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**PHR ADVISORY BOARD:**

Donna Moore - finance Bob Foulk  
Andy & Jim Watson JR Wythe

**BOARD LIAISON:** Sandy Peters



**PLEASE!**

FEEL FREE TO SHARE & CROSS-POST OUR NEWS!



# THE WAY HOME

An outreach e-communication from Papillon Haven Rescue

5726 Sagebrush Trail • Arlington TX 76017 • [www.paphaven.org](http://www.paphaven.org) • Issue 31 - December 2008



THE PAPHAVEN RESCUE DIRECTORS AND ADVISORY BOARD WISH EVERYONE A MERRY CHRISTMAS, HAPPY HANUKKAH, HAPPY KWANZAA, AND HAPPY NEW YEAR.



*"MAY 2009 SEE FUREVER HOMES FOR ALL RESCUED PETS; PUPPY-MILLS BANISHED; AND ANIMAL ABUSE A THING OF THE PAST! MAY WE ALL LIVE PEACEFULLY TOGETHER!"*

## PAP-OF-THE-MONTH: SNICKERDOODLE & TOPPER



NickyDo is such a sweet beautiful 8 lb boy (age 9). He startled his foster Mom's daughter one evening while she was doing dishes by coming and sitting on her feet. It was actually kind of funny. The family

has a favorite spot on the couch where they all sit together. Sometimes Snickerdoodle will jump up there and look at his foster mom for a sign to join them. If I get to the couch first he is soon right on my lap. He snuggles for a bit and then moves a foot away and goes to sleep. It really is a pleasure having him as part of the family. I think it will be a tearful farewell at some point! Nicky likes to go for walks. He does well on his leash. He understands what it means to go outside. Nicky is good with kids, cats, and other dogs. Although he prefers to sit on the couch and watch the people walk by out front, he does like to relax in his crate. Lately he has been sitting really close to the computer. Sometimes he even puts his paws on the keyboard. I think he is just trying to get close to me and figure out how he can play too. The only thing he really doesn't like is when I leave. He barks at me as I go out

the door. Talk about guilt trip! I will really miss this guy when he gets his furever home but boy does he deserve to have his own family forever!

My name is Topper (age 8) and I am 10 lbs, and 11 inches tall. I have brown and sable markings, and I am one handsome dude! My foster mom says that I look as though I'm wearing a fancy ball mask which covers my eyes and flares out over my ears. I'm still rather shy of humans. I'm not a cuddler, but love being in the room with the humans and the foster-pack. I'm fearful of loud voices, like when the foster folk speak to my foster sister who is hearing impaired. I don't bark very much. I love being outside. I love being with the rest of the dogs here - my foster pack and I get along well, even sharing food bowls. Foster mom says that my vet records say that I have a grade 3 heart murmur. I'm not on medication for that and it doesn't cause me any problems. I'm making progress! I rarely have an accident in the house!! Almost 100%, and moving along. I love scratches on my back. I'm definitely a member of the resident pack, announcing perceived threats with them as well as the welcoming home of the humans here. I love to chew on bully sticks, too! I had my teeth cleaned Sept. 2007 and they look so great in my handsome face! I am looking for a family that has another small dog for me to play with. Do you have room in your home and heart for me?



# QUILT RAFFLE TICKETS STILL AVAILABLE!



PAPHAVEN'S NEXT

## QUILT AUCTION

One of PapHaven's members made this beautiful pair of quilts as a fundraiser to help cover the medical expenses of our rescued Papillons.

**TICKETS ARE \$5 EA.  
OR 3 FOR \$12**

Order and pay for your tickets at

[HTTP://SHOPPAPHAVEN.HOMESTEAD.COM/QUILTS2.HTML](http://shoppaphaven.homestead.com/quilts2.html)

The prize (shown above) is a pair of beautiful handmade quilts – one measures 41" x 48" and the other is 22" x 26" – so you won't have to share your quilt with your Pap; he/she will have one of their VERY OWN!

*Thank you for supporting Papillon Haven Rescue*

The drawing will be pulled on **Dec. 15, 2008**

*We are a 501c3 non-profit national, all volunteer group dedicated to saving Papillons in need*

## HELP WANTED!

WHAT DO YOU FEED YOUR DOG?

If the answer is *Natural Balance*, then we need your help!

*Van Patten's Natural Balance Pet Foods* has offered make a donation to a rescue group if they can save 50 bar code / purchase receipts from their foods (specific flavors don't matter). They do require 50 bar codes before they will accept a submission.

