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THE WAY HOME

An outreach e-communication from Papillon Haven Rescue



Lobby fireplace



Hotel facade



Breakfast area

READY TO MINGLE?

The time has come to make your plans and arrangements to see Pennsylvania's beautifully scenic and serene Pocono Mountains - the weekend of Oct. 23 - 25, 2009! Can't wait to see everyone!

The **Comfort Inn® - Pocono Mountain** is conveniently located at Interstate 80 and Interstate 476 (the PA Turnpike). Guests of this White Haven, PA hotel will enjoy many amenities, including **free deluxe continental breakfast** and free weekday newspaper. Guests can also enjoy the exercise room, indoor pool, and hot tub. The hotel is minutes from area attractions like *Jack Frost/Big Boulder ski area*, *Pocono Raceway*, and *The Crossings Premium Outlets* shopping mall. *The Adventure Center at Whitewater Challengers* and *Pocono White-water Rafting* offer a variety of action-packed outdoor adventures, including rafting, kayaking, hiking, mountain hiking, and paintball. Be sure to visit the *H2000ohh Indoor Family Waterpark* located within four miles from the hotel. *Camelbeach Ski area and Waterpark* are 20 miles away. *Hickory Run State Park* is nearby. Visitors can enjoy *Mohegan Sun at Pocono Downs* and *Mt. Airy Casino* (about 25 miles). Nineteen miles from the Scranton, PA, airport. A variety of restaurants (several fast-food chains

are across the street — as well as a Wawa convenience store) and cocktail lounge is also nearby. There are two RV parks within 6 miles of our hotel, if this makes joining us more manageable.

Recently, one of our members was in the area and discovered a **BRAND-new** veterinary facility about three miles down the road from our hotel. Hopefully we won't need it, but always good to know where to go.

Other events, dinners, and a business meeting are still in the planning stages. All input is welcome. Please notify Nora Lenahan if you need a roommate or a ride!

PAP-OF-THE-MONTH: KALI & JUNIOR



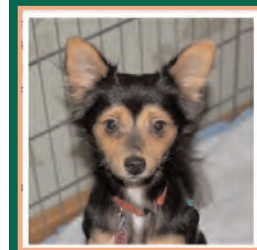
Kali

Kali is a sweet little girl who loves to be held and cuddled. She is 13 inches at the shoulder and 12 pounds (approximately 3.5 yrs. old) and can be quite demanding when she wants attention, even nibbling on your hand and such. She

presents as kind of shy but is really quite dominant. She is house trained and loves the outdoors. She currently lives with her son, Junior (right), and they are quite close. They often cuddle up together to go to sleep, and when one goes outside, the other follows. It would be nice if they could stay together or have another adoptive small doggie to play with. She is very protective when strangers come to the house but warms up to newcomers after awhile.

Hi... my name is Junior. I am 14 inches at the shoulder and 10.5 pounds (about 18 months old) and I love to run, jump, and play, especially with other dogs. Toys are fun too! I like playing tug of war. Did I

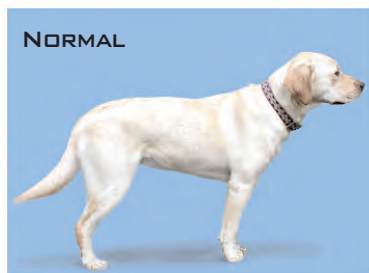
tell you I can jump really good and love to explore new places, like tables and such? I also love to chase the vacuum cleaner and lawn tractor. When I get tired out I love to curl up in a ball on my owner's lap, or snuggled up next to my mother Kali. I don't especially like the cold or snow, but will go out when there is something to bark at. I am crate trained but working on the whole house breaking thing. I am really a sweetheart and will probably be a puppy at heart no matter how old I get!



BE A WELL-EDUCATED OWNER

WHEN YOUR PET IS OVERWEIGHT

Editors note: Recently, my pup, Crystal (age 9) went to the vet three times over the course of two weeks – her wellness visit, an allergy re-check, and a fatty lump (that scared the hell out of me! Another story for another issue ...) But each time Crystal and Dr. P. talked, I heard a reference to Crystal's weight (16 pounds at the start). So after Crystal spoke with her doctor, I (as a concerned Momma) also had a short discussion with Crystal's doctor. While Crystal is not considered obese, Dr. P. was concerned about Crystal's weight putting strain on her heart or making her breathing more difficult. So I began so research into how best to help our tiny (or what should be tiny) charges maintain their "stylish figures!" Hope this helps everyone ...



