

THE Latham Letter

VOLUME XLV, NUMBER 2

Spring 2024

PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION



CARING ABOUT KIDS CARING

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MANDATE

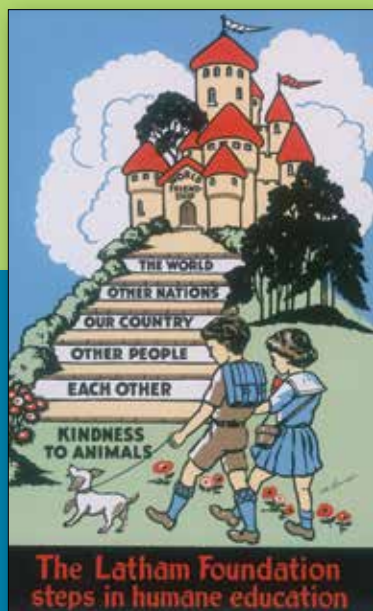
Edith Latham's **MANDATE:**

"To promote, foster,
encourage and
further the
principles of
humaneness,
kindness and
benevolence to
all living creatures."



WELCOME BACK, BROTHER BUZZ!

Brother Buzz, star of Latham's
Brother Buzz films and our former
Spokesbee, marks the end of articles.



The Latham Letter

Balanced perspectives on humane issues and activities

Search the Latham Letter archives by topic and learn
more about all of our resources and grants at
www.Latham.org or call 510-521-0920.



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Promotion of Humane Education

The Latham Letter

Volume XLV, Number 2, Spring 2024

**BALANCED PERSPECTIVES ON
HUMANE ISSUES AND ACTIVITIES**



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ABOUT THE LATHAM FOUNDATION:

The Latham Foundation is a 501(c)(3) private operating foundation
founded in 1918 to promote respect for all life through education.
Latham welcomes partnerships with other institutions and
individuals who share its commitment to furthering humane
education.

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Hugh H. Tebault, President to reading the proposals submitted in the last week of June 2024.

I want to note that Latham continues to use the traditional definition of humane education, the definition society used when our Foundation was created in 1918. We recognize that some have changed the definition at times, so I wanted to remind everyone of the true meaning of this important term.

In the 1930s Latham chose to explain humane education by using a visual image, our Steps in Humane Education poster. In 2023, we created a new visual, [What Is Humane Education](#), showing the relationship between the several “steps,” and how they are all an important part of life. We hope that between these two examples you may get a fuller definition of what we are promoting.

If you review the Latham film library, we have often highlighted innovative programs where people and animals work together for the betterment of both. Programs where rescue animals are partnered with people who may also need rescue are very powerful tools in restoring self respect and respect for one another. Please check out Latham’s [Healing Human-Animal Bond](#) film series.

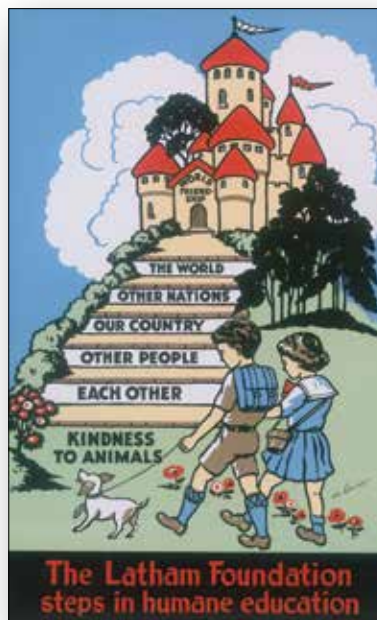
A common theme in all these programs is the importance of “The Latham Steps” as a hierarchy

HUMANE EDUCATION: KINDNESS AND RESPECT

Our grant program this year builds on our “people and animals working together for the benefit of both.” This grant season we are focusing on innovative humane education programs aimed at teenagers. We look forward to

of dependent values. We know that IF the values in The Latham Steps are taught and understood, so that students can understand both the need to show respect and kindness AND IMPORTANTLY the personal value they get from doing so, these values will help ensure the success of the students wherever they apply their talents.


As I write this, there are many colleges in the US where terrorist tactics are being used, showing disrespect and criminal behavior. These are the antithesis of kindness and respect taught by Latham. These terror tactics damage both those using them AND the society as a whole. We at the Latham Foundation truly hope that the teenagers of today will be helped by humane education programs, gaining or regaining their own personal values and ability to show respect to others. If students can gain this core value and apply it in their lives, both they and their family as well as society will benefit.