If you can help, please send your bar codes and receipts to **Stephanie Sherwin** – she will collect and then mail in the necessary paperwork when we have enough for submission. This is a continuous program – so please continue to save them!

**Please send to:** 4 Woodsong, Roland, AR 72135



## THANK YOU ALL SO MUCH ...

For each of you who has stood by PHR in difficult times,  
For each of you who has gone the extra mile,  
For those who have donated items and funds,  
For those who have willing fostered and never complained,  
For those who have taken on needed but thankless jobs,  
For those who have loved and supported our members – even when we were not so lovable,  
For those who deeply care about our sweet breed – the Papillon.

OUR HEART-FELT THANKS...

**We have now (Dec. 2, 2008) rescued our 600th Pap!**

*What a wonderful group...*





## THE PAPPIES NIGHT BEFORE CHRISTMAS!

'Twas the night before Christmas and all through the house  
 Not a Pappy was stirring: ('cept the one chasing a mouse)  
 The cookies were placed on the mantle with care  
 Hoping Santa wouldn't notice a bit of dog hair.

The Puppies were nestled all snug in their beds  
 While visions of squeaky toys danced in their heads.  
 Mom had her chew toy, and Dad had his treat  
 All settled in for a warm winters sleep.

When out in the yard there arose such a clatter  
 The Paps sprang to attention! What was the matter??  
 Out to the dooryard they flew like a flash  
 Ready to chomp the intruders red (*well you know*)

The moon on the crest of the new fallen snow  
 lighted the pathway, Daddy Pap said "let's go!"  
 Those little French hellions just flew like the wind  
 That big red intruder would never get in!

But that little old driver so lively and quick  
 Called each Pap by name and asked for a trick!  
 Daddy Pap rolled over and Mommy played dead,  
 while the cute little puppies ran back to their beds.

Santa spoke not a word but went straight to his job  
 filled the stockings with milk bones, one for every good dog.  
 The puppies were trying so hard not to peek  
 Santa had to be quiet, he knew Paps were such sneaks!

He sprang to his sleigh  
 told his reindeer to hurry  
 but before he could fly,  
 those Puppies did scurry!

With ear fringes flying and tails flagging high  
 The Puppies all gathered to watch Santa fly!  
 They heard his exclaim as he flew out of sight  
 "Merry Christmas" dear puppies, have a wonderful night!

*(OK, it was the best I could do on short notice, lol)*

**Cheers, Mary and the Jingle Belles**

## INCENTIVE TO QUIT: SECOND HAND SMOKE MAY BE KILLING YOUR DOG!



If all the compelling reasons to quit smoking, this one should make dog-lovers sit up and take notice: **there's scientific evidence to suggest secondhand smoke can cause cancer in companion animals.**

A study published in the American Journal of Epidemiology found that dogs in smoking households had a 60 percent greater risk of lung cancer; a different study showed long-nosed dogs, such as greyhounds or collies, were twice as likely to develop nasal cancer if they lived with smokers.

Furry friends don't just inhale smoke; the smoke particles get trapped in their fur and ingested when they groom themselves with their tongues, which can lead to throat and oral tumors, says a specialist at the

Center for Specialized Veterinary Care in Westbury, NY. "Smoke inhalation can also initiate allergic airway disease, chronic bronchitis, and asthma," she adds.

Many people are kicking the habit – not for their own sake, but for their beloved dogs' well-being. They were OK polluting their own lungs, but they draw the line at fouling the air their pets breathe.

"A few years ago, my pet Natasha was wheezing," said a Brooklyn NY woman. A lifelong smoker, she went through 10 cigarettes a day; an earlier attempt to quit didn't stick. "but when the vet said it would be beneficial to my dog if I stopped, I quit cold turkey!"

## SAVE CASH ON PRESCRIPTIONS

Does your pet take prescription medication on a daily basis? Are you looking to possibly save some cash on the price of those drugs?

**WalMart** (<http://www.walmart.com/catalog/catalog.gsp?cat=546834&fromPageCatId=5431>) and **Target** (<http://sites.target.com/site/en/health/page.jsp?contentId=PRD03-004319>) are currently running programs for the uninsured. As many as 300 prescription drugs are being sold for \$4 each. In some cases, you can get a three month supply for as little as \$10!

