

# SLUG MAG



## PETS

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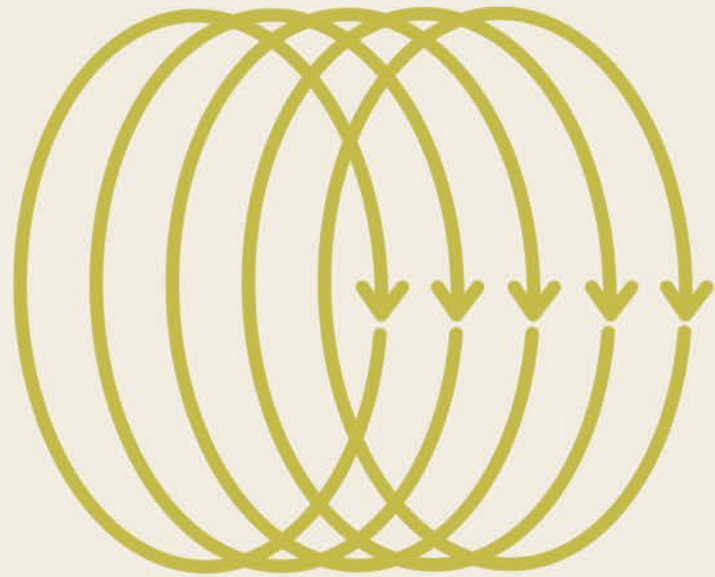


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| THURSDAY, JANUARY 5 REGGAE NIGHT        | FRIDAY, JANUARY 20 STONEFED           |
| SATURDAY, JANUARY 7 THE POUR            | SATURDAY, JANUARY 21 STONEFED         |
| MONDAY, JANUARY 9 OPEN JAM              | MONDAY, JANUARY 23 OPEN JAM           |
| TUESDAY, JANUARY 10 JON O RADIO         | TUESDAY, JANUARY 24 JON O RADIO       |
| WEDNESDAY, JANUARY 11 BOOT JUICE        | WEDNESDAY, JANUARY 25 MORGAN SNOW     |
| THURSDAY, JANUARY 12 LUCY AVENUE BAND   | THURSDAY, JANUARY 26 GORGEOUS GOURDS  |
| FRIDAY, JANUARY 13 SUPERBUBBLE          | FRIDAY, JANUARY 27 TRIGGERS AND SLIPS |
| SATURDAY, JANUARY 14 THE DISCO CHICKENS | SATURDAY, JANUARY 28 HRAVEN FARM      |
| MONDAY, JANUARY 16 OPEN JAM             | MONDAY, JANUARY 30 OPEN JAM           |

**ABOUT THE COVER:** Our *Pets* cover features *Gidget*, a gorgeous cockatoo owned by local musician Nick Harris. After being photographed by *SLUG* Photographer John Taylor (@jatphoto), Gidget received a digital, punk-rock makeover courtesy of *SLUG* Lead Designer Joshua Joye.

## Max Bennion

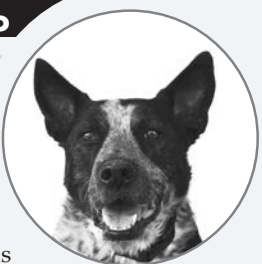
Contributor Limelight  
Contributing Writer



Max Bennion has been lending his exemplary skills in film writing to our Contributing Writer collective since October of 2021, covering national and local films including our own Utah cinematic treasure, the *Slamdance Film Festival*. Check out his coverage of *Slamdance* exclusively at [slugmag.com](http://slugmag.com).

## Hondo

Contributor Limelight  
Good Boy at Large



Morale Manager Hondo is an integral part of *SLUG's* office ecosystem. He can be often found patrolling the floor in search of smells, napping in his bed and getting scratches from his favorite human, **Angela H. Brown**. If you're lucky, he will put his head on your knees while you're eating a snack.

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1/7 **Sat. DJ: Bo York**

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1/20 **Fri. DJ: Bo York**

1/21 **Sat. DJ: James Beard**

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# Everyone Wins

By: Gabby Dodd • [gdodd17@gmail.com](mailto:gdodd17@gmail.com)

In the late 1990s, Canines with a Cause Founder **Cathy King**'s life was forever changed when a hurricane that wasn't supposed to reach land devastated the Caribbean town she was living in. While driving around looking for supplies, she came across a couple on their honeymoon who needed a ride to the airport. That's when King stumbled upon crates of dogs and cats that had been left behind during the evacuation. Driven by a need to help, she spent the next several months dedicating her time to providing for and finding shelter for these displaced animals. "That was when the light really went on for me—I thought, this gives me meaning," King says.

After things had eased in the tropics, King moved to Park City where she began volunteering with *Best Friends Animal Sanctuary* and her passion for giving animals a new life took off. "Seeing dogs you knew you couldn't save [and knowing that] you could only take so many into the organization was heart-breaking," she says.

By 2010, King decided to start her own nonprofit. During this time, she also saw soldiers struggling with PTSD after coming home from Iraq, so she wanted to pair dogs with veterans to give them a non-judgmental companion that would provide them with purpose and hope. Her idea was a success, and today, her organization, Canines With a Cause has three west coast locations with another on the way.

CWAC's dedication to uniting rescue dogs with veterans to heal emotional and psychological wounds comes with a special training process. First, dogs are selected from shelters that exhibit traits of being non-reactive, people-oriented and laid back. They've found that a variety of breeds have worked well as service animals—they don't have to be your traditional retrievers or shepherds.

The dogs are then sent to CWAC-partnered female prisons in Nevada and Idaho to begin basic training with the dogs and to take the time



Photo courtesy of Canines with a Cause

Cathy King founded Canines with a Cause to "heal emotional and psychological wounds" through canine companionship.

to pair each dog with the right veteran. The prison training is not only cost-effective but is also beneficial to the inmates and uses PAW-sitive reinforcement strategies for less stressful training. King recognizes that not every dog they select will always work well within the program. Instead, the organization works to find other careers for these dogs, whether it be pairing them with search and rescue teams, avalanche dog programs or the foster care system. If these placements don't work out, the dogs get adopted out to a home.

