

**Jacqueline Pinol:**

The Canine Condition. Come, sit, stay. Welcome to the Canine Condition Podcast. My name is Jacqueline Pinol. I am an actor, documentary filmmaker, and animal rescue advocate. The Canine Condition Podcast is a platform to bring awareness to dog adoption and to provide all dog lovers and pet owners with information and resources on how to raise a healthy and well balanced dog. If you are thinking about getting your first dog, or just want to know where and how you can help the dog in need, this is also a place for you.

Are you one to think outside the box, or do you prefer to play it safe? Risk versus comfort zone. Which are you? Many of us are hesitant to try new things. We want to remain in our comfort zone, but we applaud others for thinking outside the box. Let them take risk. I'll just stay here. Thanks. Some of us are risk takers and we crave a challenge. In fact, we seek it out. As a parent, I have to admit that the older I get the less risk I want to take. But because I have a young son, I remind myself to stay curious and to be an innovative thinker. It does make life more fun and fulfilling.

And to think outside the box, doesn't have to be an extreme. It can simply be a modification or a tweak to something in our lives to see if we can stretch ourselves beyond what we thought was possible. And in that, we may discover something new about ourselves. When something seems like a well-oiled machine, it is easy to think why fix it if it's not broken? But something does not have to be broken to have potential for improvement, especially in a day and age where we see constant change at our fingertips. Our devices and technology have connected us all in ways that we used to think were futuristic.

Well, we are now in that future, but not all aspects of our society are caught up to the times. And one of those is dog homelessness. The canine condition in 2021 definitely needs the human condition to think outside the box. If we, but merely push ourselves to lend a hand to others on a mission greater than themselves, as is ending dog homelessness, abuse, and neglect, we can all benefit from the outcome. Dog lovers and non-dog lovers alike stand to live in a healthier, happier, safer society. And all because we opened ourselves up to the possibility of positive change. We took a risk.

My guest on the podcast today is definitely a risk taker for the greater good of animals and people. She's the founder of The Rescue Train, a nonprofit organization located in Los Angeles, California. Their mission goes beyond rescuing dogs and safely adopting them out. The team of volunteers is at the forefront of creating programs that will help prevent further dog homelessness, and they believe it all starts with helping and educating the human behind the dog. It is my pleasure to introduce Lisa Young on this episode. Welcome to the Canine Condition Podcast, Lisa.

**Lisa Young:**

Thank you so much for having me. I'm so excited to be here.

**Jacqueline Pinol:**

Let's jump right in to this wonderful idea of thinking outside the box, which I think so beautifully represents The Rescue Train. Your organization is unique in many ways because you go beyond that rescue and adoption part of the process. For example, I visited the East Valley Shelter in Los Angeles. And by chance I saw a sign that said The Rescue Train Shelter Intervention Program. For our listeners and dog rescue supporters who've never heard of this type of program, tell us what it is and how it helps save more dogs from being homeless.

**Lisa Young:**

Okay. Well, I mean, I'd like to maybe just tell you how it evolved because I think that's an important part of the program. So we started out in 2005 as a dog and cat rescue, and we were focused on adoption. And for many years we would go in and out of the shelter to pull animals from euthanasia. And I remember during that time seeing people in the shelter surrendering their pets. And just myself, not understanding how people could do that. I'm going to say I was guilty of a judgment of, how could anybody give up their pet?

So we had had our adoption program for about seven years and we were feeling, I think, a bit of just fatigue. It was so wonderful to find every dog and cat home, but there was hundreds of animals behind each one of those animals. And it's hard not to feel that we were just rats on a wheel, you know. You get one a home, and then there's so many more right behind it. And our board of directors just sat down, and we were just contemplating why we felt this way. And are we really making a difference? We're not solving anything. We're finding great homes, but we're not solving the problem.

So at that time we decided to go out and do some mobile spay and neuter clinics in Los Angeles. And during that time we went into some neighborhoods that were low income or experiencing poverty. And I think that's really when a light bulb went off for us of why people often had to surrender their pets. And it was an epiphany. I mean, it rose our level of compassion and understanding to be able to start this program. And there was two other organizations in Los Angeles that had partnered in this program along with us, Downtown Dog Rescue and Home Dog LA. And Los Angeles is a very big city. We have six city shelters. And each one of these three organizations covered an area. So The Rescue Train covers the San Fernando Valley. And about 50% of the population of Los Angeles lives in the San Fernando Valley, which is a lot of the population.

