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The articles that appear in this e-newsletter are for general educational information **ONLY**. They do not necessarily reflect the opinions/policies of Papillon Haven Rescue (PapHaven).



# THE WAY HOME

An outreach e-communication from Papillon Haven Rescue

Be sure to check out the PHR Events Calendar at

[HTTP://WWW.PAPHAVEN.INFO/EVENTS.HTML](http://www.paphaven.info/events.html)

For up-to-date details regarding pet events across the nation!

COOKBOOK FUNDRAISER

## RECIPES NEEDED NOW!

**T**here's a Hair in my Soup! (*tentative title*) is now beginning. Remember when you read an article a few months ago in *The Way Home*, asking you to scour your recipe box for ideas you were willing to share? Well, now is the time!

### COURSES NEEDED:

- Appetizers
- Beverages
- Desserts
- Homeopathic remedies
- Pet food ("Bone" appetit)
- Poultry entrees
- Meat entrees
- Salads
- Seafood entrees
- Side dishes
- Snacks
- Soups/Stews

Then we will turn everyone's favorite recipes into a marvelous cookbook/helpful hints guide. PHR hopes to have this project ready before the holidays – what a great gift for yourself and other dog-lovers that you know!

recipes/remedies to:

<http://health.groups.yahoo.com/group/PapRecipes/>

You can snail-mail your input to:

**Amy Fretz**

9 Harding Ave, Pen Argyl, PA 18702

Be sure to make a notation in the bottom left corner of the envelope that says "Cookbook Submissions."

### SUBMISSIONS

Please be sure to list your name, and city/state where you live on each recipe. Post your

## PLANNING TO ATTEND MINGLE '10?

As many of you may remember, Mingle 2007 & 2008 and Mini-Mingle 2009 were rousing successes! It gave the many members who attended the opportunity to put names together with faces. And we all had a marvelous time.



ride? Maybe we can match you up with another attendee. Do you need to share a cabin? Let Nora know – as she did last year – she will be transportation/lodging coordinator. Will try to match everyone up so we can all attend.

Please email Nora at [nora-jl169@yahoo.com](mailto:nora-jl169@yahoo.com) and let her

know what your plans are. If any of the questions above pertain to you, let her know that as well. Everyone's information is needed as soon as possible.

If you are new to our group and missed the coverage of our event from past years, please check out the Nov. 2007 (pages 1-4) and Jan. 2008 (pages 2-3) of *The Way Home*. These back issues can be found on PapHaven's home page ([www.paphaven.org/newsletter.shtml](http://www.paphaven.org/newsletter.shtml)).

We hope everyone can attend ... it's fun to meet the "names" we only get to speak to through email!

Are there other members of our group in your area? Could you car pool together and save gas money? Could you attend if you had a

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<http://butterflyboulevard.pbwiki.com/>



# MINDING FIDO'S PS & Qs THIS SUMMER

By Christina Cottini, July 2009; reprinted with permission from *Tails Magazine*

Whether you're taking a trip to the beach, dog park, pet-friendly café, or simply strolling the sidewalk, good manners are mandatory. Knowing the ins and outs of proper pup etiquette is essential year-round, but summertime presents an extra dimension for people and pooches. Making sure that your pup is on his or her best behavior while enjoying the sunshine is the key to being a responsible pooch parent.

You need not go far to find someone who has encountered bad behavior – of the human or canine variety. However, good discipline needs to come from both ends of the leash. As the leader of your pack, you must teach your dog the fundamental guidelines of obedience, including the sit, stay, down, and come commands. It is up to you to ensure that your pup is well behaved and friendly or to consider further training if Fido's manners are lacking.

Not everyone is a dog person, so always maintain respect for others. Keep your pet on a leash and never allow jumping on people. Imagine how annoyed you might be if your neighbor's Great Dane charged you to say hello and got muddy paw prints all over your brand-new white pants. No jumping! Use a 4- to 6-foot leash to control walking on crowded sidewalks and avoid allowing your pup to create chaos.

The beach can be an ideal locale during a breezy summer day. However, it's always better to find a designated dog beach versus a human beach for surfing and swimming with your pooch. Watch your pup closely and make sure that he or she never buries poop in the sand for an unsuspecting fellow beachcomber to discover.

Would you jump into that pond? If not, then there should be no pond play for your pup either. There could be high levels of bacteria, disease, and even alligators lurking, depending on your location. No pappy pool parties allowed without a human present. Accidents can – and do – happen.



