



## Cruelty-Free Dynasty

**CORNELIA GUEST AND HER** canine companions are a Cruelty-Free Lifestyle dynasty! Leading the pack is the iconic socialite, fashionista, and entrepreneur, Cornelia Guest. She is the designer and manufacturer of her popular high-end vegan handbag and accessories collection, she manages her vegan catering and entertaining brand, Cornelia Guest Events, and raises awareness and funds for animal-caring causes.

Her four-legged friends have always helped her promote this Cruelty-Free Lifestyle by modeling, traveling, or just hanging out with Cornelia at their home, the Templeton estate. The 29-room mansion is surrounded by 15 acres, where other animals that Cornelia has adopted, such as a donkey and a tortoise, roam. Cornelia and her dogs have an unsurpassed commitment to their cause, which has been recognized by major media outlets, such as *Vogue*,

*People*, *Harpers Bazaar*, and *Women's Wear Daily*, as well as on national morning talk shows and the Food Network.

But just as with any busy beings, injuries and aches and pains can be par for the course in life. This is where Babette the Vet steps in to the iconic Templeton estate, which has embraced major intellectuals, artists, and celebrities, including, Halston, Oscar de la Renta, Yves Saint Laurent, Andy Warhol, and Truman Capote. All have been hosted by Cornelia, her famed mother (C.Z. Guest) and father (Winston Churchill's cousin), and always the household canines.

Babette the Vet treats the dogs using both traditional and alternative therapies. From cleaning teeth and clipping nails to physical therapy, Dr. Gladstein takes care of this canine clan.

Both Cash and Belinda are treated with laser therapy, prolotherapy, and then *(continued next page)*

### Babette the Vet Zineletter Tips, News, Fun!

#### House calls

Babette Gladstein, VMD, is a mobile/house-call veterinarian who brings traditional, alternative, regenerative medical solutions to the comfort of your home, 24/7! Based in Carnegie Hill, on the Upper East Side of Manhattan, Dr. Gladstein, who specializes in physical therapy, is licensed in five states. Seeing patients in their own home helps them stay calm, making it easier on them—and you!



Babette with Belinda, enjoying laser therapy.



### Off-Leash Dish

**Off-leash dog parks** across the U.S. are gaining ground and public support, even with non-dog owners. Dog parks are the fastest-growing segment of city parks. The Trust for Public Land, the leading non-profit working to conserve land for people (and now dogs), acknowledges that this trend has the capacity to add significant power to the general park movement. Skateboarders have made inroads too, but the constituency of dog owners has much more clout, as the U.S. "dog economy" is estimated to total \$7.5 billion a year. Official off-leash dog parks on public land have a bumpy past. Illegal off-leash activities on a beach in Berkeley, Calif., in *(continued on page 3)*

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(continued from first page) acupuncture. Cash (who got his name because, as a pup, he would howl when Cornelia listened to Johnny Cash), weighing 110 pounds, has hip and shoulder problems. And Belinda (who was adopted with that nice name from the Animal Alliance of N.J.) was

**Oscar the Dumpster Dog**, who was adopted by Cornelia Guest, found in the trash during the Oscars 3 years ago in Los Angeles, is getting his nails trimmed.



**Socrates**, Cornelia Guest's adopted African Tortoise, would have been a pair of eyeglasses yesteryear without the pioneering Cruelty-Free Lifestyle she and her canine companions promote.



originally rescued from the streets of Pennsylvania emaciated, with a chain dangling from her neck, leading to hip and back issues.

Laser therapy offers a pain-free, drug-free, surgery-free way to alleviate chronic pain. Completely non-invasive and a favorite treatment among

pets, laser therapy can provide your dog with much-needed instantaneous relief.

Prolotherapy offers decreased pain and increased range of motion by repairing damaged and lax connective tissues and ligaments, which hold joints in place. This involves a series of injections of lidocaine and dextrose into the target areas.