It is our mission to promote humane education, helping this generation gain a strong foundation from which they can improve their own self-worth, thereby becoming a stronger and more successful part of their society.

We reach out to all and encourage our traditional American melting pot culture, where our own individual talents and history blend together with others as we work together for a better community. Communities are diverse - they may be urban or rural. Animals may be domestic pets, farm animals, or wild. All people benefit

from practicing and promoting humane education. Although we are not guaranteed respect in return, let each of us aspire to always show kindness and respect to animals and others in our daily interactions.

“No act of kindness, no matter how small, is ever wasted.” — Aesop 



APPLY FOR LATHAM GRANTS JUNE 24-28, 2024

2024 ELIGIBILITY:

- Programs that focus on animal-assisted activities that demonstrate people and animals working together for the benefit of both, and include humane education.

- This year, 2024, we are focusing on innovative humane education programs directed at teenagers.

- Applicants must be U.S. organizations with domestic programs.

- Nonprofit organizations will have priority but grants will not be limited to those who have attained 501(c)(3) status.



Website Deadlines and How To Apply:

<https://www.latham.org/grants/deadlines-how-to-apply/>

NOTE: Applications will only be accepted **June 24th to 28th** and the online application will only work during those dates:

<https://www.latham.org/grants/application/>

If someone has computer problems during June 24 – June 28 and cannot fill in the online form, this is an alternate form to fill in and submit:

<https://www.latham.org/wp-content/uploads/2024/04/ALTERNATE-2024-Grant-Application-form-if-you-cannot-complete-it-online.pdf>

Website General Information:

<https://www.latham.org/grants/general-information/>

A downloadable page detailing the 2024 Grant Program is here:

<https://www.latham.org/wp-content/uploads/2024/04/Grant-Req-2024-Final.pdf>

You can sign up at www.Latham.org to receive all the latest news from Latham.

Please share news of this opportunity with your colleagues.



CARING ABOUT KIDS CARING

PART 1, MY VISIT TO A FOURTH GRADE CLASS

by Tula Asselanis

‘The kids are mean to each other!’ I have heard this from a few teachers when children came back into the classroom after covid. Lockdown forced kids to spend even more time in front of screens and further isolated them from in person interaction with each other. They got an extra dose of mean from social media trolls - hateful messages and ‘tweets’ which added to an increase in anxieties, hopelessness, and even depression. There is a mental health crisis and there are countless books on the subject. Blame is attributed to social media, smart phones, the pandemic, and a myriad of other societal ills. The bottom line - our youth are suffering. The message of kindness and being humane to all is just not getting to them.

Data shows that this trend in our youth started way before the pandemic. Perhaps it just brought it more to light. Just google ‘our