While most dog owners know that canine obesity is a serious, even life-threatening condition, they sometimes have trouble recognizing it in their own pets. Now there's an easy way to find out.

View your dog from above – does he have a waist? There should be some slimming in front of the hips.

Can you easily feel the ribs? If not, your dog is probably overweight.

CREATE AN EXERCISE ROUTINE

Most pets won't exercise on their own, so it's up to you to start a routine and stick to it. Aim for 30 minutes twice a day for dogs – even four 15 minute spans will do the trick. Go for a run with your dog, or play a game of fetch. You'll both be in better shape.

DECREASE CALORIC CONSUMPTION

Many overweight pets have slow metabolisms due to inactivity. Counteract this by reducing the amount of food you give your pet or by using a brand that has fewer calories. Instead of treats, reward your pet with a portion of its daily ration of dry food.

ENFORCE CONTROLLED FEEDINGS

Feed your pet twice a day and in measured amounts. This allows you to monitor and adjust the animal's consumption. If you have several pets, use separate bowls for each one. To be sure that each one is eating their allotted portion (that someone else isn't stealing it) take up the bowls as each pet finishes eating – this will also aid you to know if one particular furry friend is not eating and may have another health issue that needs to be dealt with.

DON'T LOVE YOUR PET WITH FOOD

Resist the use of treats as a substitute for attention or a cure for guilt. Bond with your pet on walks and during playtime.



Experts say that nearly 45 percent of all pets in the U.S. are overweight and at risk for health woes such as arthritis, cancer, diabetes, heart disease, and high blood pressure. They also have shorter lifespans than leaner, fitter animals. Helping your pet lose weight is easier than you think.

DO YOU HAVE A CHUNKY MONKEY? ARE YOU IN DENIAL?

As you may know, canine obesity is a significant problem that can impact your dog's good health. Do you think your dog is overweight?

Veterinarians estimate that almost half of their canine patients are overweight. The problem is even more complicated because only 17 percent of dog owners believe their dogs are overweight.

Canine obesity is a growing problem, and being overweight or obese has been associated with arthritis, heart disease and breathing problems in dogs. In addition, obesity can worsen the signs associated with pre-existing diseases, such as high blood pressure, hormone imbalances and joint disease.

Distract them between meals with loving praise and by brushing them or engaging them in games of fetch or tug-of-war. Pets prefer affection to food.

KEEP PETS AWAY FROM THE DINNER TABLE

Those big, loving eyes can be hard to say "no" to. While you eat, place your pet in another room with soft music, a plush bed, and a few favorite toys. And remember: You're doing this to extend your pet's lifespan and improve its quality of life.

HELP YOUR PET SHED POUNDS

Almost half of American pets are overweight, causing health problems that can reduce their life span. Here's some expert advice.

Blonde and adorable, 5-year-old Betsy is a natural model. While she doesn't watch her weight, her adoptive mother Jane does. Jane's husband thinks she's crazy. He calls her a drill sergeant and slips goodies to Betsy. But Jane is on to him. No cookies, no treats, and definitely no more freeze-dried liver!

The Atlas, VA dog struggles with a problem shared by at least 40 percent of

(continued on pg. 3)

BOOK REVIEWS –

'WE'RE ALL EARS!'

QUICK & EASY DOG TRAINING

By TFH Publications Inc

With quick and easy instructions, Dog Training provides you with all the tools you'll need to turn your dog into a well-mannered companion. It covers all the topics a dog owner needs to know, including



- basic obedience training
- housetraining
- how to have fun with your dog
- solutions to problem behavior
- trick training

Accompanied by quick tip boxes and full-color photos, Dog Training guarantees a well-mannered pet that can accompany you anywhere and promises a longer, happier life for you and your friend.

OBESITY & YOUR PET

(Continued from pg. 2)

pets (and 65 percent of America): weight issues. Of course, Betsy never wonders: “Does this collar make me look fat?” But her mom knows better. She understands that keeping Betsy lean is the best way to show her love – no matter what those big brown eyes are pleading for.

As a nation, we need to follow this owner’s lead: We love our pets too much to feed them too much. But the reality is not that simple. “People do not want to hear that their pet is heavy,” says a Bensalem, PA vet. “A client just brought her 32-pound cat in for a checkup. She saw no problem.” A recent study by a “name-brand pet food company” revealed that fewer than 30 percent of dog owners rated their pets as overweight, while 79 percent of vets disagreed. We can’t cut the fat if we can’t see it. *The first step:* Let’s get beyond those puppy-dog eyes and really look at our pets.