Before exploring the world of dog parks, take Fido for a checkup. Bring only a healthy, social pooch to romp and run with the others. Do keep a watchful eye on your pup and be prepared to intervene if necessary; learn to recognize what appropriate play looks like. **For example**, a tucked tail, lowered ears, bared teeth, snapping, and avoidance of interaction are all signs that a dog is afraid or stressed. A tail held straight up in the air and barely moving is also a warning sign.

Although a leash is usually a must, never bring your pooch into a dog park attached to one – it leaves him or her vulnerable to dominant or aggressive dogs. But if you happen to encounter a badly behaving pup, never reprimand or discipline someone else's dog. Approach the guardian calmly instead to confront the problem.

Just as Mrs. Brady told her kids, "Don't play ball in the house," a similar mantra should apply in the pup park. There is no need to bring balls or other toys; your pooch should have more than enough to keep him or her busy through interaction and play with the other dogs. Dogs have a tremendously keen sense of smell, so be sure to avoid inciting anarchy by leaving the people and poochie food out of the dog park.

Familiarize yourself with the rules before taking your dog to an off-leash park. Rules are there to protect you and your dog.

Don't bring food or treats to the dog park. Some dogs can be food-aggressive and the presence of treats can create

bad situations.

Drooling dogs need friends, too, but do not allow drooling on humans or other dogs – be sure that your pup is drinking enough water, or wipe the drool if it's a regular occurrence. Do come prepared at all times – bring extra essentials (i.e., clean-up bags). Sharing is caring!

Summertime opens up a whole new world of fun for you to share with your

(continued on pg. 3)



## PAPHAVEN'S DOG DAYS OF SUMMER CONTEST

Tickets go on sale Aug. 1 thru Sept. 6, 2010.

### HOW IT

**WORKS:** For every dollar you donate to PapHaven you will be given the opportunity to guess

the number of dog treats in the container. After your donation is received, you will be contacted by email to submit your numbers.



### PRIZES

**1st Prize** – The person who guesses the correct number without going over, will receive the container of dog treats, plus a lovely gift basket filled with lots of goodies every dog will love. *Prize donated by: Pet Supermarket.*

**Runner Up Prize** – The person who guesses the 2nd closest to the correct number without going over, will receive a beautiful "collectable" Papillon Coffee Mug. *Prize donated by: Nancy Sundburg.*

In the event of a tie at any of the prize levels, the winner will be decided by the order the entries were received.

Visit the website for more details:

[http://www.paphaven.info/dog\\_days\\_of\\_summer.html](http://www.paphaven.info/dog_days_of_summer.html)

or contact Linda Ecklund at [lecklund@gmail.com](mailto:lecklund@gmail.com)

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(Remember: you must be logged-in to iGive before you begin your search!)

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## TIME TO CLEAN OUT & HELP

**P**HR is hosting an online gadget drive through Gazelle to raise money for the Papillons we love and serve; and would love your support.

A gadget drive is a new way to fundraise that turns your used and unwanted electronics (laptops, cell phones, MP3 players, digital cameras, & more) into cash to support our cause. Contributing to this drive is simple. Just visit the webpage, find the value of the gadgets you would like to donate, and send them to Gazelle (shipping is free). The value will go to support Paphaven.



If you would like to donate, please check out the drive's page (<http://paphaven.gazelle.com/>) to learn more and track our progress. You will receive a confirmation of your donation by email, and PHR will be notified as soon as you make your donation.

Thank you for your support,  
To learn more, visit [gazelle.com](http://gazelle.com).

## MINDING FIDO'S MANNERS

(continued from pg. 2)

furry friend. Many restaurants with sidewalk seating are adopting a pet-friendly attitude, but before heading out to your favorite outdoor café with Fido in tow, call the restaurant to confirm. Upon settling down at your spot, tie your pooch to your chair and not the table – toppling may occur! Ask your server for a cup or bowl for your thirsty pooch instead of sharing your glass. Although drinking from crystal at home may be the norm, your pup will have to be content without during this dining experience.

Perhaps your pooch runs the roost at home – couches, chairs, and beds are all fair game for lounging. However, when out at a restaurant, keep Fido off the chairs and benches and make sure he or she remains sitting or lying down as close to you as possible. Those puppy-dog eyes might be irresistible to you, but the people sitting close by likely disagree, so discourage tableside begging – especially from neighboring tables.

Be sure to tip generously if your server has provided particularly pet-friendly service to your table.