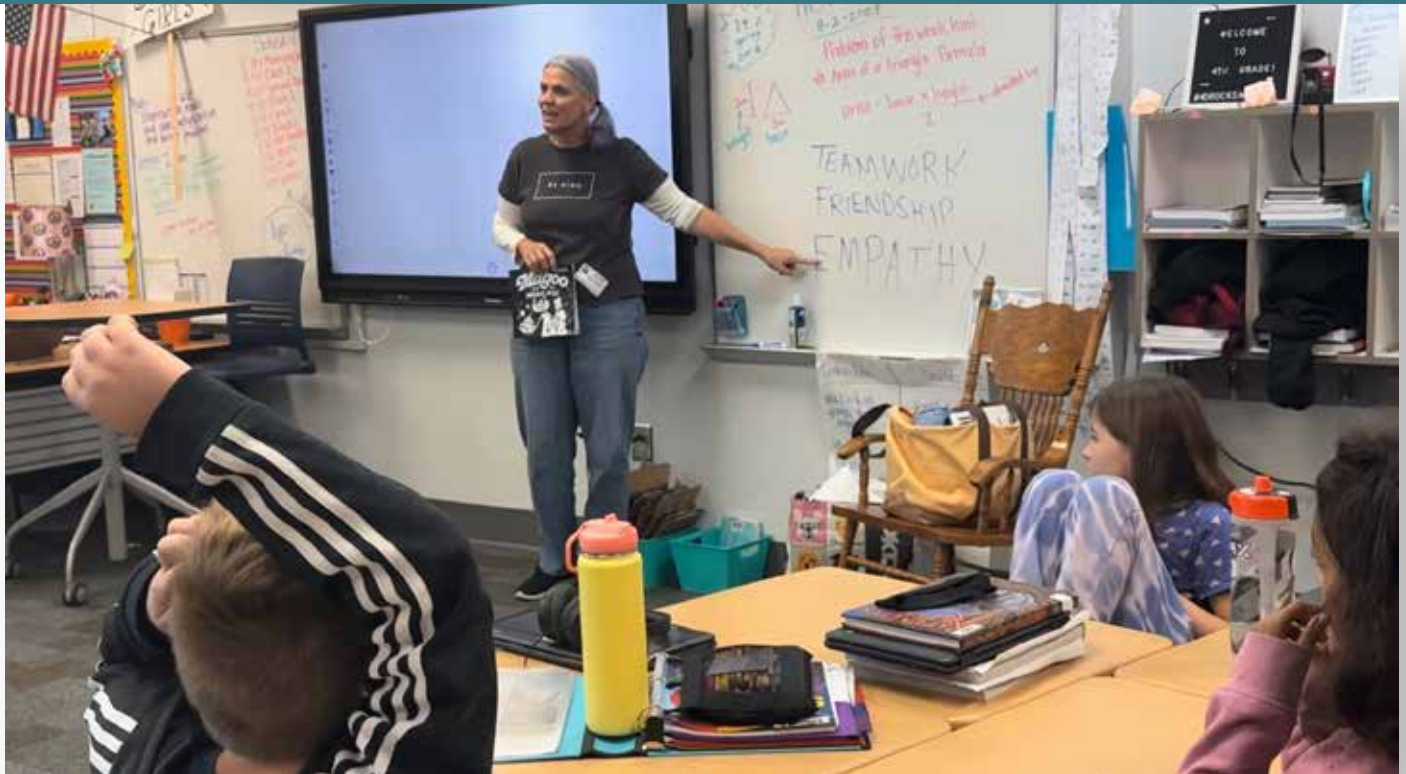
youth are suffering’ and you will find endless studies, opinions, and data on why this is so.

“According to data from the National Survey of Children’s Health, 10.5% of youth ages 12-17 had a current diagnosis of anxiety in 2016.” (*Psychology Today*, Ghandour, Reem M., et al. 2019. “Prevalence and Treatment of Depression, Anxiety, and Conduct Problems in US Children.” *Journal of Pediatrics* 206:256-67.)

Yet it all seemed to disappear when I followed De Daltorio into a fourth-grade class at an elementary school in Charleston, S.C. She was greeted with the smiles of shared joy from a room full of children as well as their teacher before she even got into the classroom. They knew what was coming. It’s Ms. Daltorio from Charleston Animal Society bringing a fun animal story, some games, and maybe, hopefully, an animal!



Continued on next page



Their teacher told them to stay in their seats and be on their best behavior, and they did just that. Their verbal excitement soon quieted when De let them know she had a surprise later if they could raise their hands when they had a question.

She explained how she showed empathy for the mother of the puppies that the kids knew were asleep in the covered carriage at the side of the class. “Why am I bringing out a blanket?” she asked. “For the puppies to feel comfortable,” a child answered. De finally wheeled the covered baby carriage to the edge of the large blanket laid out on the floor, with all the class sitting around it, and took out the puppies.

Magic ensued.

I noted the captivated faces of the children as they shared the wonderfulness of puppies with their fellow classmates. Each took a turn using a few dog toys to entice the puppies to come to them, to play and be petted. The puppies seemed more interested in meeting the children than the dog toys, walking around to greet every child.



She engaged the children by reading a book about empathy. “Magoo and His Magic Poo” was about a cat who used his unusual “gift” to help rescue puppies from a puppy mill. While she read, De asked questions of the kids and got their answers as they figured out how empathy works and gave examples of their own experiences.

“Empathy is a skill,” De explained. “It has to be practiced.”



Continued on next page



As the children sat around the blanket, they were well behaved and relatively quiet - sharing puppy time with each other while still listening to De, who explained that listening to each other was also a way to show empathy.



To further the lesson, De brought out a few boxes containing pairs of shoes with an anecdote for each. Helping a friend - despite differences - was impactfully acted out by a few of the children when they got to put on other people's shoes and walk on the blanket while learning the lesson "Walk a mile in


my shoes." Each pair of shoes had a different situation attached to it, and the kids reasoned out what would be the kind, empathetic reaction. While listening to them, the rest of the children quietly played with the pups. Incorporating animals made

quite a difference.