"One way or another, they end up in a happy place," King says. The dogs who do go on to train with their paired veteran provide transformative support. "The results are incredible," King says. The deep bond the dogs create with veterans is not only life-affirming, but can also be lifesaving.

The organization currently needs the most support for their foster program. While there is a board and train facility in Salt Lake City, there is only so much space for the dogs. CWAC relies heavily on community involvement to give the dogs a healthy environment to live in before staying with their veteran full time. "It's a great opportunity for people who love dogs but can't have one, or are thinking about getting a dog," she says. Even if it's just for the weekend, help is always needed.

If you'd like to learn about more ways to get involved with CWAC, King encourages people to sign up for their newsletter to learn about upcoming dogs available for fostering, adoption and fundraiser events. Applications for fostering opportunities and more information can be found on the CWAC website, [canineswithacause.org](http://canineswithacause.org).

## Canines with a Cause



Photo: Bonneville Jones

(L-R) Victoria Barrie, Cayli Despain and Angel Garcia hang out with the special feathery friends at Traci's Parrots 4U.

## HOW TO BECOME FRIENDS WITH A BIRD

### Advice from Traci's Parrots 4U Founder Traci Afana

By Rose Shimberg • [roseshimberg@gmail.com](mailto:roseshimberg@gmail.com)

Traci Afana started volunteering in animal rescue at 18 years old with no particular interest in birds—she was much more excited about the chance to work with mountain lions. Then, a beautiful blue parrot arrived at the rescue. As he began chatting with Afana and greeting her every day, she decided she wanted to make him part of her family. "I took him home, opened up his cage door and he came out and uttered about 50 words all at once," she says. "Then, he climbed up on our shoulders and he was on our shoulders until the day he died." This chance meeting with **Sampson**, her first beloved bird, completely shifted the trajectory of Afana's life. "That changed everything for me," she says. "I wasn't interested in parrots before that ... Now, my whole life's about it."

From here, Afana dove deeper into the world of birds. Now, as the owner of *Traci's Parrots 4U*, she buys babies from breeders to raise and nurture until they're ready for homes of their own. When that time comes, she makes sure to pair birds with humans who are ready for the long-term commitment.

Space, budget, noise tolerance and personality are all factors to consider in this match. Afana's years of experience have shown her how different relationships with birds are from those with other pets, describing

them as more like living with a new roommate. "You've got to come to compromises between the two of you," she says. "People who try to dominate a bird into submission ... won't get very far."

To become friends with a bird, she advises, put yourself in their shoes. Just like us, every bird is different; just like us, they have good days and bad days. Afana says, "That animal wasn't put on this earth to please you—at least, it doesn't think so."

If you're willing to put in the work, she says, you could end up with one of the most fulfilling relationships in your life. "Each [bird] has an individual personality ... If you can appreciate that, you will have the best relationship. That bird will probably show you wonders that you never even knew you could love so much."

Some of the most popular birds at *Traci's Parrots 4U* are lorries and lorikeets. Talkative and colorful birds, they fit in well with a lot of families. "They're very playful, so they match the energy of children," says Afana. Another option is an Amazon Parrot. Like lorries, they are talkative birds but are bigger and need more space. "They're kind of your show-off bird," says Afana. "They like to be the center of attention." One more option is the sought-after

macaw. Big and beautiful, they can be formidable for first-time owners. "I think a misconception with them is that they should never be a first-time bird," Afana says. "I actually think it's more individual-based. If you get the right species of macaw and have the right personality to handle it and get all the right education ... then they actually do really well."

This, Afana emphasizes, is only a starting point. Within each species are dozens of subspecies, all different from one another. In total, the store has bred over 600. That's why her biggest piece of advice to first-time owners is to consult an expert to help find the best match for your lifestyle. Although you might walk out with a different bird than you expected, this expertise is invaluable when finding a compatible companion. "Come in and talk to us ... I love to talk birds, and all my employees do, too. We have a wealth of knowledge to share with you," says Afana.

Stop by *Traci's Parrots 4U* at their new location, 3573 S. Main Street in South Salt Lake, for bird care materials, grooming services, bird sitting services or to meet your new feathery friend. You can also visit their website, [tracisparrots4u.com](http://tracisparrots4u.com), or their Instagram, [@tracisparrots4u](https://www.instagram.com/tracisparrots4u).

# FELINE FINE

GET YOUR CAT-FEINE FIX AT

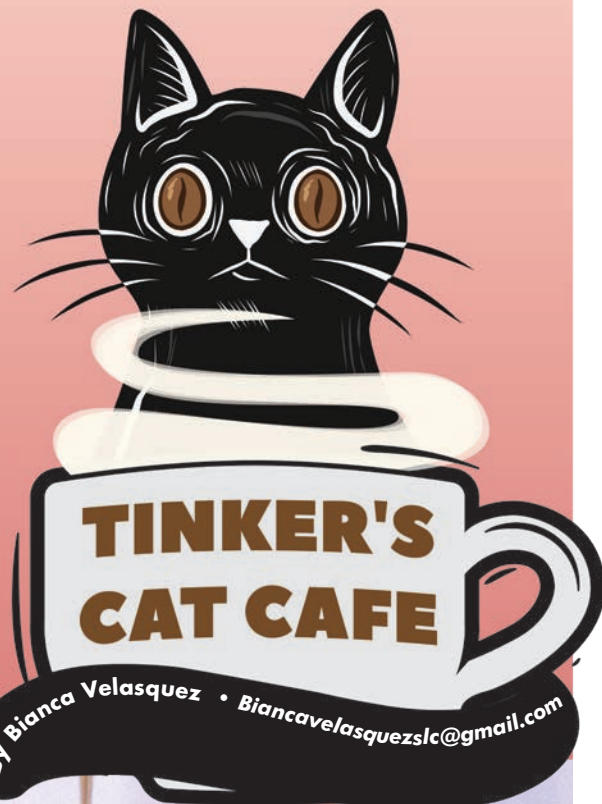


Photo: Katarina Duerr

Lisa Totzke opened *Tinker's Cat Cafe* in 2017 and has since facilitated 408 adoptions of vaccinated, microchipped, spayed and neutered cats.