Acupuncture produces an abundance of good health effects by enhancing or restoring the natural flow of energy (qi) in the body, primarily affecting the muscular, skeletal,



Cornelia Guest Events excels in vegan catering, including events at this fall's Fashion Week. Skills from her book, *Cornelia Guest's Simple Pleasures*, a guide to high-end vegan cooking and entertaining, were demonstrated on "Rachael Vs. Guy Celebrity Cook-Off."

hormonal, and cardiovascular systems. Besides relieving pain and muscle spasms in dogs, acupuncture stimulates their nerves and defense system, provides a sense of well-being, and promotes health. All of these treatments are efficiently and effectively performed in the comfort of their estate. Empowering this dynasty with physical therapy makes Babette the Vet feel proud.

You can order the famous Cornelia Guest vegan chocolate chip cookies (yes, chocolate is usually produced in a very un-animal-friendly way) online. At high-end retailers, such as Bloomingdale's, and

In this fall's *Vogue*, Academy Award winner Jennifer Lawrence with Cornelia Guest's canine companions, Cash and Winston, at their iconic home, the Templeton estate, in Long Island, N.Y.



online, you can get the Cornelia Guest fall collection of Cruelty-Free handbags and accessories. While you're at it, order her book on vegan entertaining. All are at [corneliaguest.com](http://corneliaguest.com). You can also follow her and her four-legged friends on twitter. Enjoy!

• **RESCUED FROM A LOCAL SHOP**, Raising Rover & Baby, that suddenly went out of business, Maisie now spends her days at another shop, Annie & Co. Needlepoint and Knitting shop in Carnegie Hill. Annie tends to this young adoptee's every need and called on Babette when she thought her dog had a bladder infection. Turns out it



was her first heat. But do not spay your pet until after one year (and keep her from romantic situations), because it can lead to medical problems. The same for altering your male dog, unless there are behavioral issues.

• **CO-OPS, CONDOS, AND RENTALS** are in a furry flux. No-pet policies are increasingly being challenged and new luxury buildings are luring animal lovers with posh animal amenities. Seizing on NYC's liberal qualifications for needing service dogs ("physical, medical, mental, or psychological" impairments), tenants are increasingly going to their lawyers and doctors to get a diagnosis and documents stating their dogs are a big part of their prescription for well-being. Luxury buildings catering to the affluent canine include: The MiMA, in Hell's Kitchen, featuring

Dog City, with spa, treadmills, pool, massage, indoor and outdoor play, and home cooked meals; in Long Island City, a 41-story rental offers an onsite dog run; in Williamsburg, Brooklyn, a pet room.

• **PUT THAT SCREEN PROTECTOR ON** your Ipad! There are many apps for your dog or cat to play. From chasing a pinpoint of light to images of fish or fowl, dogs and cats are giving these interactive games a rave review. Either by paw, nose, or tongue, your pet controls the game and moves up levels as it chases or tries to fetch the prey. Some trainers suggest that putting peanut butter on the screen (or whatever entices your furry friend to touch the Ipad) will help him learn how to play the game. There are even dog trainers giving 90-minute Ipad clinics. From private entrepreneurs to big-brand Friskies, you can download these apps for a very small fee.

• **ENJOYING AUTUMN**, Babette with two of her clients in the oasis of Central Park. There are 37.5 million human visitors to the park annually. That is more than seven times as many who visit the Grand Canyon.



## News & Tips

# Off-Leash Dish

(continued from first page) the '70s led the way to legalizing the first official public dog park, in 1983, after much campaigning of local officials and citizens.

New York City's first public dog run, Tompkins Square Park Dog Run, was opened in 1990 as part of the renovation of the park. It also is known as First Run, because it was the first of 55+ dog parks opened by the NYC Department of Parks and Recreation.



firstrunfriends.org

**Tompkins Square Park.** One of three bone-shaped pools for warm-weather play.

The first private dog run in NYC, Mercer-Houston Dog Run Association (MHDR), had its genesis in the '60s. It is not on park land and requires membership tests and minimal upkeep fees.

On the corner of Mercer and Houston streets, now the chic tip of SoHo, dilapidated buildings were brought down by the Committee on Slum Clearance and Urban Renewal Plans. That left an empty lot, which was instantly used by owners for their dogs to run unleashed, as muddy and dirty as it was. Fifteen years later, they got permission to fence the area, with a double-entry-way, and connect to water. In the '70s, when NYU received permission to build the Coles

## One Leash, One Vote

New York Council of Dog Owner Groups, NYCdog ("nice dog"), founded 1999.



bhsworld.com/dogrun

The group fought the battle in 2006-07, saving the 9-9 policy for off-leash hours in parks like Cadman Plaza, Prospect, Central, and 90 others throughout NYC.