Waist not? When you examine your dog from both the top and the side, you should see a noticeable waist below the rib cage. Regardless of breed or age, the ribs should be the widest part of the body. The ripple of the ribs should be easily felt as you stroke your pet’s sides. If you have to press down to find the bones – or can’t locate them at all – there’s too much fat.

So what if your pet is pudgy? “It is

difficult to convey to owners that they are shortening their dog’s life through obesity,” explains a physical therapist for animals. Obesity can reduce a dog’s lifespan by 15 percent – an average of almost two years. Over-weight pets risk the same health complications we do: breathing is harder, the heart is strained, knees fall apart, moving hurts, and diabetes becomes common. Long-backed dogs (dachshunds, corgis) risk EXTREMELY painful disc injuries.

The healthy solution is the same for all of us mammals: Burn more calories than we take in. And we must learn to cope with temptation. Since we control our pet’s food – both type and amount – it’s clear who needs to change: we do. (And contrary to popular myth, neutering does not make your dog fat. You should neuter your pet!)

Cutting back on your pet’s regular fare can reduce caloric intake, but you don’t want to sacrifice nutrition. **The good news?** There are more dining options for pets than ever before. A variety of products are now formulated to provide the animal ample nutrition with fewer calories.

“Sharing snacks with our best friends is an important part of the bond we share,” says an associate professor of nutrition at the University of California at Davis School of Veterinary Medicine. You still can give treats – just make sure they are healthy. Measure out meals in the morning and set some kibbles aside as treats.



(CLOCKWISE FROM LEFT) ANNE GROCHOWAK (PEGGY’S FRIEND AND OUR HOSTESS) HOLDING SUGAR, PEGGY PENDILL HOLDING PIXIE AND SPRICE, ANNIE PAYNTER HOLDING ASPEN, NORA LENAHAN HOLDING CRYSTAL, CUTTER TO HER RIGHT, AND AMY FRETZ HOLDING DAKOTA, DUSTY, AND DIXIE. (NORA’S PAP, NOEL, WAS HIDING BEHIND AMY!)

Once the food is under control, it’s

time to get moving – carefully. Animals that need to lose weight also can have other medical conditions. Consult with your vet to see what exercise is safe. An unfit, overweight dog can hurt itself by doing too much too soon. Begin with slow leash walks – even a few times a day – and then progress as the dog feels stronger. Don’t immediately take your dog for a three-mile run.

Many of us say we “love our pets to death.” That may be exactly what we’re doing. Instead, let’s love them to life – through play, exercise, and training. Think about it this way:

“I want this dog around for a long time”

“Keeping my pet fit and lean is my gift to her. Not that he/she always agrees with me. That’s OK. I know what’s best for him/her.”

HEALTHY TIPS

- **Promote good eating habits.** The best way to prevent your pet from begging is to not feed from the table. If you really want to share a meal, then serve it after you eat – in the pet’s bowl, in the kitchen. Small amounts of plain meats and vegetables are best. To be safe, stick with several small meals of pet food throughout the day.
- **Share low-cal snacks.** Try offering bits of apple or carrot.
- **Substitute strokes for treats.** A belly rub or grooming is a great zero-calorie reward. Remember, your pet craves your attention most of all.

ARE YOU A MEMBER OF ...

facebook

Join other PHR members on this exciting site! Network, chat, share ideas that are OT on the PapHaven group’s email site.

Also, join the **Facebook – PapHaven Rescue** page. Or refer your friends and family to this page ... great way for them to get their ‘feet wet’ to the fundraising and ideas of PHR! Our e-news, fundraising, and general information are up-to-date for anyone who wants to get a better idea about what we do!

If you are already a member of *Facebook*, look us up!

LOSING WEIGHT WITH YOUR DOG

A chubby puppy can be pretty cute, but declining health, joint problems, and diabetes are far less adorable. Statistics show that more than half of American dogs are overweight, a statistic that mirrors how overweight their owners are as well. For a long time, people have known that having a pet can keep you healthy – merely petting a dog or cat lowers blood pressure and stress levels. Now with obesity reaching epidemic proportions, people are starting to turn to their pets for another health benefit – weight loss.

A book by veterinarian Marty Becker and weight loss expert Dr. Robert Kushner, *Fitness Unleashed! A Dog & Owner's Guide to Losing Weight and Gaining Health Together*, shows how a dog can give an exercise program a shot of confidence and exuberance. Working out together is certainly a lot more fun than working out alone.