Speak to your vet about taking advantage of this program for your pet – neither store cares if the meds are for your animal! If your vet will write you a prescription, you can possibly have it filled at either store. Maybe you can save of little cash and still take good care of your animals at the same time!



## "WE'RE ALL EARS!"

DOGS BEHAVING BADLY:

### An A-Z Guide to Understanding and Curing Behavioral Problems in Dogs

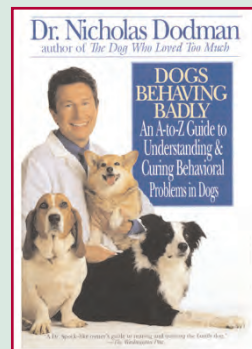
by Dr. Nicholas Dodman

This excellent reference guide helps one understand what drives a dog's behavior, in order to motivate a behavior change. Drawn on case histories from his practice at *Tufts University Veterinary Center*, the book discusses the latest discoveries in behavior and pharmacology. There are simple and practical suggestions covering diet, exercise, environment and lifestyle changes that can be implemented to improve behavior problems. Sometimes a small change can make a miraculous improvement, sometimes it is just one piece of a combination of things that need to be reworked.

Dodman is known for his practicality and wit, two things that come in handy working with dogs!

A bestselling author, practicing veterinarian – director of the *Animal Behavior Clinic at Tufts University School of Veterinary Medicine*, no less – and passionate animal advocate, Dr. Nicholas Dodman's pioneering work in the field of animal psychology has made him a favorite with admiring colleagues and "problem" pet owners worldwide.

Now *Dogs Behaving Badly* addresses 26 of the most common canine behavior problems and offers practical treatments that focus on understanding what your dog is trying to communicate through his behavior – which is the key to effectively treating our pets. Arranged alphabetically and incorporating case studies as well as the most recent discoveries made in animal psychology, this guide covers a wide range of perplexing problems, including aggression, barking, compulsive behavior, "X-Files" (unexplainable behavior), yawning, and zoonosis (the transmittal of disease from dogs to humans). A thorough appendix contains behavioral modification techniques as well as invaluable information on drug therapy and how to recognize when your dog requires professional help. Informative and extremely practical – right down to the easy-to-use A-to-Z reference format – *Dogs Behaving Badly* proves that "when it comes to caring for man's best friend, Dodman is the best friend we have."



# WHO'S WHO?

It would seem that this section of the news has become a favorite of many ... helping to meet and see into the lives of friends we have only met thru the Pap Haven website.

What once began after a discussion with several members, has helped us to better know our colleagues. Not to say that we all need "intimate details" about each other's lives, but even a little knowledge helps us know each other a better!

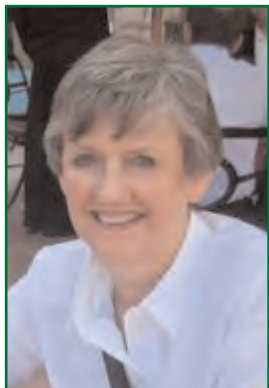
## WHO'S NEXT ...

Hello, I'm Sandy Peters and I live in Post Falls, Idaho with the herd – Bo - 9, Duchess (a Pom) 12, Dandy - 12, Gabby - 4, Mitzi - 3, and foster Cutter - 5. Post Falls is about 90 miles south of Canada and 20 miles east of Spokane, WA.

I am originally from Milwaukee, WI, grew up in Amarillo, TX and retired from Dallas, TX in 2007. I retired from Atmos Energy which is the largest natural gas utility in the States. I was the Manager of Telecommunication Services for 24 years. I LOVE RETIREMENT!!! And so DOES THE HERD!!!

I got my first Papillon in 1988 after the loss of a 16-year old heart baby that was a Pap mix. Got my second Pap two-years later and did well with just three furkids until I lost the two Paps and Duchess became an only child.

In 1994, a lady who worked for me came rushing into my office and told me to log on to Papillon Haven and look at this dog. Mostly to get her out of my office I did just that... and fell head over heels in love with Bo. I filled out the form on the spot and drove my friends crazy waiting to be approved. Jan



Wilkes who fostered him brought him over to meet me for the home visit and I was hooked. He is a beautiful tri-color and such a special baby. The following Feb I decided to adopt Dandy. After all, I was used to three furkids. He is a senior baby and has incredible ears! After 10+ years in a mill, he has learned to love playing in the back yard and he has even learned to play with squeaky

toys! Gabby, another mill baby, followed him. She wasn't exactly a flunky adoption, I didn't even get to the foster stage before I was in love with her! Following an urgent call from Sharan, I picked her up after a bad adoption and the pain in those great big eyes was all I needed to promise her 'never again' ... now she is much loved. If those big, beautiful eyes are open now... she has a ball in her mouth and wants to play! Then came Mitzi (also a mill baby) ... originally Laura. She was all ears and one terrified baby when I got her. She has come a long way but is still leery of people. She and Gabby became instant buddies and are inseparable. Of course, Mitzi is 6 lbs to Gabby's 7 but she pulls Gabby around the house by her tail all the time. They are so much fun!