Cats **Tombo** and **Ripley** make a perfect pair. Ripley is agile, shy and carries a sleek look with her dark gray coat, while Tombo is a sociable and “chonky” Flame-Point Siamese with a heart as gold as his fur. Adopted by a couple from Sugarhouse, their family unit would not exist if not for *Tinker's Cat Cafe*, Salt Lake City's first cat cafe and adoption center. *Tinker's* was established in November of 2017 by owner **Lisa Totzke** with the mission to provide a cafe space where visitors can enjoy being around cats while also creating opportunities for cat adoption.

“I love animals. I've always been pro-animal and understand the benefits of animal therapy,” Totzke says. “I think it is important for people to give and receive love from animals, and I wanted to provide that in a social setting.” Totzke embarked on her cat cafe journey by participating in community festivals such as the *Avenues Street Fair* to get a sense of how the community would respond to her idea. After successfully collecting many emails and surveys from potential patrons, Totzke felt ready to fulfill Salt Lake's cat cafe demands.

All of *Tinker's* cats are rescued from a no-kill shelter, *Salt Lake City Animal Services*. “[Cats] come over to *Tinker's* ready to be adopted,” Totzke says. “They are vaccinated, microchipped, spayed/neutered and ready to go.” *Tinker's* has facilitated 408 adoptions since they opened five years ago. Totzke does everything she can to ensure that each cat goes to a sustainable and safe home. “It is a \$40 fee, and if you rent your space, we don't let any cats go unless we get verbal permission from your landlord,” Totzke says. “We also ask people not to declaw, and if they do plan to declaw the cat we

don't adopt them out.” Totzke also educates potential adopters on the long-term needs of a cat to ensure that they are capable of carrying out the roughly 20-year commitment of cat ownership.

Outside of providing cat companionship, *Tinker's* menu is as varied as it is delightful, whether you're in the mood for their Cat-Puccino or one of their Pastry Arts pastries. Meanwhile, “*Tinker's Drinks*” are also worth consideration for the cat breed references alone. Their espresso collection includes the Siamese (chocolate chai), Calico (chocolate caramel), Sphynx (white chocolate raspberry), Meow (vanilla caramel) and Tortie (peanut butter chocolate).

Totzke describes the *Tinker's Cat Cafe* experience to be like *Disneyland* with cats. “It's joyful for most people. We get local visitors but also a lot of travelers where the cafe becomes a destination,” she says. The space is separated between the cafe with a full espresso bar and lounge where visitors can hang out with the cats for either an hour (\$8) or a half hour (\$5). “You get to sit in a nice chair and engage with the cats with toys and brushes if you want,” Totzke says. *Tinker's* maintains a number of rules around their cat visitation center—including no flash photography and a ban on picking up the cats (no matter how fluffy they might seem)—in order to make the cafe a safe, comfortable environment for the cats to live in before they find new forever homes.

As an ode to Totzke's childhood cat, **Tinker**, *Tinker's Cat Cafe* provides a safe and relaxing place for both the resident cats and visitors alike. *Tinker's Cat Cafe* also hosts a cat paint night once a month where you can learn how to create a cat-themed painting under the guidance of an art teacher. You can make reservations to visit the lounge or reserve seats for the cat paint night on *Tinker's* website at [tinkerscatcafe.com](http://tinkerscatcafe.com).

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# CHARMING RODENTIA

## Scrat Pack Rattery's Tiny Best Friends

By Paige Zuckerman  
paigez@redwillowcounseling.com

Photos by Gilbert Cisneros  
@gilbertcisneros



(L-R) Aislynn and Julie Smith started Scrat Pack Rattery in 2020 with the goal of rehabilitating rats' bad raps.

It's a somewhat open secret that rat companions are a hot new trend, with anecdotal evidence mounting regarding their charm, friendliness and accessibility as a pet and even as a therapeutic resource. Julie and Aislynn Smith know these facts more than most as the founders of *Scrat Pack Rattery*. Yes, you read that correctly ... a rattery.

*Scrat Pack* was built in 2020 from a creative attempt to foster new a social support and sense of renewed meaning for Aislynn as she faced a set of rare and serious chronic health conditions that agured a complete shift of lifestyle. Atop that came the pandemic and an even more salient need for social isolation and safety measures. Julie and her family needed something to focus on other than health crises and public risk, and a touch of companionship and loving energy could do wonders. "It really helped her pull out of a funk and became a therapy for the whole family," says Julie. So became the origin story of a sweet little space to breed and share some of nature's most clever and oddly delightful creatures.

Rats have historically gotten a bad rap. Commonly attributed to zoonotic disease and a survivalist tendency to "infest" the forgotten corners of the world, the humble rodent is certainly misunderstood. However, the tides seem to be turning

for these tiny pals. "There is such a big following for rats in not just the U.S., but the U.K., as well," says Julie. From the intentionality and enthusiasm of *Scrat Pack's* two-human team, it's apparent that rats are on the rise. "They'd rather be with you than anyone else, unlike hamsters and mice. They want to be with their people," Julie says with a giggle.

As for the healthiness of housing a rat, the history is only the surface. "They prefer being clean, and they are easy to litter train," says Julie. According to *Scrat Pack*, rats are capable of knowing their names, recognizing people and playing games. Aislynn says, "They show that they love you—I train them to give kisses."

According to *Scrat Pack*, breeding, early-life husbandry and home matching is a more attentive process than one might assume. *Scrat Pack* specifically breeds non-biting rats who are selected for health status and capacity to be personable. "Even the naughty stuff is charming, and they know when they are being naughty. All of them have very different personalities," says Julie. Treat training is also a standard for *Scrat Pack's* babies, and several have stood out for their especially sweet personalities and fun temperaments. "We have a lot of adopters, a lot are consistent and return," says Aislynn. Julie adds that "folks will

actually get a little addicted to them."

Unlike cats, dogs and other traditional furry companions, rats are generally exempt from pet rent policies, lending to their increasing demand. They are intelligent, personable and can learn to adapt to the lifestyle of their owner. Having a rat is not entirely easy, though. "Make sure you have an exotic vet—only they will see rats. If they have genetic or major health problems, vet care can get very expensive," says Julie. For these reasons and more, seeking a companion rat from a careful rattery such as *Scrat Pack* is critical. "Sometimes folks get rats from somewhere else and come to us for help," says Julie.