**Jacqueline Pinol:**

Oh, wow. I didn't know that. That is a lot.

**Lisa Young:**

Yes. And there is great areas of poverty. So this shelter intervention program is designed to help people keep their pets. In fact, after six years of running the program, we are rebranding it. It's going to be called the Keep Your Pet Project.

**Jacqueline Pinol:**

Oh, I love that. That gets right to the point, and tells you exactly what it is.

**Lisa Young:**

Thank you. I think that a lot of people don't understand shelter intervention, what that means. So we thought that was a little bit clearer of a title. But so we basically had a full-time program in the city shelter. And when people came in to surrender their pets, the shelter staff would send them to us. And we would basically sit down with them and counsel them. We have bilingual counselors that are amazing, and we would see what was causing them to surrender their pet, and if there's anything that we could help with.

And lots of times the answer is yes. Lots of times people need assistance with their landlords, or they need assistance with paying their vet bills, or their dog keeps getting out and they need help fixing their fence. Or they have gotten a notice to comply from animal control because spay and neuter is mandatory in the city of Los Angeles. And there's a lot of cultures that are learning the benefits of spay

and neuter. And they might've gotten a notice that their pet needs to be fixed and they they're scared. They come in, they think they're in trouble. So we navigate through all of these many reasons why people have to surrender their pets, and see if we can offer assistance. And in the six years we have serviced over 10,000 animals.

**Jacqueline Pinol:**

10,000.

**Lisa Young:**

Over 10,000.

**Jacqueline Pinol:**

Wow.

**Lisa Young:**

Yeah. In the six year period. So the city of Los Angeles is now piloting our program themselves, and it is being tested out nationally, which is very exciting that we-

**Jacqueline Pinol:**

Wow. Congratulations.

**Lisa Young:**

Thank you.

**Jacqueline Pinol:**

That's being at the forefront of something for sure.

**Lisa Young:**

As a nonprofit that we were able to pioneer this concept. But what was really interesting to me is, once again, I was telling the story of just doing adoption for so many years. And then actually sitting in the shelter all day long and seeing the people come in. So many people come in looking for resources and looking for help. And I really feel that every shelter across the country should have this program. Every pet owner should have an access to resources.

**Jacqueline Pinol:**

I agree.

**Lisa Young:**

And before these programs were here, there was none. The shelter staff would simply turn people away. If someone's dog gets out and gets loose and ends up in the shelter, they have to pay, what's called, a redemption fee. And it's \$122 if the dog needs to be fixed, a little less if the dog doesn't. And for some families that are living on poverty level, they don't have it. And just to be able to pay that money to reunite a pet that's been with its family sometimes for 10 years, a lot of senior animals come in. Nobody

should have to lose their pet over just lack of basic resources, or that small amount of money because somebody left a gate open and there was an accident. And that animal, before we were there, could have been euthanized for space because the person didn't have \$122. And often there's children involved. And I love the program so much because lots of times families will come in and we have the opportunity to educate. And that's such a beautiful thing.

**Jacqueline Pinol:**

That's part of that helping the human behind the dog, and the dog ends up reaping the rewards as well. So I really love that. I wanted to ask you real quick. You mentioned that you sat down with your board. Is it just a group of volunteers and friends of yours that have joined your cause?

**Lisa Young:**

I mean, every nonprofit, whether it's small or large, has to have an organized board of directors. We are a small but mighty nonprofit, and we have four people on our board of directors. But they really are dedicated to sustaining the organization, steering what direction the organization goes in, making sure that we live up to our mission and our goals. So yes, when I talk about the board, that's our group of ladies. We're all women. Yes.

**Jacqueline Pinol:**

Cool. I love that. I love that so much.

**Lisa Young:**

That run the little Rescue Train.

**Jacqueline Pinol:**

Is this how they come up with ways also to raise the money and fundraise so that you can help those families who come to the Keep Your Pet Program?

**Lisa Young:**

Yes. I mean, yes, everybody on the board of directors is responsible for fundraising for the organization. And at the bottom line is that you need money to run your programs. And funding is very important. The more funds we have, the more lives we can save, the more families we can help as a part of running an organization.