My foster, Cutter, is another mill baby – he is such a sweetheart. He loves playing with the girls and they all run zoomies in the yard. We had our first snow on Saturday and he was fun to watch. They all took our record breaking 172" of snow last winter in stride and managed to not only do their business outside but actually play in the snow. Of course, everyone has a coat up here in the far north!

I love to quilt but haven't managed to get everything unpacked and arranged in my shop yet. I have promised myself that THIS

**Here's everyone, Christmas '07, waiting for Mom to come back to the chair!**



**Above: Gabby, yawning; Bo on the pillow; Duchess in the coat; Dandy standing; Mitzi hiding in the pillows**

winter I will get it finished. I am tired of trying to sew around the boxes and not using my big quilting machine!! I have gotten to take several classes and gone on a couple retreats, something I never got to do while I was working.

I started fostering in 2005 and have fostered 7 babies so far. I loved my first foster, Beau (now Sparky) and miss him terribly. I wish so much I had flunked and kept that precious baby boy. I pray that he is doing well where he is but sure would love to have him back! I had the privilege of fostering Odie, an incredibly sweet, loving 18 yr. old that was turned out on the streets. When he died, he took a huge piece of my heart! I miss him every single day, he would have loved roaming in the grass here. I currently have Cutter. He has made such progress in the 7 months I have had him.... he has gone from running from ALL people, including me, to begging to be in my lap while we watch TV, to be loved and snuggled. Since he is large (about 14" tall) so snuggling is a little more of a process than with the little ones.

God has richly blessed me throughout my life with precious friends and especially through my furkids and getting to foster for Pap Haven. It is such a great group of people and OF COURSE, the dogs are WONDERFUL!!!

## THE END?

As you may remember, Sandy is our PHR Board Liaison. If you have any concerns or questions, don't hesitate to contact her.

**Which of you will next?** Please send some information about yourself, your family, etc., to [norajl169@yahoo.com](mailto:norajl169@yahoo.com). So we can all "get-to-know" each other a little better.

UNTIL NEXT MONTH ...



## BE A WELL-EDUCATED OWNER

### CHRONIC BRONCHITIS (CB)

**C**hronic bronchitis (CB) is a disease in dogs affecting the smaller airways that branch out from the trachea (windpipe). These branches, called *bronchi and bronchioles*, allow the transport of air into and out of the alveoli, the sites of oxygen exchange. Bronchitis can be acute (short duration) and associated with reversible changes in the structure of the airways or chronic (long duration, usually more than 2-3 months) and associated with permanent, irreversible changes in the airways. Prognosis is variable with this disease. In most dogs, permanent damage to airways has occurred and the disease cannot be cured. With proper medical management, clinical signs can usually be controlled and further bronchi damage can be stopped or slowed.

Typically, inflammation within the airways results in excessive secretions that plug the airways. The result is impaired ability to bring oxygen into the alveoli for delivery to the rest of the body. Although the term “asthma” is used to describe this form of airway disease in dogs, this term is very misleading. Asthma, in people, specifically refers to the reversible constriction of muscle within the walls of the bronchi. CB is associated with swelling and inflammation of the walls of the bronchi resulting in narrowing of the airways and obstruction or blockage of airways by plugs of mucus or other secretions. The inflammation of the airways is not reversible. Bronchitis may be caused by bacterial infections, chronic inhalation of airway irritants, hypersensitivity disorders (allergies), or parasites (i.e., lung worms, heartworm). In CB the underlying cause cannot be identified.