GOT A CANINE COUCH POTATO?

In just a few weeks, man's best friend can become man's best exercise buddy. Here's how!

Research shows that trim pets live up to two years longer than overweight ones – making for a more healthy, vibrant life for your dog.

In a groundbreaking study, a top obesity expert found that exercising with your dog not only benefits your furry friend, it also gives you more confidence and motivation to exercise, leading to more weight-loss success. In this book, two top specialists in their field have teamed up to present a simple, comprehensive walking program – beginning with just three 15-minute walks per week – that is as good for you as it is for your dog!



From starting out on the right foot (or paw) to gradually increasing the duration of your walks, *Fitness Unleashed!* is an indispensable guide to fitness and fun for you and your dog.

HE'S NOT HEAVY, HE'S MY PUPPY

The canine obesity problem isn't about people being neglectful of their dogs – the problem is that people love their dogs with food rather than scratches behind the ear. All those mid-afternoon snacks, leftover treats, and after dinner plate-licks add up to extra calories, especially if owners don't reduce Fido's food on table-scrap heavy days.

Dogs are the perfect walking partners because they don't deviate from routine like a human work-out partner might. Fido is always there, always on time, always willing.

SOME TIPS TO GET YOU STARTED:

- 1. Make a commitment to your walking routine and stick with it.** If it's raining, buy a raincoat for both you and your dog. If it's snowing, get some snow shoes for yourself and some snow booties for Fido.
- 2. Start out walking two "city blocks" for every ten pounds** of your dog's body weight. So, if you have a 20 pound dog, you'll walk 4 blocks. Increase the distance about 5 to 10 percent a week as both you and your dog get used to the new plan.
- 3. Walk briskly enough** so that both of you are panting a little, but not so vigorously that you couldn't easily carry on a conversation, or that your dog is salivating heavily and falling behind.
- 4. Take water with you.** Your chunky hound will get thirsty and may even try to lie down. Give him a little water break and then encourage him to keep moving, but don't push him if he seems over-taxed.
- 5. Start a reduced calorie diet** for both you and your dog. Consult a doctor or nutritionist for the best plan for you, and consult a veterinarian for the best plan for your dog. There are some good, low calorie, high fiber dog foods on the market that will keep your dog satiated and feeling full.
- 6. Feed smaller meals more often.** Five or six for you and two to three for your dog.
- 7. Cut back on the high calorie snacks** and snack on healthy treats instead. Your dog may relish veggies, like carrots, broccoli, and green beans.
- 8. Weigh yourself and your dog every week** to chart weight loss progress. Remember, a 2 pound weight loss on a 10 pound dog is very significant.
- 9. If your dog is more excited about the walk** than you are, use a front-clip harness to minimize pulling.
- 10. Don't forget to pack some extra poop bags** (for your dog, only, please).



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 to 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 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 save them!

Please send to: 4 Woodsong, Roland, AR 72135



WHO'S WHO?

What began after a discussion with a few 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 better!

WHO'S NEXT ...

My name is Donna Moore, and I am on the PHR Board of Directors ... trying to keep the finances in order for Paphaven.

My husband Ralph and I have lived in Knoxville Tennessee for the last 20 years and before that lived on Maryland's Eastern Shore. In 2000, I left my bookkeeping job and became a pet groomer. I opened my own shop in 2001 and it has steadily grown. Last year, my husband retired from his job as a leasing / sales manager at a local car dealership. He now works as a bather of dogs and is surprised how much he enjoys it.

Papillion's have always been my breed of choice. I got my first one in 1991, a lively black and white boy named Hezekiah. He was the light of my life, very precious to me. In 2003, we unfortunately discovered he had an atypical form of Cushing's, and then chronic kidney failure. It was a very difficult time and we lost him on Thanksgiving Day of that year.

I just wanted to give myself time to grieve over Hezzie, but in February my husband said that he didn't like the quiet in the house and we needed a dog. Not totally agreeable, I told him I would look at rescue dogs to see what was available. We found PapHaven! I filled out an application for a pap on the website who unfortunately was adopted. One day, Sharan Cole called me and said PapHaven had four new boys and we could look to see if we would like to adopt one.

My husband and I couldn't agree which one we wanted, but we got Obby in March of 2004. Obby was a mill dog and he was so scared. The first week he spent in his crate peeking out. Slowly he inched out into the world. I worked with him every day,

sitting on the floor, letting him come to me, and feeding him by hand. Something happened to me in that process; I found out I could love another dog. Today he is my shadow, my little buddy.