**Jacqueline Pinol:**

Yeah. A very important part. One of my absolute favorite rescue events, I have to say, is your annual Race for the Rescues event, which is a huge fundraising event, speaking of fundraisers. It takes place at the Rose Bowl in Los Angeles. And incidentally, it is how I found out about The Rescue Train. So for my listeners, I'd like to share how I met Lisa. I actually did the annual Race to the Rescues. And I was shooting our documentary, The Canine Condition, and interviewed... She's your treasurer now, right? Jamie.

**Lisa Young:**

Jamie, yes.

**Jacqueline Pinol:**

Yes. Well she happened to be one of my acting teachers. So small world. We all have similar interests and passions. And she invited me to take part in the race, and I went. And then I still hadn't met you. And one day I'm walking in the park in my neighborhood, Lisa and I run into each other. We get to talking. And I find out Lisa Young is one of the founders of The Rescue Train, which is so awesome. We live on the same street, on the opposite ends of the street at the time.

**Lisa Young:**

It's such a small world.

**Jacqueline Pinol:**

I mean, it was so cool.

**Lisa Young:**

I remember because you were walking a pug. And I had just started fostering a pug, and I'd never fostered a pug before. And I kept looking at you and your pug. It's like, look at me, I have a pug too. I love that dog. She came from our shelter intervention program. She belonged to a Vietnam vet and his wife. And his wife had passed away. And actually animal control had asked us to come in and teach him how to take better care of her. So then we serviced him for years, as far as going and bringing him pet food. And we would take her to get groomed. Just help him take the best care of her that he could. And when he was not able to take care of her anymore, he asked me to take care of her. He got ill. And so she was very, very special dog to me. That's how I met you.

**Jacqueline Pinol:**

It's wonderful. And I feel like when we put it out there, when we have certain intentions and put our energies towards something, whatever that might be, my listeners out there don't even have to put it into the animal world. It could be for children, or the homeless, or veterans, senior citizens, any cause that speaks to them, I feel like we get the return and we run in those same circles with people who share like-minded causes.

**Lisa Young:**

Absolutely. I mean, one thing about running this organization is my life is so rich with beautiful people. I have met the most amazing people. I've just had my 20th year anniversary in animal welfare. And it just changed my life in such a positive way. I've met people that I never would have met because we share the same passion and the same compassion.

**Jacqueline Pinol:**

And what I love too about your organization, you've spearheaded these movements of bringing others together. You were mentioning some of the rescues you're working with on these shelter intervention programs is like the Race to the Rescue. Tell us what the basis of that race entails for others outside of your organization. How it it's more about solidarity rather than competition.

**Lisa Young:**

Race for the Rescues was created as The Rescue Train's annual fundraiser, once again, back in 2005. And right from the get-go, we invited other groups that we admired to come and raise funds for their own organizations. And over the years that just grew into, as you know, a giant event, it's a 5K, 10K sporting event. People can run with their dogs. And we have the city shelters out there doing a, we call it, the Rockin' Adoption Show. And we've had up to 30 nonprofits participating.

I love it because it's not just dogs and cats. We have farm animals. We have groups that work with- Canine Youth Alliance is there teaching children to work with dogs. We've had veterans groups, we've had pig rescues. We've had guinea pigs. So it just helps such a diverse group of animals. And when people come out and support Race for the Rescues, they're not supporting just one group, they're really supporting everybody because the whole thing works because we all help each other.

And we've just really tried to foster collaboration. It can be challenging. It can be challenging in the world of animal welfare. When you have grassroots organizations, it's hard work, and it's hard to stay afloat. But we really try to open people's minds that we can help each other. And I know that the partnerships that The Rescue Train has created, we've been able to do so much more together. We really have. Like I said, those two groups that were doing the intervention program with. And we just have different groups that we help in different ways, or they help us in different ways. And there is power in numbers, I think, for sure. And I-

**Jacqueline Pinol:**

I couldn't agree more.

**Lisa Young:**

... encourage rescues to be open to that collaboration.

**Jacqueline Pinol:**

That's wonderful. With COVID times, I'm sure the race changed in 2020.