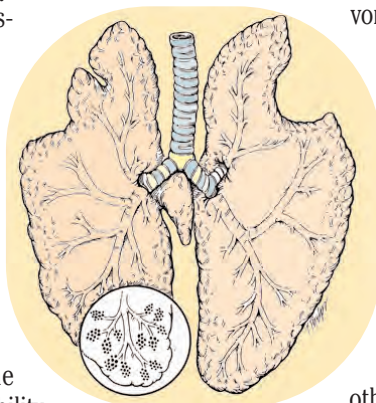
#### PERTINENT ANATOMY

Take note of the larger tubes extending into lung tissue called the bronchi. The small airways in the white circle show the small bronchiole tubes and clusters of alveoli (air sacs) that look like grape clusters

#### SIGNS

The most common signs of CB include daily coughing, difficulty breathing, or wheezing for a duration of 2-3 months or longer.

Episodes of coughing can mimic vomiting; you may think your dog is vomiting when in fact your dog is having a coughing fit followed by retching. Some severely affected dogs may have extreme exercise intolerance. These signs are not specific for bronchitis and can also be seen with many other diseases including heart failure, pneumonia, and lung cancer.



#### DIAGNOSIS

To diagnose canine bronchitis, usually the first test is a chest radiograph (x-ray). The presence of radiographic changes of airway disease combined with a clinical history of a middle to older aged dog with cough on most days for a duration of at least 2-3 months may be sufficient to establish a clinical diagnosis of chronic bronchitis. However, bronchoalveolar lavage (BAL) may be recommended for some dogs. This procedure allows collection of fluid and cells from your dog's lungs. These samples are sent out to a laboratory to determine what types of cellular changes are occurring in the lungs. If bacterial or parasitic infection is present, the results will help assist in determining what therapy might be most effective. Bronchoalveolar lavage does require anesthesia, so if the patient's condition is critical, it may not be possible to do this procedure because of increased risk of death.

#### TREATMENT

Any underlying disease (i.e., bacterial or parasitic infection) must be diagnosed and treated. Changes may be needed in the dog's environment. Dogs with CB often have sensitive airways, and the inhalation of irritating particles from certain environments may worsen their condition. It is strongly recommended that their exposure to smoke (cigarette or fireplace), dusts (carpet fresheners, flea powder), and sprays (insecticides, hair spray, perfumes, and cleaning products) be eliminated or minimized. Two classes of medications are commonly prescribed; bronchodilators (theophylline, aminophylline, pentoxifylline, and terbutaline) and corticosteroids (methylprednisolone, prednisolone, and prednisone). Bronchodilators (in theory) help to dilate or open the airways by relaxing the muscles around the airway walls. The overall effectiveness of these drugs is minimal to nonexistent in most dogs. Common side effects of bronchodilators in dogs can include vomiting, nausea, restlessness, and lethargy. Pentoxifylline is unique in that has anti-inflammatory effects and may be effective in some dogs with mild disease. Corticosteroids are anti-inflammatory drugs that decrease inflammation and swelling of the airway walls. These medications are most effective for treatment of CB. Side effects of corticosteroids may include increased thirst, increased appetite, increased urination, and anxiety (pacing, restlessness). Corticosteroid inhaler therapy is highly effective; however, patient compliance to this type of treatment is unpredictable.

#### PROGNOSIS

Prognosis is variable with this disease. In most dogs, permanent damage to the airways has occurred and the disease cannot be cured. With proper medical management, clinical signs can usually be controlled and further damage to the bronchi can be stopped or slowed. Periodic relapses of cough are not unusual and require treatment. Cough is often not entirely eliminated, but reduced in patients with CB. Some dogs with CB develop severe irreversible changes to the airways termed bronchiectasis. These dogs are highly susceptible to recurrent pneumonia. A sudden increase in cough in patients with bronchiectasis requires prompt evaluation and chest radiographs to determine whether pneumonia is present.

PLEASE FEEL FREE TO  
CROSS-POST AND SHARE  
THIS NEWSLETTER!

# THINGS YOU NEED FOR YOUR NEWLY-ADOPTED DOG

## CONGRATULATIONS —

it's a rescue dog! Here's a list of items you'll need to get through the big day and beyond.

When you head out to pick up your newest family addition, the supplies you'll need are few and frill-free: cash for the adoption fee (plus a little extra for a donation, so the rescue can carry on doing dog's work). If you're bringing the dog home by car, paw-proof the interior with an old towel or sheet.