Three weeks later we picked up Roper. While wanting love, he is still fearful. He came to us after breaking a leg but still wanted to run and jump. He is his own little man and tends to do his own thing. He never bonded closely to either of us, preferring Obby's company. They quickly became buds. Roper has the most amazing feat: he can turn a complete 360° circle in one jump. We nicknamed him Twirley-bird.

Later on, we decided to volunteer with PapHaven. We could do transports, and other volunteer work, but fostering was looming over our heads. I just didn't think my heart could handle it. Sharan always said, "You'll know when you are ready."

At the time we had a lot of dogs coming into the Tennessee area, and I would be the first to meet them, giving baths and getting them ready to foster. We had a group of nine come into the area and I was told if we wanted to foster to pick one out. I was toying with the idea of getting another pap for Ralph since Obby had bonded with me and Roper was his own man, but he wasn't sure he wanted another one.

While I was bathing the nine new rescues, I kept my eyes open for one we could foster but that might be a possible addition to our family. I picked Bentley. What a sweet boy! He was 9 months old and sat beside me on the front seat of the car as we headed home. We stopped for lunch at McDonald's; he shared my yogurt and promptly laid his head on my lap and went to



Donna & Ralph with Roper & Obby

sleep. There was no fear in him at all. I told him, "Bentley if you want to stay at our house, you must love your Daddy." Bentley has never left his Daddy's side; he is a Daddy's boy. He's the smallest but the toughest.

We are currently fostering a little one named Cagney, who thinks he belongs here, because he has been here for over a year. We're waiting for the perfect home for him. Fostering has been very rewarding for us, as we have seen elderly dogs, abused dogs, and dogs with broken bones find loving happy homes. We even had one person

drive three days just to come pick up her new baby. While you love each one, you know they are only on loan to you and you make an investment in them that will last a lifetime.

THE END?

I first met Donna and Ralph in 2005. They were the transport-delivery-committee (that drove to Maryland) when I adopted Crystal. A wonderfully delightful couple with hearts of gold for our little babies!



Bentley & his Daddy, Ralph Moore



The Moore's foster child, Cagney



Bentley, Obby & Roper Moore

“PEOPLE” FOODS FOR DOGS

PROVIDING VARIETY AND A NUTRITIONAL BOOST

As a responsible and informed dog lover, you probably know that too much “people food” can make your dog ill or overweight, but there are some human foods that can be safely added to your dog’s meals in moderation to give a nutritional boost to Queenie’s diet

WE NEED YOUR HELP!

Do you have a closet full of gifts that you received that you can’t (or won’t) use??? Would you be willing to donate them to PapHaven? **Good, NEW, unused gifts** can be donated to auction / fundraising committee for the **Fall Auction!** Also, the newest addition to our fundraising efforts, **MissionFish**, is looking for donation.

Jim Parrott writes, *“eBay/Mission Fish up and running. But, sadly we have only 1 item for sale and it will be gone quickly. We need more items! If you have items to sell, please contact me. You may have items that can’t go in the auction but may be useful for eBay. They don’t have to be dog related. Every penny we sell goes to PapHaven! New items that you can’t re-gift, collectibles, look around and see what you can find. You may know a local vendor with items to donate. These can be turned into cash.”*

If you have something you think would be a good donation, please take a picture and email it and the info/ dimensions of the item to jmrasch@charter.net and jrpsrqfl@gmail.com. Jan Rasch or Jim Parrot will be able to tell you if the items can be used and what the next step is.

Don’t delay! Prep for the Auction is a year-round event! If you are out-&-about and see something you think is unique, would you be willing to pick it up and send it along to the Auction? Crafters, get your art / sewing / needle-craft supplies ready! And **MissionFish** need donations NOW!



and add a bit of variety to King’s food bowl. *Just remember:* any additions to your dog’s meals shouldn’t comprise more than 25 percent of her weekly caloric requirement.

We asked the rhetorical question: “If you’re going to feed your dogs ‘people’ food, shouldn’t you feed them something that’s actually good for them?” The answer consists of a list of 18 easily obtainable, healthy options straight from the shelves of your local market. As promised, here are more “easy pieces” for your consideration.

As with any dietary changes, we urge you to keep a few cautions in mind: **None of these items by itself constitutes a “complete and balanced” meal.** If your dog has health or weight issues, check with your vet before adding any of them to your dog’s food dish. And, as always, start with a small portion and introduce gradually.