[www.facebook.com/pages/NYCdogg-NY-Council-of-Dog-Owner-Groups/113617558699487](http://www.facebook.com/pages/NYCdogg-NY-Council-of-Dog-Owner-Groups/113617558699487)

Gymnasium, the local dog owners' lobbying efforts paid off, as the university agreed to build and maintain a new adjacent dog run. The "leash cutting" of the dog run, constructed at an estimated cost of \$60,000, took place in 1980, and its official opening made the cover of the *New York Post*.

Now, New York City has the most public off-leash dog parks in the U.S., thanks to our pioneering dog owners! But per person, with our population of 8,391,881 and 138 dog parks, we only rank 14th, at 1.6 dog parks per 100,000 residents. (Oregon wins, with 32 dog parks in a population of 566,143, or 5.7 per 100,000 residents. Norfolk and Las Vegas come in 2nd and 3rd.) If you see an opportunity to create another dog park, on city, state, or federal land, you will get lots of support for your activism to bring NYC into the top ten!

## Where to Roam...



After 4 years of lobbying, this once-vacant lot in Hell's Kitchen became Astro's Dog Run, named after the beloved canine companion of the leader in the effort.

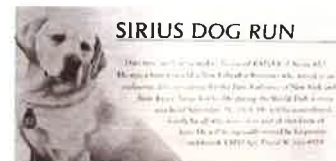
http://lastrisdogrun.org

**THIS SUMMER** two major dog runs opened in NYC, the Washington Square Park George dog run and the Pier 26 run, with costs running in the hundreds of thousands. Whether at a city, state, private, or public dog run, the common denominator is community and volunteering, and usually some source of fresh water—besides a great off-leash time for you and your dog. If joining a private dog run, minimal tax-deductible membership fees, key fobs, passcodes, orientations, and medical records may be the course for you and your dog. Here, and on the next page, are some of the dynamic NYC places to go off-leash.

Tribeca's Pier 26 Dog Run (shown on left) just opened! It cost \$400,000 and is the largest Hudson River run. The gray-blue pavement at the site is designed to appear vibrant blue through dogs' color-blind eyes. The run at Kowsky Plaza (right), Battery Park City, is named after 9/11 hero Sirius.



**Central Park:** During designated hours (6 a.m. to 9 a.m. and 9 p.m. to 1 a.m.), Central Park has 23 off-leash, unfenced areas and 15 dog drinking fountains.



**SIRIUS DOG RUN**

This run, with its name in honor of the late hero Sirius, is the largest Hudson River run. The gray-blue pavement at the site is designed to appear vibrant blue through dogs' color-blind eyes. The run at Kowsky Plaza (right), Battery Park City, is named after 9/11 hero Sirius.

# Where to Roam...

## **Mercer/Houston Dog Run**

*Mercer & Houston Sts.*

Nestled in a busy location, the first private dog run in NYC has an audience of tourists who photograph the dogs at play. Not many fixings, but I don't think the dogs care that much. They can run, and there is fresh water. The cost is \$60 per year, \$30 for owners who are seniors.

[www.mercerhoustondogrun.org](http://www.mercerhoustondogrun.org)

## **Canine Court at Van Cortlandt Park**

*West 252nd Street & Broadway, Bronx*

The run has an agility course, including a teeter-totter, hurdles, tunnels, and hanging tire specially designed for canines, as well as a big open field. After this workout, you can put on the leash and wander around 1,000 acres of the park.

## **Washington Square Dog Runs**

*West 4th St. & MacDougal St.*

Just opened this summer, **George's Dog Run** is for large and small dogs, with benches, shade, and an energetic scene. Nearby is the **Robin Kovary Run for Small Dogs**. In 1987, Robin co-founded the NYC Coalition for Dogs, which aimed to establish enclosed, legal dog runs throughout the city. She was VP of the first legal, NYC-recognized dog run in Manhattan (at Mercer and Houston), was instrumental in establishing many dog runs in Manhattan, and has assisted communities elsewhere in the U.S.



Washington Square Park's George dog run just opened!

