks, and yips. It is hard to imagine a more helpful, worthy companion. It's time to give them a treat!

HOW TO OBSERVE NATIONAL RESCUE DOG DAY

Get involved in the lives of rescue dogs. There are a variety of ways to share puppy love.

- Volunteer at your local shelter. Taking dogs for walks, grooming, and giving them plenty of affection improves their socialization.
- Shelters always need donations. Financial donations are always welcome. Most shelters have a list of constant needs, such as blankets, bleach, toys, treats, and leashes.
- If there is room in your life for a rescue dog, consider adoption and giving one a forever home.
- Consider fostering. Many dogs abandoned in shelters require some medical care or rehabilitation in a home setting before an adoption can take place.
- Remember to spay and neuter your pets. Overpopulation is the number one reason shelters exist.

Is there a rescue dog in your life? Share your rescue dog stories and use #NationalRescueDogDay on social media.



NATIONAL DOG MOM'S DAY - MAY 9, 2026

During the second Saturday in May, National Dog Mom's Day sends out a chorus of yips, barks, and howls of praise for all the dog mommas!

Our dogs are our family members, whether they came into our lives unexpectedly or as carefully planned additions. We adopt them as puppies, adolescents, or fully mature animals with a bit of baggage, and yet, we find common ground, a connection, and bond like families do. They know our moods, and we know theirs. We care for them, shelter them, and share an immeasurable loyalty with them.

National Dog Mom's Day recognizes the bond women share with their fur kids. When they humor us, charm us or even when they are naughty, they are like any other child to us.

HOW TO OBSERVE NATIONAL DOG MOM'S DAY

Celebrate by making sure to get some extra cuddles. Bake up some yummy homemade puppy treats. Plan for some double pampering - a pedicure for you and paws for the puppers. Then take an extra special selfie with your fur baby to mark the occasion. Use #DogMomsDay to share on social media.

“You are not just a dog. You are my sanity. You are my happiness. You are my teacher. You are my therapist and my best friend.” – Unknown

“If aliens saw us walking our dogs and picking up their poop, who would they think is in charge?” – Unknown

“In order to really enjoy a dog, one doesn't merely try to train him to be semi-human. The point of it is to open oneself to the possibility of becoming partly a dog.” – Edward Hoagland

In The "Spot" Light... Our Featured Dalmatians

Sammie



2 Years Old, Black, Spayed Female

Reason Available: Stray

Foster Home: Alvin, TX

Introducing...Sammie!

Sammie is a two-year-old Dalmatian with a bright future ahead of her. She was originally found in rural ranchland and, after a difficult start, has spent time with a professional trainer building confidence, trust, and life skills. She has come so far and is now ready to find a foster or forever home where she can continue to thrive.

Sammie is a highly intelligent, energetic girl who loves to engage her mind as much as her body. She enjoys problem-solving and will do best in a home that understands the needs of a working, active breed. Daily exercise, structure, and ongoing mental stimulation are key to helping Sammie be her very best self.

She will thrive with an adopter who has Dalmatian experience or experience with smart, high-drive dogs and who can provide clear, consistent, healthy boundaries. Sammie would do best as an only dog, though she may be able to live with one confident, non-reactive male dog after proper introductions. Meet-n-greet required.

At just 40 lbs, she's a petite powerhouse with a big personality. Sammie is fully vetted, spayed, and heartworm negative—healthy, ready, and eager for her next chapter. And when she's happy and comfortable, she'll show you her signature charm: Sammie is a smiler, and her joyful expression is impossible to resist.

For more info, contact Dalmatian Rescue of Colorado at info@dalmatianrescueco.org. Adoption fee \$400.

Sugar

5 Years Old, Black, Spayed Female

Reason Available: Stray

Foster Home: Colorado Springs, CO

Meet sweet, pretty Sugar. Sugar is approximately 5 years old and was picked up in Aurora, CO, with three other Dals who had been running together in the streets of Aurora for at least several days. They were taken to the Aurora Animal Shelter, and Sugar was transferred to Dalmatian Rescue of Colorado in February. She went directly into foster care. As a very shy and shut down pup, she is learning to accept and maybe even enjoy attention from humans, and she doesn't mind children. She enjoys pets and even cuddles once she gets to know you a bit. Currently, she is not too interested in toys, preferring to watch what's going on around her from her crate, with or without the door open. Sugar doesn't seem to know much about obedience and lacks confidence. She goes out 4 or 5 times a day and sometimes seems to be trying to signal when she wants to go out. Of course, we don't know much about her background – only what we learned about her in the shelter and her couple of weeks at her very busy foster home.

Sugar has been pleasant in her foster home so far – seems to prefer women over men, but we hope to see that change as she adjusts to her new environment. She needs to be encouraged or coaxed a lot to interact but has been watching TV at night with the family. She is sweet and appreciates gentle and slow movements. Sugar would be happy in a home with mostly adults (or older children) and one or two calm, gentle dogs. Sugar is up to date on vaccinations, is spayed and microchipped. For more information, please contact jeannine@dalmatianrescueco.org. Suggested adoption donation is \$350. A completed adoption application, available on our website dalmatianrescueco.org, is required.



Happy Beginnings Stories

Unfortunately, we have no Happy Beginnings Stories to share with you all this month. If you haven't done so yet, now is the perfect time to submit your dog's Happy Beginnings Story. So why are you still reading instead of writing that story???

It's never too late to see your story in print!

We got a couple new Happy Beginnings Stories submitted last month!!

Let's keep them coming! If you have adopted your pup from us, regardless of when, and have not submitted their Happy Beginnings story yet, please do it now while it's fresh on your mind.

These stories are the "pay" that fosters get for all their hard work!

About Us

NewSpots! is published and released on the first calendar day of the month. The deadline for submissions for future issues of NewSpots! is the 25th of the previous month. Submissions received after the deadline may be delayed in publication until the following month, subject to the Editor's discretion.

Send submissions to the Editor at karl@dalmatianrescueco.org.

Dalmatian Rescue of Colorado, Inc. is a 501(c)(3) Non-profit organization. Donations are tax deductible!

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Website: <http://www.dalmatianrescueco.org>