1. Apples are wonderful crunchy treats



for your dog. Apples with the skin on are full of plant chemicals (phytonutrients) that are thought to be protective against some types of cancer in humans. They are a source of Vitamins A and C and fiber. Apple

seeds, however, contain cyanide so your dog should not be allowed to eat the core. Though the effects of a few apple seeds will likely not harm your dog, the deleterious effects can accumulate over time if allowed to eat apple seeds regularly.

2. Brewer’s yeast is the yeast that’s left over from making alcohol. Dogs seem to really enjoy the tangy taste of brewer’s yeast. It’s full of B Vitamins which are good for carbohydrate metabolism, skin, and coat. Make sure you’re using brewer’s yeast (available at health food stores), **not** baking yeast which will make your dog sick. Brewer’s yeast can spice up your dog’s appetite. Just sprinkle a little on the food of a picky eater and watch her dive in.

3. Carrots – A great snack ... sweet, crunchy, and most dogs really like them. They are loaded with Vitamin C, and Vitamin K, (required for blood clotting), fiber, carotenoids,



as well as potassium. They have magnesium, most of the B Vitamins, manganese, and phosphorus, which is needed for energy production, among other things. *Pup Prep.* Start slowly, as too much fiber may produce flatulence. If your pup sticks her nose up at them, try soaking lightly steamed carrots in chicken broth to increase their appeal.

4. Cranberries – An excellent source of Vitamin C, fiber, and manganese. Cranberries also contain Vitamin K and phytochemicals thought to inhibit the ability of bad bacteria to stick to and infect the urinary tract. In addition, there are benefits for blood vessel health and antioxidant protection. *Pup Prep:* Cranberries are very sour. To offset their tartness, combine them with a sweeter fruit, such as a banana or ripe papaya, for a healthful treat.

5. Eggs are a great source of very digestible protein, riboflavin, and selenium.



For some dogs that are prone to digestive upset, eggs can give them a little protein boost.

Adding eggs to your dog’s food is a healthy treat.

Make sure to use cooked whole egg, as raw egg whites can cause biotin deficiency. If you do a lot of training with your dog, consider taking cooked eggs to your next class as training treats.

6. Flax seed (ground or oil) is a good source of omega-3 fatty acids, which are essential fatty acids that are good for skin and coat. Whole flax seeds are best if ground right before feeding as this type of fat can go rancid quickly. Flax seed can be added to your dog’s diet as a source of fiber. Flax oil is a more concentrated form of omega-3 fatty acids without the fiber. Make sure that you store the oil or seeds in the fridge in an air tight dark container.

7. Green beans are a good source of plant fiber, Vitamin K, Vitamin C, and manganese. If your dog has a tendency to put on weight, then replacing some of its regular food with green beans is a low calorie way to fill it up and help maintain a healthy weight. Many dogs enjoy them frozen.

(continued on pg. 7)

“PEOPLE” FOODS FOR DOGS

(continued from pg. 6)

A perfect addition to any doggie dinner. Some dogs love them raw, but most prefer them blanched, which makes for easier digestion. An excellent source of Vitamin K and fiber, these veggies also contain Vitamin C, carotenoids, potassium, B Vitamins, magnesium, phosphorus, copper, iron, and manganese. *Pup Prep:* Blanch, don't boil them to death and lose all those nutrients!

8. **Nutritional Yeast** – Grown on mineral-enriched molasses and used as a food supplement, this inactive yeast is high in protein, B Vitamins and chromium, and several minerals as well. Protein is needed for muscle and cell growth, B Vitamins are essential for energy metabolism and enzyme function, and chromium is important for insulin release and action, which allows carbohydrates and other fuels to be taken up by the cells and used or stored. *Pup Prep:* Don't overdo it, as too much chromium can be detrimental. Use 1

teaspoon for a small dog, 2 tsp. for a medium dog, and 1 tbsp. for a large dog. Mix it with food and start slowly.

9. **Oatmeal** is a good source of soluble fiber. This can be beneficial for some older dogs that may have trouble maintaining bowel regularity. Oatmeal is also an alternative source of grain for dogs that are allergic to wheat. It can be fed in conjunction with probiotics to enhance their function. Keep in mind oatmeal should always be fed cooked and plain with no sugar or flavouring. As always, check with your veterinarian before making any major changes to your dog's diet, especially if they are on any medications. Upsetting the vitamin and mineral balances in your dog's diet can have negative effects on your dog's health and some medications interact badly with some nutrients. The aim of most dog owners is to give their dogs the best diet possible. Good nutrition coupled with a health care program may extend your dog's life by as much as 15 percent. **The suggestions above are not meant to replace your dog's normal, balanced diet.** Rather, they are ideas for alternative treats or for adding a little variety to your dog's meals.