Rats are gaining love for good reasons. "It's like having a pocket puppy," Julie says, laughing. *Scrat Pack* expects to see an ongoing waitlist and an increase in demand over the coming year. If you're a potential pet parent who has done their research and is committed to lifelong care, *Scrat Pack* may have the sweet, new furry friend for you. You can learn more about *Scrat Pack*, purchase merch (including their custom "bonding scarves") and reach out to begin the adoption process via Instagram @scratpackratteryutah and on Facebook at Scrat Pack Rattery Utah.

## BRING THE BUNNY INSIDE: True Hearts for Healing Paws Rabbit Rescue

Elizabeth Leach • Elihanlea@gmail.com | Photos courtesy of True Hearts for Healing Paws Rabbit Rescue

Animal lovers Nicole Hellstrom and Whitney Schulte operate True Hearts for Healing Paws Rabbit Rescue, based in Taylorsville. Both were previously involved with rescues that focused on dogs and cats, and the two have shifted their focus in order to sustain the only true resource for abandoned, domesticated rabbits in Utah. When a farm was discovered to have a bunny hoard that was being neglected and suffering in a barn, they stepped in.

True Hearts began as a simple Google document that was posted on other rescue and adoption Facebook pages. As the document began to fill up, Hellstrom and Schulte knew they had a bigger problem to solve. "The Humane Society only takes owner surrenders, and Best Friends Animal Society only takes from other shelters," says Hellstrom. "There were 35 rabbits [at the farm]—we had to get them out of there. Soon after, another rabbit dump was reported with over 60 rabbits. We had to do something."

Since rabbits are the third-most common household pet with the fewest resource centers, Hellstrom and Schulte took it upon themselves to create a system of safe havens. True Hearts became an official rescue for these furry friends.

Many abandoned rabbits show signs of abuse, not just neglect. When True Hearts steps in, they provide each rabbit with the proper vaccinations and also spay and neuter the rabbits while providing any extra medical care that these rabbits need for them to recover and become healthy and happy. This includes massive expenses such as amputation or other abuse-related surgeries. They also promise foster parents and adoptive parents that they will help every step of the way for the care of the rabbit. True Hearts' hands-on commitment ensures that no rabbit is dumped again.

Rabbits are often dumped because there are no places for them to go. "There is a misconception that rabbits can survive on their own. They are animals of prey ... so, constantly in danger and very fragile," says Schulte. Rabbits can easily overheat in the summers and freeze in the winter, not to mention their susceptibility to predators. "We are contacted almost daily about new dumps," says Schulte. True Hearts typically has around 35 rabbits available for adoption, but the numbers can get as high as 60.

While rabbits are cute, soft and seemingly cuddly, they are also complex beings with unique dietary, environmental and socio-emotional needs. "Rabbits are good for people who are willing to listen and respond to a rabbit's body language," says Hellstrom. Schulte adds, "Rabbits are not a good starter pet." The two biggest misconceptions about rabbits Schulte and Hellstrom warn about are that "rabbits do not live in hutches" and "they should be eating 80% hay—not pellets or carrots." Rabbits are great for people who want to care for a loving, shy pet that is integrated into their home. "Since rabbits are prey animals, they often don't like to be picked up," says Hellstrom. On



occasion, when a bond is built, a bunny will welcome being cuddled by a trusted human friend. Like dogs and cats, rabbits need someone to check on their wellbeing and to provide a comfortable space and playful stimulation.

Rabbits are happiest with the ability to roam inside the home as litter-trained pets alongside a bonded mate. True Hearts even allows foster parents to take rabbits home for a trial period for them to bond the rescues with their own rabbits before they adopt them, risk free. True Hearts helps to train curious rabbit owners on how to care for rabbits and provides guidance and assistance the whole way through on topics such as how to trim a rabbit's nails, litter training, dietary needs and medical assistance.

To find your future rabbit, go to [trueheartstforhealingpaws.org](http://trueheartstforhealingpaws.org) for their foster and adoption forms and to view their available rabbits. Follow their Facebook and Instagram pages, @trueheartstforhealingpaws.



EST.  2017

# PROPER PAWS

## training owners to train their dogs

By Jamie Christensen • [jamie@slugmag.com](mailto:jamie@slugmag.com)



Taylor Munson of Proper Paws helps to correct dogs who need training with basic obedience, fear-based behaviors and reactivity.

Taylor Munson of Proper Paws Dog Training believes that a fundamental part of dog ownership is building trust and respect through the process of training your dog. Occasionally, dog training is overlooked and deemed unnecessary, or owners may even think that their dog's behavior can't be corrected. Munson believes training should always be considered, regardless of the dog's age or behavioral severity, as the practice of correcting these behaviors creates unity and confidence between pets and their owners.

Starting at eight years old, Munson began training dogs as part of her local 4-H group, which progressed to her competing in the **American Kennel Club (AKC)** when she was only 11. After a decade competing at AKC, Munson then moved to Georgia where she continued to train dogs as part of **Adopt a Golden Atlanta**, one of the largest golden retriever rescue programs in the Southeast. Her focus at the rescue was to train goldens from the U.S. and Istanbul that had behavioral issues which prevented them from being adopted. Munson's background and specialized knowledge in correcting more reactive or aggressive behaviors led to her starting Proper Paws in 2017 to help lower the return rates of these dogs being sent back to shelters.

Proper Paws' primary objective is to "empower owners while unleashing their dog's potential," says Munson. "I believe you build a different level of bond and respect between you and your dog through training that you can't build any other way." Munson's mantra surrounding dog training is the reason why she believes owners need to be present and involved in the training process rather than sending dogs to a board-and-train environment where owners aren't able to witness and understand why their dog may react to a stimulus a certain way and how to correct it themselves. With hands-on training, there are opportunities to implement corrective teaching and reinforcement strategies with both

the dog and the owner. Munson says, "By teaching the owner, I can help them understand what is driving the behaviors they want to avoid and build their confidence in handling their dogs."