One of the fundamentals of doggie etiquette is to respect others at all times. Be polite and careful when approaching other pets and people. Don't be shy – ask if the other pooch is friendly before Fido waggles his way up to say hello.

Many hiking trails around the country are dog friendly. When exploring the wilds,

always keep your canine hiking companion on a leash. If you encounter others during your time on the trail, move to the side to let them pass while keeping your pooch held securely. **NOTE: PHR recommends a thorough "tick-check" upon returning to your car, hotel, or home! Don't need any of those nasty critters "latching on!"**



Topaz

When strolling the neighborhood, it is wise to keep a close eye (and secure leash) on your pup. Your green-thumb neighbors have spent a lot of time caring for their award-winning flower display. Do not let your pooch push his snout into the carefully tilled garden or relieve himself on the flowers. Again, it's all about respect.

As many cold-weather climate dwellers know, dogs' paws are very sensitive. If you wouldn't walk barefoot on the hot concrete, your pooch probably won't want to either. Shade and water are essential for long periods of time spent with your pooch outdoors. In fact, responsible pooch parents always bring a supply of water; dogs get dehydrated easily.

It's never OK to leave your dog in the car if it's hot outside. You wouldn't put Fido into the oven, would you? Further, resist the impulse to take your dog with you everywhere. Even if the weather has never been more picture perfect, sometimes it really is better to leave your pooch at home.



Jasper

While you might relish the opportunity to share your freshly grilled cheeseburger with your pup, don't assume that

your pooch is welcome at your friend's BBQ, weekend retreat, etc. Always ask first.

Last but not most certainly not least, always clean up after your dog. Keep bags with you at all times. There is no excuse for not cleaning up after your pooch – it soils the reputation of pets and their people alike!

Practicing proper etiquette with your pup increases your popularity potential and makes you both look good!

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← STOP BY TO SHOW YOUR SUPPORT

See more on pg. 10 & 12.

# DOGS & THUNDERSTORM ANXIETY

**T**hunderstorm phobia or anxiety in dogs is a fairly common and very real problem for many dogs. Dogs with thunderstorm phobia become extremely frantic and overwhelmed with fear during storms. *Astraphobia* is the technical term for this: the fear of thunder and lightning. Owners who see their dogs experiencing this fear usually feel helpless and frustrated. Find out what causes thunderstorm phobia in dogs and learn how to manage it for the sake of your dog and your own peace of mind.

## IS YOUR DOG FRIGHTENED BY THUNDERSTORMS?

Summer is in full swing, and with summer comes the inevitable thunderstorms. Thankfully, these flashy, loud storms don't seem to give some dogs a moment's pause. However, some pets are really affected by the violent weather, and this can lead to a lot of stress induced behaviors you wouldn't normally find in your pet.

### Let's talk about the three P's:

- **Panting:** Panting is one of the ways that a dog shows stress, and you may notice that the panting begins a while before the storm actually arrives. Dogs seem more attuned to changes in the atmosphere, and they pick up on dropping pressure right away.
- **Pacing:** Pacing and other forms of rest-



less behavior like pawing, hiding under the furniture, and whining, are all signs your dog is experiencing stress, and you'll likely notice they ramp up once the storm's in full swing.

- **Pooping:** This is one of the more severe signs of storm induced stress, and unfortunately, this often isn't a run-of-the-mill house accident. It usually takes place in a very inappropriate area such as on the furniture or in your bedroom or bed. The main reason for this is that these areas retain even more of your scent, and your frantic dog is drawn to it to leave you a very drastic warning that he feels unsafe.

An especially stormy stretch of weather may bring on even more symptoms of stress such as a loss of appetite, hair loss, and excessive sleeping and/or moping.

Often these behaviors start out inconspicuously, but over time, with repeated exposure and unintentional reinforcement, they become more dramatic.

### PREVENTION & PRECAUTIONS

Why do dogs fear thunderstorms? Too many dogs are left outdoors during storms, sometimes with no shelter at all. Anyone would be scared with good reason. Keep your dog inside during storms.

If you want to take your dog outdoors during a storm, do it safely. Some dogs do better when protected by raincoats and boots. Make the trip outside a fun adventure or calm occasion rather than a stressful experience. Special rewards for pottying outside in the rain are a good idea. Make storms occasions for special times with your dog to create positive associations. Games, treats, and special activities are time well spent during storms.

Don't be tense during storms. Be upbeat with the dog, not impatient or pitying with your touch or your voice. The dog will pick up on your emotions and body language, so make them confident.