10. **Papaya** – Available in most markets, this tropical fruit contains papain, an enzyme often used as a meat tenderizer. It assists in the breakdown of proteins and thus is considered a “digestive aid” (for pets and humans alike). Ripe papaya is an excellent source of carotenoids and potent antioxidants, and is also high in Vitamin C, most of the B Vitamins, potassium, magnesium, and fiber. These nutrients benefit eye health, blood vessel integrity, and joint function. *Pup Prep:* Scoop out a ripe papaya and serve as a snack (take out the seeds; they're edible, but have a peppery flavor that may be too much for your dog).

11. **Parsley** – *Not your grandmother's garnish anymore!* Parsley freshens dog breath in addition to providing phytochemicals. It also has carotenoids, Vitamin C, Vitamin K, B Vitamins, iron, and limonene (an oil that kills bad mouth bacteria). Italian flat leaf parsley has a stronger odor and flavor than the curly leaf variety, but a similar nutritional profile. *Pup Prep:* Fresh is best; chop it and mix a small amount with food (too much parsley can act as a diuretic).

12. **Pumpkin** is a good source of fiber and beta carotene (a source of Vitamin A). Dogs need fiber in their diet. The current trend is towards highly-digestible diets that lower stool volume and this is not necessarily a good thing. Keeping the GI tract moving helps the cells lining of the gut stay healthy. Low in calories and high in soluble fiber, pumpkin makes a nice treat for the pooch with an upset tummy and also helps resolve bouts of diarrhea. It is exceptionally high in carotenoids, potassium, Vitamin C, is low in sodium, and has some calcium and B Vitamins. It can be used as a fat substitute when making dog treats. *Pup Prep:* Steam and mash fresh pumpkin, or take the easy way out and use canned pumpkin (organic, if possible). If using canned, read the label carefully to be sure you're getting 100 percent pumpkin, not pumpkin pie filling, which has added salts and sugars.



IN THE BAKERY WINDOW ...

MINI-MUTTBALLS & DITALINI

Every pup is sure to go for these meatballs. Always check with your vet about which foods are appropriate for you to share with your pet. Makes 4 servings.

INGREDIENTS:

6 cups chicken broth
3/4 pound ground beef, pork, and veal
2 large eggs
1/3 cup chopped shredded carrots
1/3 cup grated parmigiano-reggiano cheese, plus more for sprinkling
1/3 cup bread crumbs
1/4 cup finely chopped parsley
1 clove garlic, mashed into a paste with a little salt (optional)
1/2 pound ditalini pasta
Salt & pepper

DIRECTIONS:

1. In a large, deep skillet or saucepan, bring the broth to a boil, then salt it and lower to a simmer.
2. Meanwhile, in a bowl, combine the ground meat, eggs, carrots, cheese, bread crumbs, parsley, and garlic paste, if using; season with pepper. Form into 1-inch balls.
3. Drop the meatballs into the broth and simmer til cooked through, about 5 minutes. Stir in pasta and cook until al dente, 6 to 7 minutes. Let cool before serving to your pooch! Season the people's portions with salt and pepper and sprinkle with more parmigiano-reggiano.



(continued on pg. 8)

“PEOPLE” FOODS FOR DOGS

(continued from pg. 7)

- 13. Salmon** is a fatty fish which is also a good source of omega-3 fatty acids.



These fats support the immune system and can be beneficial for skin and coat health. There has also been some indication that they may benefit dogs with allergies. You can

feed salmon or salmon oil. If feeding salmon, make sure it's cooked before serving, as raw salmon can carry a parasite that can make your dog sick.

- 14. Sardines** – A terrific protein source. Sardines contain appreciable amounts of the amino acid tryptophan, as well as Omega-3 fatty acids, and Vitamin B-12 (a hard-to-come-by B Vitamin that is essential for cell function). A good source of selenium, calcium, and phosphorus as well as Vitamin D, Vitamin B-3 (niacin), and Vitamin A in its pre-

formed state, sardines are a great addition to any doggie diet. *Pup Prep:* Choose a low-sodium, water-packed variety, and mash well, checking for and removing obvious bones, which can lodge in the esophagus or splinter and cause dangerous tears in the gut.