Munson also believes in correcting behaviors where they begin—inside the home. "Starting inside the home is essential to be able to control distractions, set dogs up for success and address any behavioral issues at the source," she says. Munson most commonly helps to correct dogs who may need training with basic obedience, fear-based behaviors and reactivity. Her services include in-home, one-on-one sessions around Salt Lake County and parts of Utah County, virtual coaching sessions across the U.S., seasonal group puppy programs and facilitating tests for AKC titles/certifications. Munson also offers options to work at more challenging locations, such as parks, dog-friendly stores or other public settings for owners who want to work on distraction training.

During the first training session, Munson evaluates the dog and any concerns and challenges the owner presents. From there, she offers a custom training plan based on the dog's needs and owner's goals. Munson has worked with a great number of clients and has seen especially notable improvements in dogs with issues such as biting and resource guarding, severe, fear-based behaviors including the fear of loud noise, strangers and acute dog reactivity. She says, "Your dog's training starts the moment they come home. This is when you start to set boundaries and [dogs] begin to learn [the owner's] expectations." Regarding those with reservations about their older pets, Munson continues, "Often I hear phrases like, 'My dog is too old' or 'It's too late for us,' and I will never stop disagreeing. It is never too late to start your dog's training!"

If you've recently adopted a new pup or are looking to strengthen your confidence and trust between you and your dog, check out Proper Paws at [proper-paws.com](http://proper-paws.com) and their Instagram [@properpawsslc](https://www.instagram.com/properpawsslc).



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# Best Friends<sup>®</sup>

Pet Food Pantry  
Providing Aid for  
Pet Parents

By Alexie Zollinger • alexiewritesslc444@gmail.com

**B**est Friends Animal Society helps Salt Lake's furry friends find loving homes and lifelong families through adoption and fostering—all of which aligns with their primary objective of making Utah a “no-kill” animal state. In order to sustain this movement, *Best Friends* believes in caring for animals through donations to community caregivers, which is why they began their pet food pantry as an additional resource for residents.

The *Best Friends* pet food pantry started in Utah at their *Lifesaving Center* in Sugarhouse (2005 S. 1100 East) around 2014. The pet food pantry is another program working toward their “no-kill” goal by filling pet bellies and providing supplies to pet parents in need, aiming to reduce the number of dogs and cats surrendered to shelters. Combating shelter overcrowding and any possible pet losses due to lack of space, food and supplies, the pantry works to take care of and provide resources to low-income residents who may not be able to fully take care of their pets.

In addition, a large portion of the donations are allocated to community cat caregivers who care for colonies of stray cats. “These animals who are unwanted, in shelters or who are unsocialized are our responsibility,” says pet food pantry Manager **Patrick Theobald**. “They are domestic animals. They wouldn’t be here if it wasn’t for people, so any suffering that these animals are going through is a direct result of human actions. We have a moral obligation to do whatever we can to help them.”



The *Best Friends* pet food pantry began in 2014 at their *Lifesaving Center* and is another program working toward making Utah a “no-kill” animal state.

Help for Utah’s pet parents is easily accessible on the *Best Friends* website—food and pet supplies from the pantry can be requested through a simple application form. Requests for aid are often granted. The only restriction when applying is that after an owner’s fourth request in a year, *Best Friends* will prioritize applicants who have yet to be helped. Theobald says the pantry’s goal is to provide this service to as many people as possible. “That’s really the only restriction. We don’t ask people to prove that they are in need—if you’re asking, we believe you,” he says.

For those who can’t pick up their pet items in person, *Best Friends* also offers a pet food delivery service. Volunteers deliver food and supplies to owners’ homes upon request to ensure that the pantry is accessible for all. Resources at the pantry cover all sorts of pet needs including pet

bedding, wet and dry food for cats and dogs (their most needed item), leashes, collars, kitty litter and toys. Theobald says that, for the most part, if it’s pet related and they can find a use for it, they will take it. Donations can be new or used items as long as they are not in disrepair. Open bags of dry food can also be donated, and various dry foods of the same brand can be combined, resealed and ready for pick-up or delivery.

The pantry relies entirely on donations to operate, which come from the public as well as the many partners of *Best Friends*. Donations from community members are vital to filling hungry bellies and making a happy home life a reality for pets and owners in need of support for giving their best friends their best life. “The best way to prevent animals from having to die in a shelter is by preventing them from going to the shelter in the first place,” Theobald says.

Anyone can donate pet food and supplies by dropping items off in one of their many donation bins outside during their operating hours, 12–6 p.m. Sun–Mon. If someone can’t get to the physical location, *Best Friends* also has a wishlist of pet items on AmazonSmile where you can purchase an item and have it shipped to the center. You can donate and find more information at [bestfriends.org/salt-lake-city/help-services/pet-food-pantry](http://bestfriends.org/salt-lake-city/help-services/pet-food-pantry).



## FARM STAND ROOTS & *Artisan Pursuits*

From its humble beginnings as a single fruit stand to today’s thriving Utah neighborhood grocer, Harmons believes its success has grown from the roots up. While that 1932 fruit stand is now 20 thriving locations across Northern and Southern Utah, the business has stayed true to its heart and home, embracing values which result in the kind of high-quality customer experience that only comes from honest, hard work and clever ingenuity.

Today, Harmons is still family-owned and locally operated and is nurtured by networks of personal relationships built from years of community involvement. The stores are stocked with thousands of goods from local farmers, food makers, and other small businesses. These carefully crafted, incredibly delicious products support the local economy and promote sustainability. Harmons believes in family ranches, farms, and small businesses, and many local makers have been discovered and supported by Harmons.

Along with that emphasis on local goods and producers, Harmons believes investing in Utah’s future means investing in the people, and their commitment to associates remains strong.

Using local goods and talent, Harmons creates an experience that is unique to the industry. Fresh foods are prepared daily in-store by well-trained chefs, artisans, and experts, using earth-friendly sustainability practices. Virtuosity is found in every department, and Harmons nurtures it by instilling associates with a passion for their craft. They send them around the globe to find inspiration and participate in training they can bring back home to Utah’s advancing palates.