Lesson learned: What the world needs now is empathy, and walking in someone else's shoes is a good way to get started. And puppies can help! If you are reading this, you probably already know that, so let's all continue

to pass on the lesson to the next generation.

I hope our Latham Grant direction this year will help open the door to caring about others for all our teens, as well as for children, their families, and animals everywhere.

In the next *Latham Letter* issue, my learning continues as a teen class visits Charleston Animal Society. Please enjoy this link to 4th grade empathy: [*Try On These Shoes*](#) 





AT HERD FOUNDATION CONNECTION IS AT THE HEART OF ALL THAT WE DO

*By Stephanie Kukich, Equine
Facilitator Herd Foundation*

Established in 2018 by co-founders Rhonda Fritzshall and Nongae Johnson, HERD Foundation is a non-profit organization that provides equine-assisted services to military veterans and their families. Consistent with our mission, our experiential equine assisted programs are designed to empower individuals to achieve personal growth through exploring the unique relationship between humans and horses.

HERD Foundation launched our programs as a proactive response to the growing need for services that promote social and emotional well-being among the

military veteran population of Palm Beach County, FL. Our voluntary programs are offered at no cost to veterans, as HERD is funded solely by grants, fundraisers, donations, and community partnerships.

Connection is at the heart of all that we do at HERD. It is the foundation of all our relationships and how we relate—with our team, our community, our clients, and our horses. When working with veterans, rather than focusing on a diagnosis, labels, or past experiences, our primary focus is offering a safe space where par-

ticipants can explore connection in the present and experience a sense of belonging.

All equine-assisted sessions at HERD Foundation are conducted on the ground with the horses at liberty, meaning they can move freely about the arena and choose how and when to interact. This method is particularly powerful because a natural shift in the relationship dynamic between horse and participant occurs—moving from a relationship that puts human above horse to one that is based on partnership, clear communication, and trust.

Veterans are provided the opportunity to learn the principles and skills necessary to foster a meaningful connection with our equine partners. Veterans may also develop additional skills to build healthy, attuned relationships with themselves and others. Connection with the horses enables the veteran to embody learned principles and skills so that they may be transferred to other relationships and situations in their lives once they step out of the arena.

One of the most invaluable aspects of HERD Foundation is that we are a long-term resource for our veterans. HERD encourages participants to stay engaged for as long as they choose. This is made possible through our Fall In Friday program, which offers the much-needed continuity of support services often lacking for local veterans. Fall In Friday has run continuously for over two years and provides the opportunity for veterans to expand upon their horsemanship skills and continue

Continued on next page



to build the relationships they have formed with the horses and other veterans in the program.

We strive to ensure that each veteran who participates in one of our programs knows that HERD Foundation will always be a place where they can feel safe, be seen and heard, and always belong. Though each of our veteran participants enters our gates as an individual, our deepest hope is that they leave knowing they are part of our HERD — In a word, Connection.

ABOUT THE AUTHOR:

Stephanie Kukich is an Equine Specialist and National Certified Counselor. In 2011, she earned