In terms of basic accessories, the rescue usually provides a collar and lead. That, Pap-Parents, is your cue to begin the extreme makeover show we know you can't wait to produce and direct: turning that pauper of a pup into a princely pooch. First things first:

**Remember to record the big day, capturing your canine's charisma with photos — both of you and your new baby and the foster parent or transporter.**

Let's begin with a **crate**. Most paps that are rescues are crate trained. This helps the new parents with the adjustment period all new "family-members" have. The new fur kid will have a place all his/her own where they feel safe — don't forget to put their foster blankie inside so they will have smells that they know. As your new "child" adjusts, the crate gives them a feeling of security. When they are fully adjusted to your home and surroundings, it offers your dog a great place to retreat when things get a little wild at home.

A new **leash and dog collar** will be needed. **PLEASE**, be sure to get a name tag that includes your name and phone number. If your adoptee is a strong puller, opt for a head halter or no-pull harness. For tiny dogs like Paps, who have very fragile neck and tracheas, we recommend a **halter** for walks — so there is no pulling at the neck for your tiny friend. Remember, training aids are **toys** for you — please don't forget **dog toys** for Pierre or Fifi, and lots of them. A variety of chewables ought to keep him enchanted for the next couple of days at least — and, hopefully, away from your shoes and belts.

Next, select a **gentle, all-natural dog shampoo** to cleanse your dog of any schmutz that may have adhered to his coat. The stress of being transported can result in dry, itchy skin and flaky fur, so read shampoo ingredients and select an emollient product containing soothing botanical ingredients that will moisturize the affected areas. The result will be a head-turning haircoat. In just a couple of weeks under your care, eating gourmet kibble and tantalizing treats, your new best friend's coat will continue to be glorious.

Speaking of **coats**, if your adopted dog was blessed with a plush, woolly one, he won't require a man-made thermal layer, but if he's short-coated, he'll appreciate a sweater or more high-tech winterproof garment.

Don't forget the **chow!**

Your rescue Pap will come with a small supply of the dry kibble they are currently eating — and you will have gotten the name of the product from your pet's foster mom.

She/he

may

not

have had much to eat on transport day, so he would not be car-sick. Start with a small meal to take off the hunger feeling and let him/her know that food is here! If you choose to change your new friend's diet, don't do it as a crash-course! Paps can have sensitive tummies, so make gradual changes to their diet of the course of a few days — mixing his current meal with the new food in ratios of 4 to 1. Over the course of a week or two, you can change his/her diet without upset. Be sure to **introduce your friend to that backyard** within 30 minutes of eating — so there is no "christening of the carpets" on the first day!

Now that Fifi's clean and fed, you should have no fear in letting him/her **explore** your home's coziest zones. Few creatures on Earth know and appreciate pampering quite like the formerly homeless rescue dog. He/she may have slept on the mean streets before coming to rescue, but she/he intends to enjoy your home and hearth to the fullest (it's really his now), so prepare to share.

That means making sure to **slipcover** the sofa; providing access to the furniture with a ramp or step-up (especially if your new buddy is short of leg); and fluffing up a cushy dog bed, or three. Remember, rescue dogs love the security of knowing there's a soft sleeping spot that's theirs and theirs alone — ideally in every room of your home.

The greatest thing about the versatile adoptable dog is how brilliantly he adapts to your lifestyle, whatever that, um, entails. If you thrive on alfresco exercise, he'll join you outdoors in all types of weather, for hikes, runs on the beach, or romps through the snow. Remember, limit your paps time in extreme weather conditions ... Pierre may enjoy playing in the snow, but his tiny body will become cold much quicker than a Husky! Likewise, Fifi may enjoy basking in the sun on the beach, but her skin will burn and she may dehydrate more quickly than her larger counterparts. If you're a sailor, he'll gladly be your first mate — don't forget his life vest! If you're a road warrior, the car or RV will be Pierre's command central too — so paw-proof the vehicle's interior with a dog car seat cover. And don't forget his/her crate!

There isn't a mutt in the known universe who doesn't view the kitchen as the most desirable spot in a home. If you're the type who loves to cook, your adopted dog will be your most enthusiastic recipe tester / floor mop. Here's a K9 caveat: Take care to arm your kitchen with a **clean, new metal garbage can** that sports a tight-fitting lid. Even just a few days on the mean streets have a tendency to leave a former stray with an indelible memory of hunger. This they won't hesitate to satisfy by rooting shamelessly through your trash the second you're not looking. Also, if you haven't lived with a dog in a while, especially a savvy survivor of a stray, make sure anything edible that's toxic to dogs is placed far out of Fifi's reach — especially your stash of dark chocolate.