Dogs feel "rewarded" for fearful behavior if you pet and praise when the dog is behaving fearfully. Rewarding a behavior increases the likelihood of that behavior occurring more often, even when the individual is not conscious of being rewarded for it. Give rewards when the dog is behaving calmly, confidently, or happily. Work with your dog to develop ways to elicit these behaviors so that you can do so during storms and then

reward. This is powerful training that will help you and your dog in all aspects of life.

Be aware that this fear can be "contagious" from one dog to another. This makes it all the more important to handle both the fearful dog and a new dog carefully, so that you improve how the dogs feel about storms rather than letting the fear get worse, or even feeding it by how you manage the dogs.

### CAUSES AND TRIGGERS

Dogs react to a variety of things associated with storms, and it helps to know what these are for your dog. You may never know them all, but at least a general understanding will help you understand the extent of this fear.

The **loud noise** is scary to some dogs, and the dog can hear it at a much greater distance than humans can. The dog has early audio warning of an approaching storm, and most storm-phobic dogs eventually start reacting long before the sounds are loud.

**Electricity in the air** may be a major factor in dog storm phobia. Is there something unpleasant about this to the dog's sensations? Does it perhaps become even scarier to a dog who has been trained with an electronic collar, or frightened by a static shock in everyday life? We have a lot more questions about the effect of electricity on dogs than we have answers.

The **smell of the air** changes when a storm approaches, and of course the keen nose of a dog detects this early. The air pressure changes, too, and a dog's ears are more sensitive to pressure changes than most people. In some cases, it might hurt.

The family may change routine when a storm is approaching. If the family is fearful, gets irritable with the dog, or treats the dog in some unpleasant manner during this time (puts the dog outside, for example), that could feed the dog's fear.

Anything that has become associated in the dog's experience with thunderstorms can become a trigger for the fear. So, anytime one of these triggers happens is an opportunity for you to help your dog overcome the fear.

### HOW TO HELP YOUR DOG

The owner's attitude can influence the severity of the fear. For instance, if owners themselves are nervous during storms, these phobias in their pets may occur more often or become more severe. Similarly, if the

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AS OF 7/31/10:  
885 RESCUES

The Way Home is a monthly e-publication for the members/ supporters of the Papillon Haven Rescue (PapHaven).

### NEWSLETTER DEADLINE

Materials and color photos for the next issue must be received by the 15th of the month prior to publication. Send materials to: [noraj1169@yahoo.com](mailto:noraj1169@yahoo.com)

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## 'WE'RE ALL EARS!'

SMALL DOGS

By Barron's



This manual describes many different small dog breeds and explains how their needs often differ from larger dogs. A special section presents descriptions and photos of many popular small breeds. Barron's comprehensive series of *Pet Owner's Manuals (POM)* advise current and prospective owners on the care of virtually every kind of pet, including a wide variety of dog and cat breeds, birds, fish, amphibians, reptiles, hamsters and other small caged animals, and even scorpions and tarantulas. The author of each book is a specialist in his/ her field, which guarantees readers solid advice and detailed instruction to help them know what to look for when getting a pet, feeding, health care, housing, and where applicable, grooming and training. All POMs are filled with high-quality color photos and informative line art.

### FROM THE BACK COVER

- A small pooch like the one shown here has needs that differ from those of larger dogs.
- Information and advice to help you take good care of your small dog
- Typical small dogs: their anatomy, physical traits, and special needs
- Expert advice: feeding, health care, grooming, training, exercise, and play
- Understand your small dog: its voice, its body language, and their meanings
- Step-by-step directions for everyday care of your dog
- Informative and attractive checklists and sidebars

## THUNDERSTORM ANXIETY

(continued from pg. 4)

owner attempts to comfort the animal, the animal interprets it as confirming there really is something to be afraid of. The petting or comforting is really positive reinforcement of an undesirable behavior.

You may not be able to alleviate all of your dog's anxiety during storms, but there are a few measures you can take to help relieve some of the stress.

- First and most importantly, never leave your pet outside during a thunderstorm. Whether or not your dog is frightened of storms, it is a dangerous situation that no pet should be left to endure.
- You can block out lightning flashes by calmly drawing the curtains. By limiting what your dog can see of the storm, you can reduce that much additional stress.
- Now it's time to buffer the sound of the thunder. You can do this by turning on the television or radio and adjusting the volume just high enough to drown out most of the noise outside. Be careful to select something calming like classical music so you aren't producing more stress in your dog.
- Finally, try to act as normally as possible. It's only natural to want to hug and baby your dog when he's obviously upset, but by doing this you're only reinforcing your dog's fears by confirming his feelings that something is wrong.