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# paint & puppies

## HAPPYPAWS PET PORTRAITS

By Mekenna Malan • [mekenna.malan@gmail.com](mailto:mekenna.malan@gmail.com) | Photos courtesy of Susie Hubbard

What features do you recall when you think of your best friend? Perhaps a dopey grin, a fluffy tail or that one particularly floppy ear? **Susie Hubbard**, the artist behind Happypaws, has infused these details with the unique personalities of her customer's animal companions through custom watercolor portraits since 2018.

Inspired by watching her father draw landscapes when she was a child, Hubbard started painting at a young age. She practiced digital art and typography during high school and college and attended the *Visual Art Institute* in Salt Lake City for graphic design. When Hubbard first started painting pet portraits, watercolor came naturally. "The more portraits I did, the more expensive watercolor I could buy, which makes a huge difference," she says. "I just started messing with it and it stuck with me."

Hubbard's first pet portrait was of a friend's dog, an Oreo-colored Border Collie named **Dexter**. "One day, he sat right in front of me and turned around with the cutest little look on his face. I took a picture of it and told my husband, 'This would be a really cute pet portrait,'" she says. "I didn't tell [the friend] about it. I gifted the watercolor portrait to him later. He was so excited that he almost wanted to cry when I gave it to him. He was like, 'Oh my gosh, this is my dog!' It was such a nice feeling."

After that initial rush of gifting such a meaningful painting, Hubbard texted a handful of friends to ask for photos of their pets. With these first pet portraits completed, she started an Instagram account, [@happypawsinsta](https://www.instagram.com/happypawsinsta), which is now her top source of commissions. As any true animal lover knows, the animal friends Hubbard receives art commissions for don't actually have to be furry. "I've painted lobsters, turtles—any type of pet that you can think of," she says. "When

I get a commission from someone, I love their pet just as much as they do."

Hubbard's process for receiving a new commission depends on how many pets are being painted and the type of animal pictured. She always asks for multiple photos of the pets and is very particular about the photos customers send. "They need to be clear, and the pet should preferably be looking into the camera so that I can get as many details as possible," Hubbard says. "I usually like to ask my cus-

To commemorate a furry family member, Happypaws pet portraits keep the image of our irreplaceable friends alive forever.



"I have a cat and a dog. They do just become part of your family," Susie Hubbard says.

tomers for a brief biography of the pets and what their favorite details are. Maybe some animals always had one ear up and one ear down, or their eyes were a certain color or they have a particular personality. I like to get as much personality into the portrait as I can."

Portraits can take anywhere from two to six weeks for Hubbard to complete depending on how large the canvas is or if the customer wants her to paint a specific background. At markets and through her Happypaws Etsy account, Hubbard offers custom pet portrait ornaments and cards. She also recently finished her first children's book, *A Black Cat's Christmas*, a story about a black kitty (not unlike her own) during the holidays. "When you think of a black cat, you think about Halloween," she says. "But it's about all the reasons why a black cat's favorite holiday is Christmas."

In the future, Hubbard hopes to create more children's books, illustrations and pet portraits. Whether commemorating a furry family member who has passed away or pausing a puppy's moment in time, her pet portraits keep the image of our irreplaceable friends alive forever.

"I have a cat and a dog. They do just become part of your family," Hubbard says. "They're everything to you. When you get a specific drawing of your pet or some-one gifts that to you, it's so meaningful." Browse examples of Hubbard's pet portraits on the Happypaws Instagram account ([@happypawsinsta](https://www.instagram.com/happypawsinsta)) and order your own through her [shophappypaws](https://www.etsy.com/shop/shophappypaws) Etsy store.

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# Princess Ramona Update

By Mike Brown • [mgb90210@gmail.com](mailto:mgb90210@gmail.com)

As many of you know, I have a strong affinity for animals—particularly my own. I’ve said it before and I’ll say it again: People are the reason I like animals more than I like people. For the last six years, I’ve been blessed to have my cuddly Covid companion, my confidant that watches me masturbate and doesn’t tell anyone about it, my favorite fluffy, fat feline: Princess Ramona.

But I must confess—Princess Ramona will never be as cool as my last cat, **Jet Pack**. In fact, no cat will. When parents with more than one kid say they love each child equally, I know they are full of shit. I know this because I love Jet Pack more than any other animal ever. But this article isn’t about him (because he’s dead now, resting in a grave in front of my old house in Rose Park and the new owners have no idea).

Aside from random mentions here and there, I last wrote about Princess Ramona four years ago when I got her and she was an itty bitty kitty. So, this is an update on her life and times.

The other night, I had a dream that Princess Ramona was pregnant. I remember being confused in the dream because I had my pussy’s pussy sewn shut years ago. Birth control is not only an important issue for humans, but also for animals. I asked the vet if there were IUDs for cats, because totally shutting down my cat’s uterus seemed a little extreme. But alas, that doesn’t exist. And, I have never met another cat that deserves to fuck her anyway.

Besides, she never goes outside. She has no concept of cars or weather. This is by design, and for a couple reasons. First reason is that she’s not the smartest kitty of the litter. Basically, Princess Ramona is dumb as shit.



Photo courtesy of Mike Brown

Mike Brown returns with an update on everyone’s favorite polydactyl feline—Princess Ramona.

I believe Princess Ramona’s lack of cognitive cat functions is due to the fact that she is possibly inbred. The main reason that I think her mom and dad are also her aunt and uncle is because she’s a polydactyl. If you don’t know what that means, I’ll explain it: Sometimes cats are born like little mutants and have extra claws on their paws. It’s not super common, but it’s not totally rare either. Princess Ramona has thirteen front toes that make her paws look like little baseball mitts. It also makes her walk kind of clumsy—not nearly as nimble as a regular cat—and I have to trim the nails bi-weekly so her claws don’t hurt her paws. That’s another reason she can’t go outside—if she needed to climb a tree to avoid a stupid pitbull or something, she’d be fucked. But I gotta admit, the clumsiness is hella cute.

However, I do feel most cats should be allowed to roam the outside world; it’s in their nature. Princess Ramona has been able to transfer those outside urges into annoying the shit out

of me in my apartment. She demands a lot of attention but will only cuddle on her own time, which is usually when I’m hungover and trying to take a nap. Other than that, if I try to cuddle her, she’ll bite. She’s a biter.