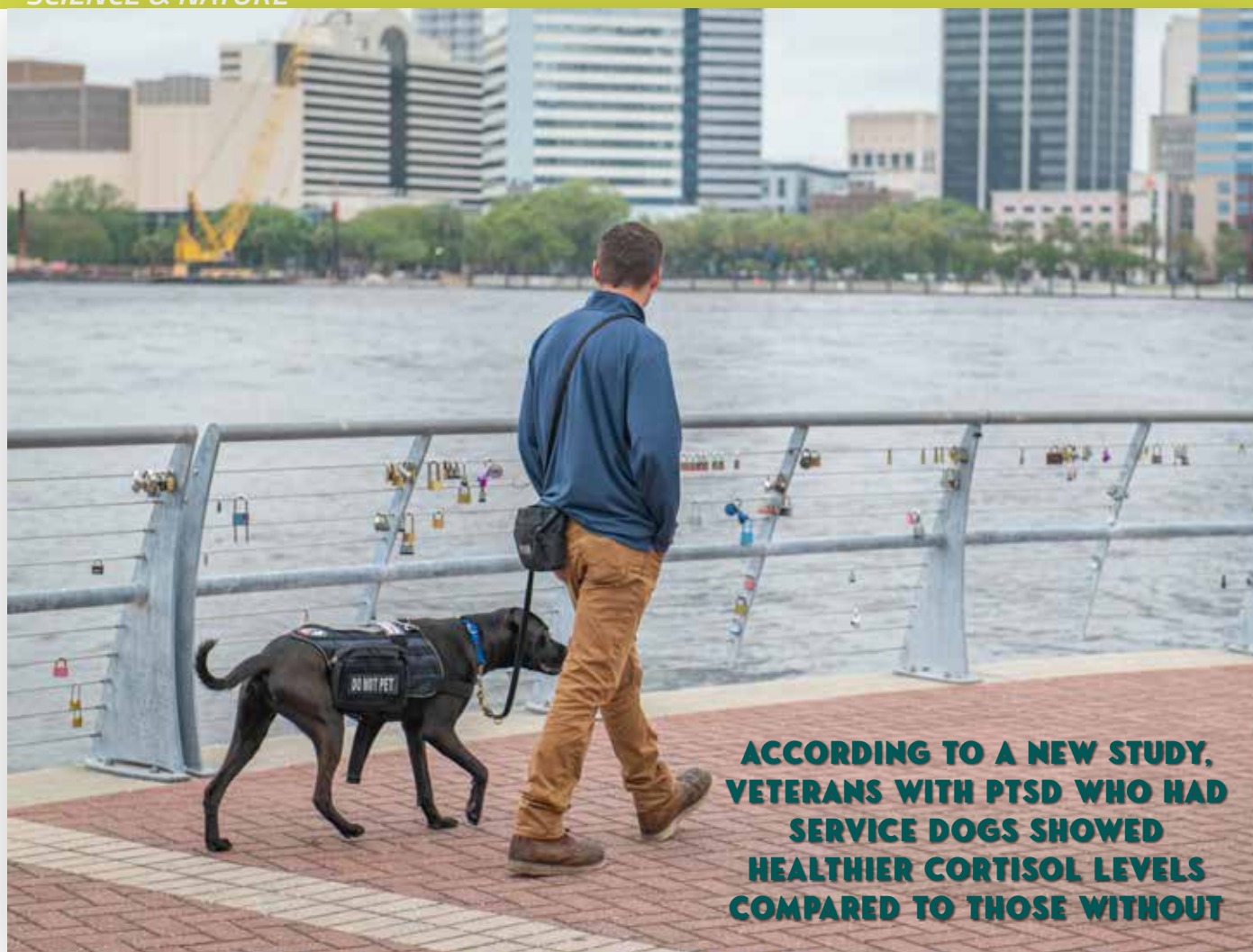
a Master's degree in Clinical Mental Health Counseling from Appalachian State University with concentrations in both addiction counseling and Marriage and Family Therapy.

With a commitment to lifelong learning and personal development, Stephanie is a student of the Natural Lifemanship Institute, which teaches a trauma-informed, relationship-based approach to providing Equine-Assisted Services. She also recently earned her certification as an Equine Specialist in Mental Health & Learning (ESMHL) through PATH International.

As an Equine Professional and member of HERD's E-Team,

Stephanie co-facilitates Equine-Assisted Learning sessions that support our client's healing and growth through the experience and exploration of the horse-human relationship. 🐾





ACCORDING TO A NEW STUDY, VETERANS WITH PTSD WHO HAD SERVICE DOGS SHOWED HEALTHIER CORTISOL LEVELS COMPARED TO THOSE WITHOUT

New research from The University of Arizona College of Veterinary Medicine looked at the impact service dogs had on the cortisol levels of veterans suffering from PTSD. The study found that those with service dogs had healthier cortisol levels when compared to those without service dogs. The research, led by Dr. Maggie O'Haire, Associate Dean for Research and Professor at the College of Veterinary Medicine,



and Dr. Leanne Nieforth, with the help of K9s For Warriors and funding support from the Dogtopia Foundation, the National Institutes of Health (NIH) and Purina, provides further evidence of the positive benefits service dogs offer veterans.

The study assessed a total of 161 veterans who had PTSD, 88 who had a service dog and 73 who did not. Cortisol,

a stress hormone that is found in saliva, was assessed at two different points in time, three months apart, and a total of 2,613 cortisol samples were analyzed. The study concluded that overall, veterans with service dogs had stress hormones more like those in healthy adults without PTSD than veterans without service dogs.