### FOR THE MORE SEVERE CASES

Veterinarians, veterinary behavior specialists (VBS), and dog families deal with thunderstorm fears as this problem is so common. Different things seem to help different dogs. Beyond the above tactics, here are some things you may decide to try:

1. A quiet, dark, sheltered refuge. Your dog may find the preferred spot independently, leaving you to simply make sure it stays consistently available to the dog. Chosen places for dogs include basements, bathrooms (sometimes in the bathtub), closets, and crates that are kept in secluded parts of houses.
2. If your dog becomes frantic and as a result might suffer injury or do damage during a storm, you may need to develop a good means of confining the dog. Sometimes a secluded crate works, if the dog has been conditioned to rest calmly in a crate.
3. The DAP Diffuser has shown some promising results in calming fearful dogs, and doesn't seem to have negative side effects, so consider setting one up in the area used by the dog.
4. You and your vet or VBS may decide to medicate your dog with an anti-anxiety drug for the entire storm season (these medications generally do not work until the dog has been on them for weeks), or a sedative during storms. Due to the unpredictability of storms, it may not be possible to administer a sedative when it's needed.
5. For some reason, there are dogs who find it comforting to get under a "security blanket" to combat storm fears. Due to the risk of overheating a dog, don't force this method. You might give it a try, though, monitoring the dog to see if it helps and to find a covering that provides the benefit without excessive heating. Don't leave a dog alone with the covering if the dog is likely to chew and swallow pieces of it.
6. A VBS can help you work out a behavior modification program to work on this problem. Such a program might include a tape of storm sound effects and training for your dog that you can use when the fears start. Learning more about communicating with your dog and modifying dog behavior in positive ways is always time well spent.

You should also make sure your dog has a warm, safe "den" to retreat to when the weather gets too scary. You can try padding a crate with blankets or clearing a space underneath your bed or in an open closet. Just make sure that it's somewhere your pup can get out of whenever he wants. A panicked dog can do a lot of damage to his crate and himself if he's confined.

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www.bringfido.com

# BringFido

Speak to a pet-friendly travel expert at 877-411-FIDO

### DOG FRIENDLY VACATIONS

Need help deciding where to bring Fido on vacation this year? *Bring Fido's* (BF) dog friendly city guides rank more than 10,000 cities worldwide for their popularity among dog owners and general "dog friendliness." Dig in to see the most popular destinations, or in your own neck of the woods. Once you've narrowed it down to a particular city, we'll give you the best places to stay, play, & eat with Fido when you're there. PapHaven receives \$5 for each reservation made through BF. **Use Referrer ID: paphaven.**

## DON'T LET YOUR DOG OVERHEAT

By: PetPlace Veterinarians - <http://www.petplace.com/dogs/be-a-cool-owner-don-t-let-your-dog-overheat/page1.aspx>

Working up a good sweat in the hot summer months may be good for you, but it can lead to heat stroke in your dog and kill him in minutes. Heat stroke is a dangerous condition that takes the lives of many animals every year. Your dog's normal body temperature is 100.5 to 102.5° F. If it rises to 105 or 106°, the dog is at risk for heat exhaustion. If the body temperature rises to 107°, your dog has entered the dangerous zone of heat stroke. With heat stroke, irreversible damage and death can occur.

### SOME COLD SUMMER FACTS:

The temperature in a parked car can reach 160° in a matter of minutes, even with

partially opened windows. And any dog exercising on a hot, humid day, even with plenty of water, can become overheated. Overheating often leads to heat stroke. As a pet owner, you should know the dangers of overheating and what to do to prevent it.

You should also know the signs of heat stroke and what to do if your dog exhibits those signs.

When humans overheat we are able to sweat in order to cool down. However, your dog cannot sweat as easily; he must rely on panting to cool down. Dogs breathe in through the nose and out through the mouth, directing the air over the mucous membranes of the tongue, throat, and trachea to facilitate cooling by evaporation of

fluid. Your dog dissipates heat by dilation of the blood vessels in the surface of the skin in the face, ears, and feet. When these mechanisms are overwhelmed, hyperthermia and heat stroke usually develop.