**Lisa Young:**

Yes. COVID was not good news for the Race for the Rescues last year. As so many nonprofits have lost their in-person event fundraisers. It's going to take us a while to get back out there, I think. Unfortunately, because it is a sporting event, a lot of these endurance companies have completely closed because of COVID. And it's very heartbreaking. We had a company called Renegade Racing that ran our race for 15 years, and they did all the timing. And we're animal welfare people. We don't know a lot about racing, but they did a beautiful job, and they were family to us. They completely closed along with a lot of the timing companies. And if you think about it, the rental companies. So it's going to take some rebuilding. I don't think the race will be back in 2021. We're having a virtual race again. And hopefully, we'll be back in 2022.

**Jacqueline Pinol:**

And can you just give us a little taste of what the virtual race is like so maybe some of our listeners can look forward to it this year and join?

**Lisa Young:**

Well, Jane Lynch, the wonderful actress, has been our host for many years at Race for the Rescues. And she's just fabulous. And her job at the Rose Bowl was to get up on stage with these shelter animals and help them get adopted. Shelter dogs. And with her help, we set those shelter trucks back empty for 15 years, which is just the heart of the day, the highlight of the day. It's just such an accomplishment. So last year we did it virtually. And Jane hosted it, and she was just fabulous. We got such great feedback because we got to show all the organizations. And I think for the first time the audience could take their time really listening to what some of these amazing groups were doing. And of course, we had animals up for adoption. And this year we chose to focus on animals that were harder to adopt. Because COVID, so many animals were getting adopted, which is wonderful, I'm sure you know that-

**Jacqueline Pinol:**

Yes. Lots of dogs, lots of cats.

**Lisa Young:**

Lots of dogs and cats were getting adopted. And we just thought let's pick some animals that need a little extra exposure. And that that worked out wonderful. We had some great adoptions, and the show was really fun.

**Jacqueline Pinol:**

What are some of those animals?

**Lisa Young:**

So I mean, The Rescue Train, we had an older Chihuahua, and we had a cat that was really shy. There was a beautiful horse that had come off the track that it needed the right person of training. There was some older pit bulls, of course. The pities need extra attention. A lot of seniors. There was one dog from the Lab Rescue that had a medical issue. So everybody that needed a little extra attention, or needed just the right home. Just the right home. And that can take a while to find when you have one of those animals to find just the right home.

**Jacqueline Pinol:**

Absolutely. I'm so happy to hear that you guys took the time to really look into that.

**Lisa Young:**

It was different, but a lot of people called me and said, "I was just crying through the whole show because it was so touching." And I thought, oh, that's so nice. Yeah.

**Jacqueline Pinol:**

That's really cool. Another program I want to talk about, because I just love that you guys think outside the box in these ways, is the food pantry. What exactly is that? And how can people help?

**Lisa Young:**

The food pantry- the pet pantry is really part of the shelter intervention program. And now we're calling it the Keep Your Pet Project. And it was interesting because we always had food at the shelter. People needed to come and pick up some food. But when COVID started, and then the shelters closed, we had

to get out of the shelter for the first time in five years. And I just remember that day just feeling kind of sick to my stomach of what are we going to do? How are we going to get to our clients? How are we going to find the people that need us?

So we pivoted really quickly. We moved to a church that's very close to the shelter. There's a wonderful pastor there that just opened her arms to us and her heart to us. And we started a drive-thru mobile pet assistance event. And when COVID started, it was just a safe way to still provide our services. So we have a 24 hour hotline. People call, they speak to our counselor, and this pantry mobile pet assistance event, people could come and drive through and pick up the food they need, or pick up a medical voucher, or pick up a spay and neuter voucher, or pick up flea medication.

So that has been extremely busy. We will typically service about 325 pets in a morning. People stay in their cars. We can put a little postcard on their windshield of what they're there for. They drive around to the different stations and they get out of their car at a pickup table at the very end. So there's no contact. It worked beautifully.

**Jacqueline Pinol:**

If people wanted to help, is there food we could donate? Or how does that work?

**Lisa Young:**

We go through tons of food. If you go to our website, [www.therescuetrain.org](http://www.therescuetrain.org), there's ways to get involved. And we have an Amazon wishlist, we have a Chewy wishlist in that section. It will tell you how you could donate to the pantry if that's what you wanted to do. So we welcome that. Or if you live in Los Angeles, you could come by and drop stuff off. I want you to come.