52% OF VETERANS FACE PTSD

After military service, around 52% of veterans face PTSD. The U.S. Department of Veterans Affairs (VA), a key provider for veterans, has been hesitant to allocate funds for service dogs

Continued on next page

for individuals dealing with PTSD, citing a lack of clinical evidence substantiating their effectiveness. O'Haire's pioneering research is bridging this gap.

"The goal of our research is to gain a robust understanding of the impact service dogs have on veterans and their mental health," said O'Haire, who has been conducting research on service dogs and veterans for nearly a decade. "Science continues to evolve our understanding of how service dogs may influence symptoms for veterans struggling with PTSD and their quality of life."

"TO END VETERAN SUICIDE THROUGH THE USE OF HIGHLY TRAINED SERVICE DOGS."

"We've had the profound privilege of meeting many of the veterans we've supported through our fundraising efforts, and hearing first-hand how these service dogs saved their lives," said Liz Meyers, executive director of the Dogtopia Foundation. "Their testimonials drive our commitment to support Dr. O'Haire's incredible work, while we continue fundraising to support our veterans in need."

"Thanks to the support of Dogtopia Foundation, NIH, and Purina, we can continue to pursue our research on the impact of service dogs on their owners and ensure all service members struggling with PTSD can receive



the support they need in the future," said Julie Funk, dean of the College of Veterinary Medicine.

Research involving service dogs and veterans further validates the efforts of organizations supported by Dogtopia Foundation, such as K9s For Warriors.

"K9s For Warriors' mission is simple — to end veteran suicide through the use of highly trained service dogs. The success of our program, graduating nearly 1,000 Warriors, wouldn't be possible without the important research of the O'Haire Lab at the University of Arizona.

This study further legitimizes the positive impact service dogs have on veterans with PTSD," said K9s For Warriors Chief Program Officer Kevin Steele. "Every day, K9s For Warriors has the privilege to witness the life-changing effect a service dog has on a

veteran. Thank you to the Dogtopia Foundation, NIH and Purina for supporting this crucial research, allowing us to continue changing veterans lives."

In partnership with Dogtopia's franchise network of more than 265 dog daycares, the Dogtopia Foundation has raised more than \$3 million and has helped support the training of 450 service dogs since the 501(c)3 nonprofit organization was established in 2017.

More information about Dr. O'Haire's study can be found [here](#). For more information about the Dogtopia Foundation and how you can support its efforts, visit www.dogtopiafoundation.org. If you are interested in learning more about the Dogtopia franchise in general, visit www.dogtopia.com.

About Dogtopia:

Founded in 2002, Dogtopia is an early pioneer and innovator in the dog daycare industry, of-

Continued on next page



fering an experience focused on wellness, quality of care, safety, and transparency in the market. The ultimate destination for improving the physical and mental wellbeing of dogs and pet parents, Dogtopia helps our furry friends live long, healthy, and happy lives with services that holistically address canine wellness. Pet parents have the assurance of leaving their beloved furry family members in the hands of trained professionals in an environment created with the safety of dogs in mind, including spacious playrooms assigned by size and play style, comfortable rubber flooring to reduce the impact on joints and paws, and webcams for pet parents to check in on their pups. For more information, visit www.dogtopia.com.

About Dogtopia Foundation

The Dogtopia Foundation enables dogs to positively change our world through funding programs focused around service dogs for veterans, therapy dogs for students and employment initiatives for adults with autism. The Foundation's aim is to identify needs, fill gaps and integrate knowledge for continuous improvement in the three areas of focus. By connecting dogs with organizations the Foundation supports, the Foundation is helping returning veterans, children and adults with autism reach their full potential. To learn more, visit www.dogtopiafoundation.org.

The University of Arizona study supported by Dogtopia Foundation further highlights the

positive impacts service dogs can have on veterans.

PHOENIX, Feb. 13, 2024 /PRNewswire/

Media Contact: Maddie LaPorta, Fishman Public Relations, mlaporta@fishmanpr.com or 847-945-1300

NEWS PROVIDED BY:

- Dogtopia
- University of Arizona College of Veterinary Medicine
- K9s For Warriors

O'Haire Lab Links:

<https://vetmed.arizona.edu/research/human-animal-interaction/ohaire>

<https://www.instagram.com/ohairelab/>

<https://www.linkedin.com/company/ohairelab/> 

WE GET LETTERS

May 5, 2024

To my friends at the Latham Foundation —

In 1952, our parents bought their first TV, when we lived in San Francisco. My sister, Charlene and I joined the Brother Buzz Club. The first step on the stairway to become a member, is "Kindness to animals." I am 75 years old and my sister is 81 years old. My sister rode horses when we were growing up in the Santa Clara valley - when it was an agricultural area. She and her children operated a dairy farm in Minnesota. I cared for our dog, "Tippy" until 1971, when I left for Viet Nam. Our father wrote me to assure me that he wrapped "Tippy" in her favorite blanket and buried in a custom made box with an appropriate memorial marker. I still have the photo of the memorial that he sent to me in Viet Nam. I had joined the Boy Scouts of America in 1960. "A Scout is KIND!" To be clear - never underestimate the power of kindness. In 1976, I graduated from nursing school and later worked at the VA Hospital in Roseburg for 27 years as a psychiatric nurse. It was my honor and privilege to help our countries' veterans deal with their mental health problems. It was a joy to work with some of the finest and compassionate staff in our country, at the VAMC. Thank you for the part your foundation has played for over 100 years! Sincerely, Robert Taylor Roseburg, OR

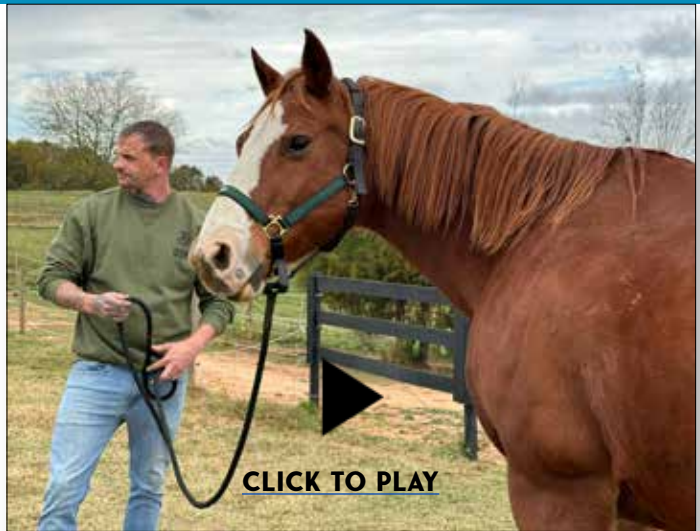
"THIS LETTER ARRIVED YESTERDAY. IT TOUCHED ME SO MUCH THAT I GOT A LITTLE MISTY. IT'S EXACTLY MY STORY WITH LATHAM." - SUE

...AND EMAIL:

Hi, Mary! (*Managing Editor*)

I absolutely LOVED Tula's articles and videos! (*Latham Letter Winter 2024*) She truly captured the essence and spirit of Wild Hearts in such a personal way by describing her own feelings, emotions, and insight while witnessing and participating in all that takes place at Wild Hearts. It is a tribute to Tula's own honest demeanor and calming disposition that Storm would feel safe to participate in her interview. Having him share his experience and journey toward healing was so moving and powerful. To hear him describe Goose as his battle buddy brought tears to my eyes, understanding what that means and knowing how strong that bond is between combat veterans. Goose and Storm are forever linked in spirit as brothers. Tula thoroughly portrayed that intimately, yet respectfully, while honoring the dignity of everyone involved. Please thank her for me for putting into words and pictures the intangible soul of Wild Hearts that can be difficult to describe. She nailed it!

I have set a reminder regarding the final grant report. Please know that your support has already made a significant difference in the lives of many,



equine and human alike, and will continue to do so as word spreads of the healing nature that is Wild Hearts. We are so grateful to you.

Kindest Regards,

Pam

Grant Writer, Wild Hearts Equine Therapeutic Center, Inc.

Editors Note: Please see the videos of Equine Therapy in action.

Clip 1 - Am I safe?:

vimeo.com/915800736

Clip 2 - Storm & Goose - Battle Buddies:

vimeo.com/919854652

GRANT UPDATE

APRIL UPDATES FROM SUSQUEHANNA SERVICE DOGS

PENNSYLVANIA GOVERNOR RECOGNIZES SUSQUEHANNA SERVICE DOGS

Susquehanna Service Dogs was honored to receive a letter of recognition from Pennsylvania Governor Josh Shapiro for its work supporting people with disability to live full lives within the community. With a network of over 600 volunteers who give an average of 40,000 hours each month, SSD raises, trains, and places assistance dogs to give people the confidence to live more independently and achieve their dreams.