Princess Ramona also excels at the spill game. A lot of cats like this game, and some cats are better than others. They hone their hunting instincts to knock over whatever is important to me, usually beverages of an alcoholic nature or food. She always tries to eat my food, especially my ice cream. She loves ice cream. Princess Ramona has also noticed that a hobby I share with 80 year old widows is jigsaw puzzles, and she loves nothing more than fucking up my unfinished puzzles.

Aside from all of this, Princess Ramona is a tremendous apartment cat and I love her very much.

The End.

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Located beautifully close to WinCo, Old Cuss Cafe is found in a strip mall plaza abutting an enormous mural stating "Nothing Lasts." A fitting, if not defeating thought to have if entering the pet salon next door; I let the mantra resound in my head as I remember that I am about to have a cup of coffee at 5 p.m.

Old Cuss Cafe serves midwestern/high southern-inspired vegan cuisine. The interior so closely resembles an old west saloon that I kept resisting the urge to toss peanut shells on the floor. It's a unique mix of "cafe with a lot of shit on the walls" and an active vintage thrift shop—I challenge you to leave without also buying something that isn't food. Most available diningware appears to have come from an attic, and I quickly find that the walls are full but functional. Among the antique decor, pickled veggies and local products line the walls (including candles by fellow SLUG Contributing Writer Liv Greene). There's an earnestness and dedication to character here, and this extends wholly into the food, as well.

Brent'lee Williams has been a coffee guy for 15 years, and Old Cuss is his first foray as a chef proper. "This chef thing came on accident; my mom is a chef," says Williams. He runs his coffee program like a bartender and his food program as he would with coffee—if it doesn't work, they take it off the menu. "That's why it's a magnet board and I don't print a menu," he says.

The Matcha Berry Pancakes are served in a properly fat stack with blueberries and purple orchid blossoms. Between the hibiscus powder that breaks the sweetness and the syrup served in a tiny glass barrel, it's apparent every detail here has been thoughtfully considered.

The Black Currant Latte was so good that I can say for the first time I will not be embarrassed to order a coffee drink with several adjectives preceding it. The grittiness is on top rather than in the

## VEGAN ROOTS & COWBOY BOOTS AT



By Dylan Bueche • @kimjongdyl



Brent'lee Williams, owner of Old Cuss Cafe.

The Fucking Hot Sandwich and Black Currant Latte are examples of Williams's experimental plant-based style at Old Cuss Cafe.



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dregs; I'm informed it's from activated charcoal and suddenly I'm embarrassed again. The latte is the blue-brown color of a paintbrush wash cup and the pragmatic creativity here is a great representation of Williams' unique approach to coffee. The syrups are made from scratch and the beans are roasted exactly the way Williams personally likes by a friend in Kansas City. Williams knows a shit ton about coffee, and we're all grateful this is the case.

The Sloppy Joseph, an Old Cuss signature dish, pays tribute to Williams' childhood in Kansas City as a veggie-forward sloppy joe. Raised on Manwich, this (I assure you) vegan sandwich is dripping with nostalgia but has flavor and local ingredients you can't find in a can. The sloppiness lies in the slow-cooked carrots, smoked mushrooms from Intermountain Gourmet, maple caramelized peppers and a satisfying crunch from a Korean chip Williams found at Chinatown Supermarket. "A sandwich that goes all over you is the one for me," says Williams. As I wipe my face I am truly reminded of what it is to be a child in the midwest (messy). That said, it's the superbly prepared Brussels sprouts that accompany the sandwich that remind me why I am happy to be an adult.

Williams wants this to be a plant-based restaurant for people who aren't plant-based. The cafe is all vegan not because Williams is personally vegan but because he couldn't justify the carbon footprint (among other things) of serving meat to 500 people a week. Besides, "meat only tastes good because you season it with veggies," he says.

Keep up with Old Cuss' rapidly revolving menu at @oldcusslc on Instagram. Old Cuss is also currently hosting a GoFundMe to plan for the future of the restaurant at [gofundme.com/fl/give-a-dang-for-old-cuss-cafe](https://gofundme.com/fl/give-a-dang-for-old-cuss-cafe).

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# The Old Back and Forth with Clay Turnbow, Head Brewer at Kiitos Brewing

By Steve Koonce  
skoonce99@icloud.com

I'm sitting at *Slackwater* in Sandy having beer and pizza and I notice the guy next to me order a *Brasserie d'Orval* Belgian Pale Ale. One thing led to another, and now *Kiitos* Head Brewer Clay Turnbow and I are email buddies! I convinced Clay to engage with me in a bit of email tag for the *Mag*, and this is what came of it.

**SLUG:** Thank you so much for doing this back and forth. I thought I would start off the conversation by coming in hot: Can we ever get past some of these awful craft beer trends like pucker-my-face-up kettle sours and cloyingly sweet pastry stouts? What do you think will be the big trends for 2023 and beyond?

**Clay Turnbow:** Coming in hot with beer trends? Let's get to it! I think craft brewers and the craft beer consumer get really excited about these new trends, [and] that excitement can lead to innovation and new ways to achieve flavors that were previously not associated with beer. I feel most trends end up playing out in a similar way, [where] brewers and consumers push the envelope to extreme places and the beers that last are the ones that were done well and had a bit of balance.

With the 2023 market forecasts, I foresee brewing becoming localized in exciting ways. Consumers want to support their communities which, to me, means they are choosing the local craft beer that sources their brewing ingredients from the nearest farmers and maltsters while also being conscious of environmental impact.

**SLUG:** Working in the craft beer biz, I have seen the use of experimental, cryo and hop jams and jellies. Which new or experimental hops are you most excited to use?

**CT:** There are many experimental new varieties we are bringing in for our new Limited IPA and DIPA brands. We are still making the final decisions, but specifically HS17701 is a really exciting experimental hop from *Hopsteiner* that we will defi-



Photo: Talyn Behzad

"I hope SLC embraces a well-crafted 'table' beer soon, because I'm certainly going to make one," says Clay Turnbow, Head Brewer at *Kiitos* Brewing.

nately feature in a few IPAs this year. 90% of our hops come from Idaho farms to keep in line with our "Be as Local as Possible" ethos at *Kiitos*.