**Jacqueline Pinol:**

I do. I want to stop by one of these food pantry days. They sounds amazing.

**Lisa Young:**

Yes. I will definitely invite you.

**Jacqueline Pinol:**

And for people who don't have the time, or sometimes people don't want to get too involved. It's an emotional thing. But they want to do something good. They can go on your website, and literally order food that would get to you guys so you could give it away at the food pantry.

**Lisa Young:**

That's correct. Yes. So they can just buy a bag of dog food that's on the wishlist, and it'll go to a family in need. And we're helping a lot of senior citizens here in LA. And that's a passion of mine. It's Los Angeles, a very expensive place to live. And we have a lot of seniors that come to us on a fixed income that are struggling here. So sometimes just a bag of dog food can really help them out.

**Jacqueline Pinol:**

Okay. And you had also mentioned that you hold weekend spay and neuter events. Can you elaborate a little bit about that? And who's allowed to bring their pets in for spay and neuter?



**Lisa Young:**

So I mean, spay and neuter is something that The Rescue Train is very dedicated to, and we still believe it is just a huge part of the solution of reducing shelter euthanasia. And here in Los Angeles, we have not only a problem with dogs, we have a huge cat problem as well. We have millions of feral cats living on the street. So we have two kinds of clinics. We have one dedicated to feral cats, and then we have, it's called Fix the Valley, but people can come from all over Los Angeles. And that's a public clinic for dogs and cats. And really, we are partnered with an amazing organization called Spay-4-LA. They're the mobile vet. They get a lot of the credit because they're just amazing. So we partner together because we know the community in the Valley where we really get the word out and we fill the clinics, and we help cover the cost of the clinics. We do sometimes up to four a month believe it or not.

**Jacqueline Pinol:**

And it's a great way to educate owners, right? What you were saying is that some people need to feel comfortable knowing that it is safe and it is the right thing to do to spay and neuter your pets.

**Lisa Young:**

It is. And when people come to our mobile pet assistance to get food or medical vouchers, we pass out a flyer. And we have our counselors speak to every car, and say, "Hey, here's the flyer for the next spay or neuter clinic. Can you go tell your friends, your family, your neighbors?" Because a lot of cultural community things are word of mouth. And that has been it's that grassroots marketing for spay and neuter, really, has been amazing way to get the word out. I think they know us. They trust us because we have been out there helping for years. And yeah, it's just word of mouth. We're starting canvassing in some of these neighborhoods, which is basically just passing out information in English and Spanish of spay and neuter and how to find us.

**Jacqueline Pinol:**

Oh, I love that. Hey, I speak Spanish. So I want to volunteer. I could.

**Lisa Young:**

We need you.

**Jacqueline Pinol:**

Happy to translate.

**Lisa Young:**

We need you. That's good to know.

**Jacqueline Pinol:**

Good deal. So yeah, I love this because I think there's a little bit everywhere for us to help. Some people want to be more boots on the ground. Some people want to do it just online. Others just want to stay in touch and do something monthly. So there's definitely more ways than one to help The Rescue Train, right?

**Lisa Young:**

Yes. And I just think it's really, I mean, especially during the times of the last few years when the country's been so divided. And when I started my story saying that, myself, I personally didn't understand why people would surrender their pets, that we all find compassion. Until I saw people living in poverty, until I stepped in their shoes, I was in their neighborhoods, I've gone into their homes, it was such a revelation for me. And I had a big shift in myself of compassion to understand what the problem was. And I think when you get out, what you're saying, to volunteer, to help create positive change, it's such a life-changer for yourself.

**Jacqueline Pinol:**

I agree.

**Lisa Young:**

Really enriches your life. So yes, I encourage everybody to do that. To help your neighbor, to stop and ask yourself maybe what somebody's going through. When people have to surrender their animals now, I have such compassion of how difficult that might be for them if they're losing their home. I mean obviously we try to keep pets with their family, but sometimes they can't. And it's heartbreaking. And we've got to take care of each other. We've got to educate, we've got to create positive change. We've got to create resources, or nothing's going to get better if we all just stay on our sides of the fence.