# 'TIS THE SEASON TO BE CAUTIOUS WITH PET SAFETY

**T**hanksgiving, Hanukkah, Kwanzaa, Christmas, and New Year's Eve are wonderful times of year. But make sure it's a wonderful time for your pets, as well. The decorations, food, and festivities can add up to disaster for your companion animal.

## CHRISTMAS TREES

- Anchor **trees** securely. Climbing cats and dogs with wagging tails can knock it over.
- **Hang breakable, glass ornaments** well out of reach. The small glass and metal fastenings can be stepped on or even swallowed by your pet.
- Keep **tinsel, ribbons, and garland** out of reach of pets, especially cats that are intrigued by them. These can become lodged in their intestines and cause obstruction and lead to surgery or death.
- **Clean up pine needles** frequently. They can be toxic when eaten by your pet.
- Prevent pets from **drinking water in the tree stand** if you have added preservative chemicals. These can be poisonous to pets. Also, stagnant water can contain bacteria, which may lead to vomiting and diarrhea if ingested.



## FOOD

- **Alcoholic beverages** should be kept away from animals year-round.
- **Bones** can be damaging to intestinal tracts. Poultry bones can be especially dangerous or even fatal to animals.
- **Chocolate** can affect the nervous system and cause urinary system and heart muscle damage in your pet. It also contains theobromine which can be especially harmful to dogs if ingested in large quantities. Keep unsweetened baking chocolate, especially dark chocolate out of reach.
- You can sneak Sparky a little **turkey**... be sure that it's boneless and fully cooked.
- **Coffee** is dangerous to animals. Watch out for grounds and whole beans.
- **Fatty foods** can cause digestive upset, as can bread dough, nuts, and other "people" foods. **Traditional holiday foods** like ham, turkey, and foods can cause pancreatitis in some animals. Stomach upset,

vomiting, and diarrhea can occur if pets consume these items. Limit table scraps, and let your guests know as well.

- **Grapes and raisins** can lead to loss of appetite, vomiting, diarrhea, abdominal pain, and acute renal failure in dogs resulting in death.
- **Nicotine** is a stimulant that can increase the heart rate leading to collapse, and in the worst case, even death.
- **Onions** are toxic. They inhibit an animal's ability to coagulate blood. Foods containing high amounts of onion powder should also be avoided.
- Keep the **sage** in the pantry and out of pets' stomachs. The peppery herb contains essential oils and resins that can cause an upset stomach and depression of the central nervous system in pets.
- Watch the string that ties up the turkey or roast, as well as the little **red "pop-up" thermometers**. Pets often eat these tasty things, causing intestinal blockage.

If you suspect your pet has gotten into a potentially poisonous substance, call your vet immediately! Have the phone number to your local emergency animal hospital readily available, as well as the number for the national animal poison control center.

## HOLIDAY PLANTS

Although they add a warm touch, many plants can harm your pets. Keep these potential dangers well out of reach.

- **Amaryllis** causes vomiting and diarrhea.
- **Hibiscus** can cause diarrhea.
- **Holly** can cause vomiting, diarrhea, nausea, and lethargy.
- Certain types of **Ivy**, such as English Ivy, can also cause severe harm.
- **Lilies** can be deadly to cats, and many types cause cats to have kidney failure.
- **Mistletoe**, especially the berries, is highly toxic, can cause stomach upset, and have potential to cause fatal heart problems.
- **Poinsettias**, although not as toxic as people often think, can upset your pet's digestive system.

## LIGHTS, CANDLES, & FRAGRANCE

- **Candles** can be fragrant and enticing to pets. But they can be a fire hazard if knocked over by an exuberant pet, and the fumes can be harmful to birds.

- Keep **lights** and **extension cords** safely secured or covered to deter chewing, which can lead to electric shock or even electrocution. Better yet, invest in pet-proof extension cords, or spray with products such as Bitter Apple or Chew Stop.
- **Liquid potpourri** and **sachets**, popular during the holidays, can be very dangerous. Exposure can cause skin or oral damage and may cause illness or death.

## MAKE HOLIDAYS SPECIAL

Provide extra attention for your pet and love to let them know they're not forgotten.

- **Take your dog for an extra walk** – it'll help both you and your pet relieve some of that holiday stress.
- **Keep pet treats handy** and reach for one before you're tempted to toss your pet a that little bite of "people" food.
- **Let your pet get into the gift-giving spirit** by making a donation (e.g., food, litter, toys) to your local shelter in his name.