- 15. Sweet potatoes** are another source of dietary fiber and contain Vitamin B6, manganese, beta carotene, and Vitamin C. Sweet potatoes are great sliced and dehydrated as a chewy treat for your dog. There are so many dog treats on the market that we often overlook the simple, healthy, and reasonably priced treats available at our grocery store.



- 16. Turnip Greens** – Unfamiliar to many humans and dogs alike. Turnip greens are an excellent source of Vitamin K, Vitamin C, carotenoids, fiber, most B Vitamins, and manganese. They are also a good source of calcium, copper, potassium, magnesium, phosphorus, and provide a complement of antioxidants. *A caveat:* Turnip greens are bitter and contain appreciable amounts of oxalates that can bind minerals as well as goitrogens, which may interfere with thyroid function in susceptible individuals.

Pup Prep: To minimize these effects and maximize palatability, sauté or blanch. Most recipes call for sautéing, which maintains the greens' nutritional density and increases the odds that your dog (and you) will eat these healthful veggies.

- 17. Wheat Grass** – Also known as pet grass or cat grass. The young grass of the wheat plant (though it doesn't have the same composition as wheat), it has chlorophyll, fiber, Vitamin E, phosphorus, magnesium, iron, and potassium as well as some protein and carotenoids. Wheat grass is also purported to decrease constipation and help with upset stomachs. *Pup Prep:* Buy or grow a pot of wheat grass and make it available to your dog. Many dogs eat grass, and wheat grass is an improvement over the potentially herbicide-laden, contaminated grass growing along the curb.

- 18. Yogurt** is a good source of available calcium and protein. When choosing yogurt, pick one that has live active bacteria and no sugars or artificial sweeteners. The active bacteria may act as probiotics. If your pooch is pudgy, make sure that you pick fat-free yogurt but not one that contains fat substitutes (e.g., Simplesse or Oles-tra). Frozen yogurt is a nice summer treat for dogs.

PET-MINDED PRESENTS FOR PEOPLE

Reprinted with permission from Greater Philly Tails Magazine, Aug. 2009

For those people that you know with a philanthropic idealism, birthdays, weddings, and anniversaries spent unwrapping presents for themselves seems overrated. So if your “near and dear ones” love their animals as their second selves, then the perfect present for them on their special day may well be one for their four-legged family – or if not for their personal pooch or kitty, then a donation made to an animal-welfare organization in their honor.

When it's your turn to bask in the celebratory spotlight, consider foregoing the usual candle holders and picture frames and asking all your well wishers to donate an amount of their choosing to your animal rescue or charity of choice. And multiply the number of happy feet on your dance floor in a hurry by opening your celebration to the four-footed companions of your human guests. Just be sure to have some puppy cake and water dishes in plentiful supply to keep Fido's mojo up into the wee hours.



QUILT RAFFLE

AND THE WINNER IS ...

Ticket #131 ... which was held by Elizabeth Ryan of Denny, New Hampshire!



CONGRATULATIONS!!!



Happy Birthday!

HAPPY BIRTHDAY PAPHAVEN
6 years old and 670 paps saved!

INTRODUCING PAPHAVEN RESCUE -
WWW.PAPHAVEN.ORG

This group came about through the love of a small deaf puppy that required transport halfway across the country to her new home. It took the effort and dedication of people from Texas to Washington D.C. and on to Ohio. It took the cooperation of three other rescue groups. In the end, it took the hearts of every one. It is this good will and renewed faith in the goodness of people everywhere that led us in forming Papillon Haven Rescue (Pap Haven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Paps and Papillon mixes, their rescue, and rehabilitation.

Since then, PapHaven Rescue has grown dramatically and continues to grow and evolve to try to meet the changing needs of rescue and the on-going saga of Papillons in need... where ever they are.

We would like to invite you to join in our rescue efforts. With hands reaching out across the country, we can form a circle of love and caring that refuses to let even one Papillon in need fall through the cracks. We are not in competition with any other rescue groups. In fact, it is our goal to work hand in hand with every rescue group and shelter that will join us in this effort. We will not ask for perfect lineage, origins, or looks. We will coordinate with other groups for transporting each other's breed. We welcome volunteers, sponsors, interested folk, contributors, and especially kind words.

Our eNewsletter, *The Way Home*, will try to bring informative articles, announcements, feature stories, upcoming events, and urgent alerts about situations where the need for rescue is great.



Papillon Haven Rescue

BEGINS OCT. 10, 2009

FALL AUCTION