**Jacqueline Pinol:**

Yeah. And you're right. I mean, this is, I wanted to share about The Rescue Train's to prevent dog homelessness and abandonment. And how you're getting ahead of that. What do you say to people, or what can you say to people who don't want to go to a shelter to adopt because it's just too hard to see all the dogs there?

**Lisa Young:**

What I say is you don't have to. Because I think that there is so many options for adoption these days. And there are so many great rescues. So if you really are one of those people that you can't handle it, that's okay. You can go to a rescue group, you can go to petfinder.com or adoptapet.org, and find a great rescue that has the animal that you're looking for. And in turn, when you adopt directly from a rescue group, that opens up a spot for the rescue to go to the shelter. Really when you adopt a pet, you're opening up two spots. The one that you took home, and a spot for an animal to come in. So I think that's okay. I think the message should be there's so many options for adoption these days, and you should do the one that you feel the most comfortable with.

**Jacqueline Pinol:**

Absolutely. Based on what you see and experience running a nonprofit rescue in Los Angeles, do you think that we can get ahead of the problem? Do you think we're making headway?

**Lisa Young:**

I do think we're making headway. Change is slow. And as I said, I've been doing this for 20 years. So I see slow change over the two decades. I think that there should be shelter intervention programs across the country. I think as long as we keep thinking outside the box, like your motto for today, providing resources, working together, spaying and neutering, I think we are slowly seeing things change. I think progress is faster in some areas than others.

The Rescue Train is here to teach any organization that wants to run their own program. And we have mentored different groups in part of the country. But our arms are wide open for anybody that would like to learn how to do this program in their own area. Just reach out to us. We have to understand why it's happening. And when it boils down, poverty directly affects the shelter euthanasia. It does. And it's a poverty issue in many, many areas. And I think when people wrap their minds around that, you can start to come up with solutions.

**Jacqueline Pinol:**

Yes. And you know what? Filming the dog rescue documentary, which we're now editing, as we've gone back to see some of the footage, I will tell you that in the rural areas of the South of the United States, now that you mention that, it is poverty. Lack of resources and information. It leaves the animals at the bottom of the totem pole.

**Lisa Young:**

It does. A lot of times families are struggling to care their children, and it needs to be dealt with compassion and resources.

**Jacqueline Pinol:**

Yes. Agreed. So get on that Rescue Train, people. Listen up.

**Lisa Young:**

Toot-toot.

**Jacqueline Pinol:**

Right? I want to hear a Rescue Train underdog story. Some dog that you thought was worth every bit of the effort or tears shed, and then you saw the positive outcome.

**Lisa Young:**

Okay, this is a doozy of a story. There's a very special dog. Well, there's so many. They're all special. It's hard to pick. But I got a call in 2007 from a woman. And she said, "Hey, I want to foster this dog in Taiwan. And another organization told me to call you, that you might pull the dog." And I remember just thinking, okay, we have so many homeless animals in Los Angeles. Why do we need a dog from Taiwan? And then I opened the photos, and I was just horrified. I've seen a lot in my 20 years of animal rescue, but I'd never seen the cruelty that that poor little dog. So she was tied to a tree by barb wire on her face. So it was bad. And these rescuers had actually used a dart gun, and they darted her and they cut her free, and they took her. I think they probably stole her out of that situation she was in, that immense cruelty and suffering.

And they contacted this woman in the United States. And when I saw the photos, I just said, "Oh my God, yes. Yes, we'll help." So the woman had said to me, "I can foster for a month. I'm eight months pregnant." So she said, "But I can keep the dog for a month." So the dog came to Los Angeles on the 4th of July so we named her Liberty. And she was a beagle. And she was just the most amazing dog. And when she got here, her face was pretty disfigured. It had cut the sides of her face. And we have an amazing vet here, Dr. Nunez, and he sewed up her little face again, and she was still always so beautiful.

And then we were getting her through these surgeries and getting her spayed, and Melissa was having her baby. So I started personally fostering her. And quite quickly, I just realized that this was going to be a

Rescue Train mascot. Because to see what this animal had gone through, and she was so sweet, and she was so loving, and she loved people so much, her resiliency just hit me over the head. And she touched everybody, everybody that met her. And you could just literally look at her and see her scars of what she'd been through. But here's the next thing. So the rescuers from Taiwan came here to visit her and me.