## RACHAEL RAY'S TURKEY POT HOLD-THE-PIE



### INGREDIENTS

Serves 4

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup low-sodium chicken broth
- 1/4 pound turkey, chopped
- 1 cup frozen peas & carrots, thawed
- 2 tablespoons chopped flat-leaf parsley

### DIRECTIONS:

1. In small skillet, heat butter over medium heat. Whisk in flour for 1 minute, then whisk in chicken broth and bring to a boil over high heat. Lower heat and simmer until thickened, 2 to 3 minutes.
2. Stir in the turkey, veggies, and parsley and cook until heated through, 2 to 3 minutes. Let cool to room temperature, then serve. Get ready for some wet kisses!



## IT'S COLD OUTSIDE!!

**B**rrrr... it's cold outside! These guidelines will help you protect your pets when the mercury dips.

1. Never let your dog off the leash on snow or ice, especially during a snowstorm – dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure yours always wears ID tags.
2. Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow, or ice. He can ingest anti-freeze, salt, or other potentially dangerous chemicals while licking his paws. Paw pads may also bleed from snow or encrusted ice.
3. When you bathe your dog in the colder months, be sure to completely dry him before taking him out for a walk. Consider getting him a coat or sweater with a turtleneck or high collar with coverage



4. Many dogs are sensitive to the cold due to age, illness, or breed type. Be sure to take pets with these issues outdoors only long enough to relieve themselves.
5. Never leave your dog alone in a car during cold weather. A car can act like a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.

6. Like coolant, antifreeze is a lethal poison for pets. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol.
7. Make sure your companion animal has a warm place to sleep, off the floor, and away from all drafts. A cozy dog bed with a warm blanket or pillow is perfect.



## WINTER FOOT CARE

**W**hen the weather outside is frightful... As you stumble behind your eager pup in your protective winter gear, just imagine those daily winter walks barefoot! Your feet would need serious winter-proofing, and that's just what your dog's feet need, too!

People often overlook winter paw care unless they have a hard-core working dog or a competitive sled dog, but any dog that braves the elements needs some TLC for nails, paw pads, and excess hair growth around the feet when temperatures drop and precipitation gets icy. Even tiny toy dogs who don't much care for the snow (*you've seen them lift up their dainty paws in disdain*) need winter foot care. Here's what you need to know to keep those pretty paws healthy all winter long.

**1. Keep nails short.** In the winter, when dogs aren't out walking on bare cement, nail growth may seem to accelerate because nails aren't getting worn down. That means regular, diligent nail trimming is in order.

When your dog is standing, his nails should be short, and should not touch the floor. Before you start, be sure you have a nail trimmer that is the appropriate size for your dog, and a jar of kwik-stop or a similar product that will stop bleeding if you accidentally cut the quick.

- 2. Trim those tootsies.** Dogs with long or curly coats tend to grow a lot of hair on their feet, and also between their paw pads. While hairy feet might sound warmer, dogs outside in the snow and ice will get balls of ice caught in that hair and wedged between paw pads and toes, causing irritation and even injury. The most winter-worthy feet are neatly trimmed of stray hair, both around the top and between pads.

**3. Protect Paw Pads.** Unlike regular skin, paw pads are tough and leathery, like the soles of your leather shoes. They are built to protect dogs' feet in the elements. But ice and snow can be hard on a domesticated dog's paws, and when you add wet sand, rock salt, and other de-icing chemi-

cals to the mix, even the toughest paw pads can get dry, cracked, irritated, and even infected. But you can help your dog's paw pads stay strong in several ways.

**First**, before you take your dog outside in the winter weather, protect his paw pads with a product such as Musher's Secret. Protective paw-pad products contain moisturizers and waxes that keep water and snow, sand, salt, and chemicals from direct contact with paw pads. Just rub a little bit on paw pads before going out into the elements, and your dog will enjoy cleaner, dryer feet, even if he isn't a sled dog.

**Second**, every time you and your dog take a walk in the winter weather, wipe your dog's feet well with a dry cloth when you come back inside. This does more than keep your dog from leaving snowy or muddy footprints on your carpet. It removes moisture and other irritants from paw pads.

**Finally**, consider dog boots. No, they aren't just for the fashion-conscious. Dog boots have a utilitarian function. They keep your dog's paws dry, warm, and protected from snow, ice, and other winter hazards.