We are doing some trials with hop oil and distillate products that should start hitting our taps early in 2023. I am also interested in using more "theolized" yeast strains in the coming year that can help drive the hop aroma and flavor that people crave in IPAs.

**SLUG:** Hoppy beers are amazing, but what about the other styles and flavor profiles? What is the one beer that you haven't got to make at *Kiitos*? What's a beer or series of beers that you would love to do?

**CT:** Complex malt flavors with clean lager yeast is a match made in heaven for me. We recently released our German-style Dark Lager (Schwarzbier) at *Kiitos* that is my favorite beer we made in 2022. I would like to brew a Doppelbock and then age it in bourbon

barrels for a few months.

I really like to have a low-ABV beer available (around 2.5% – 3.0% ABV), and I hope SLC embraces a well-crafted "table" beer soon, because I'm certainly going to make one. However, our next release is the polar opposite: We are releasing an Imperial Barleywine in January with a massive 15.6% ABV, although it doesn't taste that strong. Funny—I talk about my love for 2.5% ABV beers, and the next *Kiitos* release might be the highest ABV beer ever made in Utah.

Who says a table beer can't be 15.6%? I would certainly find myself on—or under—the table after one or two of those. Thank you for your time, Clay, and best of luck to you and *Kiitos* for 2023 and beyond. Cheers!

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# SKATE

Steve Bingham – Bump over the bar – SLC, UT



Ever since Steve moved to Salt Lake from Ohio, he has been destroying spot after spot. In typical Steve fashion, we were out skating around town during a cold winter's day and Steve saw this "bump over the bar" spot he wanted to skate. It has almost no run-up and is pretty tall, but Steve didn't back down and popped a huge ollie over the bar.

By Chay Mosqueda • @saltskatecity

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# SNOW

By Jovanny Villalobos • [countercultureconscious.com](http://countercultureconscious.com)

Aiden Hascall rips a turn in the backcountry just outside of Brighton Ski Resort. Aiden grew up in Grand Rapids, Michigan, where he learned to ride at Cannonville Ski Area—a 400-ft. pile of dirt on top of a landfill. He grew up riding rails before migrating to Utah in 2018 for school. The kid from Cannonville has gotten to experience the Mecca of snowboarding that most Utahns never experience or know about. Always check the Utah Avalanche Center's website ([utahavalanchecenter.com](http://utahavalanchecenter.com)) to be informed about conditions before going into the backcountry.



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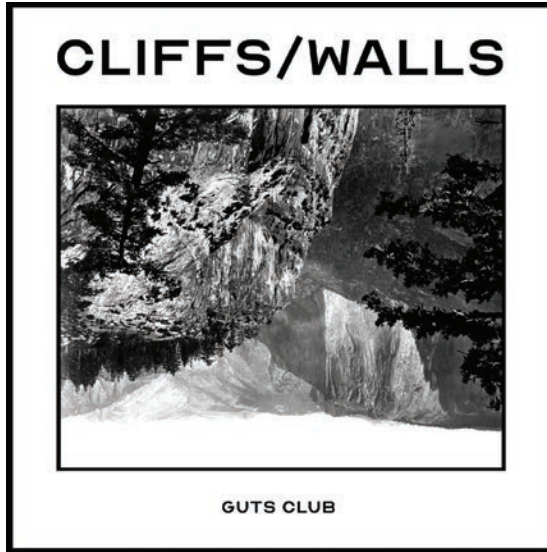
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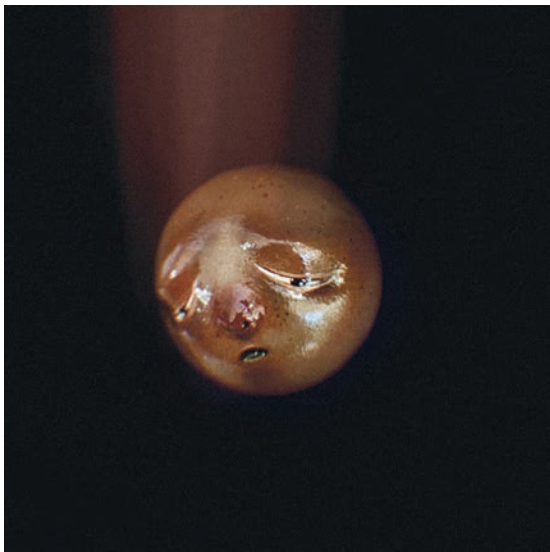
# MUSIC REVIEWS



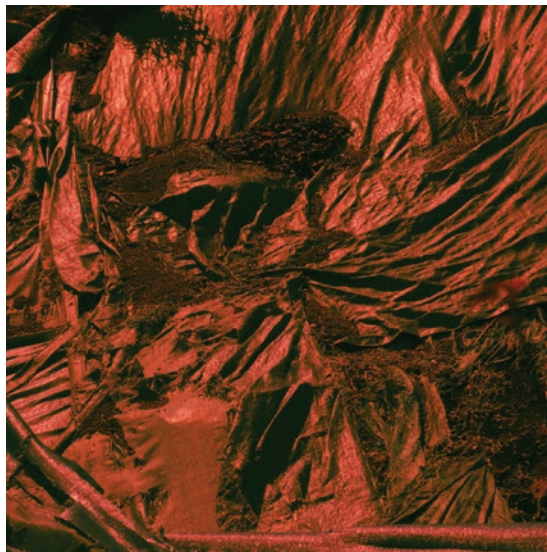
**Beauty Pill – Blue Period**  
 (Ernest Jenning Record Co., 01.20)  
 Beauty Pill = Beauty Pill = Pixies + Dry Cleaning  
 + La Luz  
 –Russ Holsten



**Guts Club – CLIFFS/WALLS**  
 (Self-Released, 01.13)  
 Guts Club = Janis Ian+ BIG | BRAVE  
 –Litzi Estrada



**poolblood – mole**  
 (Next Door Records, 01.13)  
 poolblood = Lowertown + Anaïs Chantal  
 + Swim Team  
 –Katie Hatzfeld



**Tujiko Noriko – Crépuscule I & II**  
 (Editions Mego, 01.13)  
 Tujiko Noriko = Forest Management  
 + Felicia Atkinson + Marcel Sletten  
 –Audrey Lockie

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