**Jacqueline Pinol:**

Oh my... I just got the chills.

**Lisa Young:**

And they were two school teachers. And to get to meet them and just have that moment of, wow, here we are. We live across the world from each other, but we're doing the same thing and we're fighting the same fight. We're trying to heal wrongdoing. And we're trying to protect these innocent creatures, and we're doing the same thing. And it was just an amazing experience to meet them and to stay in touch with them. And Liberty didn't live that long, unfortunately. She had cancer quite young. But to this day, I just still feel her presence. I'm fact, I'm sitting in my office looking at a painting of her. She was just one of my favorite Rescue Train stories.

**Jacqueline Pinol:**

Oh, what a wonderful... And beagles. We did an episode with the Beagle Freedom Project, and they shared so many wonderful stories about the resiliency and the demeanor of these wonderful dog. I love that. On that note, tell me what keeps you and your team going?

**Lisa Young:**

When you're passionate about something, it's a privilege to serve. And when you get together this amazing team of volunteers, you kind of become a family, and you just don't ever think of stopping. It's what we do. I know, I think a lot of animal rescuers feel like it's a calling because it's not a normal life. It's really not to live it 24/7. You do, you make personal sacrifices. But it's what you do. And to see any animal not be able to speak for itself, or speak up for itself, we have to be their voice. We have to. We have to protect them. They're the most amazing thing on the planet. They're like the wind and the sun.

I think it's been really interesting during the pandemic to see how people turned to animals. Animals ground us. I have such a belief that they are much more important and intricate than we even realize in our lives. They really ground us to the earth. With technology moving so fast and life moving so fast, we need them. We need them to tie us to the earth.

**Jacqueline Pinol:**

That's beautiful.

**Lisa Young:**

If that makes any sense.

**Jacqueline Pinol:**

Absolutely makes sense, Lisa. And what gets me is that the human condition has actually created this part of the canine condition problem that so many of us have to do something. Even myself with this little podcast, I just want to get the word out about how to help them more, and who people can go to,

and where they can help, and reach out to organizations like The Rescue Train. So more of the good guys can get on the right side of things, and maybe we can end this. Maybe it's not wishful thinking.

**Lisa Young:**

I love what you do. And I think that it starts with a small group of people. And there's so many wonderful rescues across the country where whoever's listening to your podcast can get involved. And the animals need us too. And I think the louder the voice of us for them, the more people that will hear it, and conditions will improve for them, as they slowly are.

**Jacqueline Pinol:**

Yes, let's not stop. So tell us, where can we send listeners to find out more and follow The Rescue Train?

**Lisa Young:**

If you go to our website, [www.therescuetrain.org](http://www.therescuetrain.org), you can read all about us. You can find our social media channels. That's the best place to find us. Follow us on social media.

**Jacqueline Pinol:**

What's your Instagram handle, or is there a Facebook page as well?

**Lisa Young:**

It's at The Rescue Train. And you'll see, it's like a little choo-choo train.

**Jacqueline Pinol:**

That is awesome. We will have all those live links in the show notes for this episode. And our listeners should know that I am not getting paid to advocate for any one person or organization on this podcast. I choose guests and organizations that I know are doing the good work for dogs and for people across America. The Rescue train has The Canine Condition seal of approval from me. Thank you, Lisa, for being my guest today.

**Lisa Young:**

I love it. Thank you so much for having me. It was so nice to be here.

**Jacqueline Pinol:**

Absolutely. I love that you've introduced us to so many possibilities that can help save homeless dogs and better people's lives along the way. Thank you.

**Lisa Young:**

Thank you, Jackie.

**Jacqueline Pinol:**

And now I would like to read a quote from The Rescue Train's website page. "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has." Margaret Mead, an American anthropologist. And with that in mind, I want to give you, my listeners, a challenge for the week. Do one thing that would be considered a think outside the box action for you. Take a chance on something. And if it is related to helping an animal, even better. It can be as simple as

reaching out to The Rescue Train. Contact me on social media and tell me about it. I'd love to hear from you. Until next time, hang onto those leashes. The Canine Condition. Come, sit, stay.