

## Sample story submission



### Juno to the rescue

Juno came into my life when I decided to foster a dog for the very first time. My dad had recently passed away, and in the months after, I struggled to work through the sadness. I knew I wasn't myself, but didn't know how to make things feel right again.

My husband suggested that I foster – both as a tribute to my dad, an avid animal lover, and as a way to have something positive to focus on.

We were the third home Juno had been in his first year of life, and we soon learned why. To describe him as energetic would have been an understatement. His zest for life and love of walks was a stark contrast to my habit of spending most of the day on the couch.

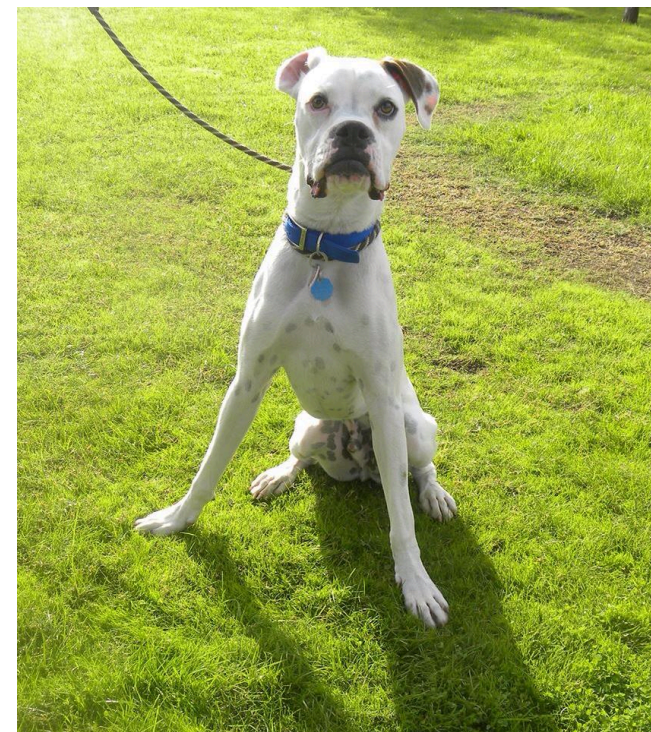
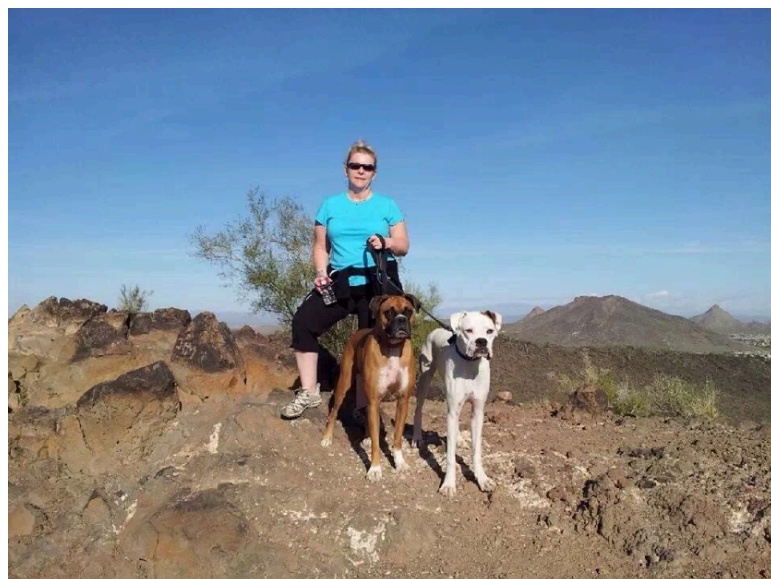
But every day, there he was, looking at me with those big, expectant eyes. How could I say no?

We started going on daily walks, and seeing how much he loved it was motivation for me to put on my sneakers every day. He jumped at the sight of his leash and couldn't wait to get out the door.

Every time we left the house, Juno made new friends for both of us. Soon, I found myself looking forward to our daily excursions just as much as he did. On days when I didn't feel like getting out of bed, he got me moving. I couldn't let him down.

Our daily walks turned into two walks a day, and then hiking on the weekends. I'd never hiked a day in my life, but with Juno by my side, it was an adventure.

At first, everything I did with Juno was in the name of helping him burn off energy. But soon it was clear that he wasn't the only one benefiting from this arrangement – in the process of helping Juno, I'd lost 35 pounds!



And slowly but surely, I felt better – happier, lighter. His silliness and spunk kept me laughing, and his energy kept me moving.

Juno started as a foster, but of course, he never went anywhere. Now I couldn't imagine our family, or my life, without him. He's living the life with his boxer sister, Jasmine, and brother, Bravo.

They say that people come into your life for a reason, and I have no doubt that the same is true for pets. Juno was exactly what I needed to keep moving forward during one of the most difficult periods of my life. He makes me better and has helped me live a healthier life. And the joy that he's brought to my

family is beyond anything I could have imagined.