Congratulations

(see Their Article: [Latham Letter Fall 2021](#))



GRANT REPORT



We are so happy to hear you are enjoying our newsletter. As always, we are incredibly grateful to the Latham Foundation for their continued support of our Paw Patrol program. Our efforts have focused on new volunteer recruitment in our expanded service areas as well as volunteer reengagement in our home base. Currently, we have a dedicated group of 31 Paw Patrol volunteers (14 human and

nursing facilities on a monthly basis in addition to visiting during our monthly socials and the personal homes of our veterans.

In 2023, our Paw Patrol program completed the following impacts:



- 67 Paw Patrol visits
- 12 requests for animal related assistance
- 1 Paw Patrol Excursion to Serendipity Equine's Educational Program
- Participation in our monthly veteran socials

And in 2024 Quarter One:

- 18 Paw Patrol visits
- 1 upcoming Paw Patrol Excursion to the Fauquier SPCA



Lastly, I've attached a few additional Paw Patrol photos from a recent veteran social as well as one from the holiday season. Once again, we thank you and the entire Latham Foundation for contributing to our mission and serving our aging heroes.

Sincerely,
Kayla Johnson
Resource Development
www.herosbridge.org

IT'S YOUR TURN!

You are invited to send your comments, information wishes, or submit your own article book or media reviews, for consideration, please contact:

Editor@latham.org

WELCOMING YOUR PUPPY FROM PLANET DOG

HOW TO GO BEYOND TRAINING AND RAISE YOUR BEST FRIEND

by Kathy Callahan, CPDT-KA

Welcoming Your Puppy From Planet Dog provides a clear concise step-by-step owner's guide to help anyone create a loving wholesome relationship with their chosen canine companion.

Easy to read, just under 200 pages, the short chapters thoroughly prepare the reader on everything from 'You Just Kidnapped a Puppy from Another Planet,' to how best to organize your home. Learn how to create a puppy apartment as well as about socialization, behavior and training. Included are recommendations for products and additional readings.

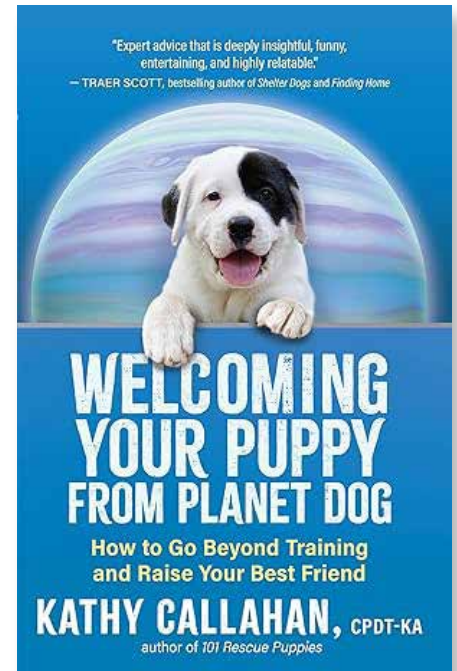
If you are considering a puppy, or even an older pooch, Kathy Callahan's intimate observations of the creatures we call our best friends is a gift for any reader and a mirror held up to consider our own humanity.

Cleverly written with humor and compassion this must have manual is both informative and humbling. Callahan walks us through the anatomy of the heart and mindset we humans need when considering the adoption (kidnap) of this foreign furry species.

While the author's CV has been crafted over decades of hands-on training, puppies are her specialty. It is her heartfelt insights which offer the reader the unique opportunity to learn how to 'stay in the moment' with our pets by reminding us to tap into our own moral integrity, humanity, and empathetic nature in the effort to create a deeply connected life long bond with our pup and human friends.

Review by
Bannin Fielder,
New Puppy Mom

Publisher: New
World Library
(April 16, 2024)



GRANT RECIPIENT

The Human-Animal Connection is a non-profit organization that brings people and therapy animals together for the benefit of both. The Human-Animal Connection, provides structured, interactive therapy dog visits.

Here's a video they produced at a school visit.

[MartyBrird Center_v3.mp4](#)





THE LATHAM STEPS

We would love to know your thoughts on this issue's articles. If you would like to share your own anecdote, story, photo, or artwork relating to one of the Latham Steps to Humane Education, we would love to see it (and possibly publish it in *The Latham Letter*!) Editor@latham.org



STREAMING FOR FREE: EDUCATIONAL VIDEOS FOCUSED ON EMPATHY AND KINDNESS

vimeo.com/lathamfoundation/portfolios





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