## **Madison Square Park Dog Run**

*5th Ave. & 24th St.*

This Shake Shack scene has a dog park with umbrellas, benches, poop bags, and the convenience of getting a shake for you and your dog. The dog menu at all Shake Shacks includes: Shackburger biscuits a la carte, 5 for \$7.50, and The Poochini, a cup of non-dairy custard with a biscuit and a swirl of peanut butter at \$3.75! Dogs are

not allowed on the grass, even on a leash, in this park, which has views of the beautiful Flat Iron Building and Met Life Clock Tower. Known to get muddy right after a rain.

## **Warren Street Dog Park**

*Warren Between West & Greenwich Sts.*

This private dog park is pretty bare-bones yet good-sized, costing \$120 per year. Cleaning is not at designated hours, so you may have to vacate unexpectedly.

Even if frustrated, you are required to be courteous to the crew and exit. Children younger than 12 are not allowed.

[www.dogownersoftribeca.com](http://www.dogownersoftribeca.com)

## **West Village D.O.G.**

*Little West 12th St., between Washington St. & 10th Ave.*

The private run has a \$75 member fee. This summer brought a record number of applicants. The run has 24-hour lighting, soft asphalt paving, and all the amenities, including tennis balls. [www.wvdog.org](http://www.wvdog.org)

## **105th Street Dog Run**

*Riverside Park & 105th St.*

In 2012, users were dismayed at the run-down run. They worked with Riverside Park Conservancy to form a private formal "user group" of board members to raise awareness and funds for improvement. This committee fixed the gate, replenished the poop bags, got a lockable tool chest from the Park's Dept. for maintenance supplies, and ensured volunteer upkeep and donations with a twitter and Facebook account. So when a tree fell in June, destroying the fence, they got NYC and the Conservancy to remove the tree and put up a temporary fence in a very timely fashion. <http://dogrun105.org>

## **Union Square Dog Park (U-dog run)**

*Southwest side of Union Square Park*

In 1996, dog owners, who had met every day at the park while bringing their dogs to play off-leash on a patch of grass, formed a community to pitch the Parks Dept. They succeeded in getting a fence. Today an estimated 150 owners bring dogs on weekdays—double on weekends. Neighborhood business donations and volunteer workers keep this run in shape.



Chelsea's dog run has good drainage and is a haven for hide and seek in the natural and man-made rocks.

## **Chelsea Waterside Park for Dogs**

*West 23rd St. & Hudson River.*

*New York* magazine says it's one of the best dog runs: modern, stylish and clean. Featuring special asphalt that stays cool.

## **Carl Schurz Park Dog Run**

*East End Ave. to the East River, from 84th to 89th Sts.*

There are two dog runs. The ground is dirt for the large and hard for the 23-lbs.-and-under. This community's annual fund- and awareness-raising includes events such as the SCHMOOZE fundraiser, Halloween Howl, and Healthy Hound Fair. You can also take your dog on-leash to the movies here during the Conservancy's Sunset Film Festival.

[http://carlschurzparknyc.ctapwss.com/index.php/volunteer/dog\\_runs](http://carlschurzparknyc.ctapwss.com/index.php/volunteer/dog_runs)

## **Theodore Roosevelt Park-Bull Moose Dog Run**

*Next to the Natural History Museum, northwest side on 81st St., near CPW.*

This run, considered to be a random park next to the grand-daddy, Central Park, is on its way to getting an estimated \$500,000 renovation. Changing the dirt/gravel ground to K9Grass is under consideration, at an estimated cost of \$250,000+. It can be pressure-washed and sprayed with chemicals to dissolve waste. To curb the noise complaints (barking sounds intensify as they bounce off the museum), mitigation would cost roughly \$100,000. Also on the wish list is new lighting, for \$15,000, a new gate with a better lock, new benches, and a water play area. This summer Councilwoman Gale Brewer secured \$250,000 of NYC funds for the run. She was just elected Manhattan Borough President. I see even more dog parks in our future!

For a more extensive list of runs, go to: [www.dogspin.com/dog-runs-parks](http://www.dogspin.com/dog-runs-parks)

For parkland runs by your zip code in all five boroughs, go to: [www.nycgovparks.org/facilities/dogareas](http://www.nycgovparks.org/facilities/dogareas)

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