Dogs who have a thick coat, heart and lung problems, or a short muzzle are at greater risk for heat stroke. Others at risk include

- Puppies up to 6 months of age
- Large dogs over 7 years of age and small dogs over 14 years
- Overweight dogs
- Dogs who are overexerted
- Ill dogs or those on medication
- Brachycephalic dogs (short, wide heads) like pugs, English bulldogs and Boston terriers
- Dogs with cardiovascular disease and/or poor circulation

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### DANGEROUS CONDITIONS:

## HOW HEAT & HUMIDITY AFFECT YOUR DOG

By: Alex Lieber @ PetPlace.com - <http://www.petplace.com/dogs/dangerous-conditions-how-heat-and-humidity-affect-your-dog/page1.aspx>

You checked the temperature before taking your dog out on a morning run. When the door opens, however, the two of you are greeted by a blast of heat. The temperature seems much hotter than it actually is.

Although the thermometer may read 75° F, the Temperature-Humidity Index (THI) makes it feel much hotter. The index is a term used since 1959 to indicate the degree of discomfort caused by the combination of temperature and humidity in warm weather. The THI (usually called the Heat Index) is like the wind chill factor during winter when the wind makes the temperature feel colder than it actually is.

Temperature and humidity (amount of water vapor in the air) are factors translated by equations into an index that ranges from 43 to 103. In humid air, perspiration does not evaporate as readily, making it difficult for people and animals to cool down efficiently.

As the humidity increases, the environment feels warmer than it actually is. This perception is expressed by the heat index. An apparent temperature, or heat index, of 105 F can be reached when the air temperature is only 90 F, and the relative humidity is 70 percent.

An apparent body temperature of about 105 F makes heat stroke possible. With a heat index of 130 F or higher, heat stroke is extremely likely. It does not take extremely high ambient temperatures to produce heat-related illnesses.

Heat-related illnesses include heat stroke, heat exhaustion and heat cramps, and can occur after exposure to extremely high environmental temperatures. All of these illnesses can occur in all mammals and all can be prevented by taking adequate precautions.

### THOSE AT RISK

Those at greatest risk of heat-related illness include:

- Puppies/kittens up to 6 months of age
- Geriatric pets (large breed dogs over 7 years of age, small breed dogs over 14 years of age, cats over 12 years of age)
- Pets who are overweight
- Pets who overexert during work or exercise
- Pets who are ill or on medications
- Those with fever, dehydration, heart disease or poor circulation

- Brachycephalic pets (such as bulldogs or pugs) or pets with a history of an airway obstruction

### PREVENTION

Use precautions to avoid heat injury in your pet during the following conditions:

- Temperatures greater than 100° (use general precautions for at-risk pets at 90°)
- Heat index greater than 72 (start precautions for at-risk breeds)
- Heat index greater than 75 (use absolute precautions for at-risk breeds)

### PRECAUTIONS

- Keep pets in well ventilated areas.
- Provide exercise early in the morning or late in the evening (the coolest times of the day).
- Minimize exercise in hot weather.
- Do not leave your pet in a car for any reason at any time.
- Keep pets in the house in a comfortable environment during extreme weather conditions if possible.
- Limit sun exposure during the mid-day hours.
- Give your pet plenty of fresh water, and leave the water in a shady area.
- For a sudden high temperature change – allow your pet to acclimate.

# DON'T LET YOUR DOG OVERHEAT

(continued from pg. 6)

## WHAT TO WATCH FOR

If your dog is overheating, he will appear sluggish and unresponsive. He may appear disorientated. The gums, tongue and conjunctiva of the eyes may be bright red and he will probably be panting hard. He may even start vomiting. Eventually he will collapse, seizure and may go into a coma.

If your dog exhibits any of these signs, treat it as an emergency and call your veterinarian immediately. On the way to your veterinary hospital, you can cool your pet with wet towels, spray with cool water from a hose or by providing ice chips for your

dog to chew (providing he is conscious).

## HOME CARE

Heat stroke is a life-threatening emergency. Check your dog's temperature rectally if you suspect heat stroke. If it is over 105° F, remove your dog from the heat source immediately and call your vet.

Meanwhile, place a cool, wet towel over your dog or place him in a cool bath. Do not use ice because it may cause skin injury. Spraying with water from a garden hose also works well.

## VETERINARY CARE

Heat related illness is typically diagnosed based on physical exam findings and a recent history that could result in overheating. Your vet may perform various blood tests to assess the extent of vital

organ dysfunction caused by overheating.

Intensity of treatment depends upon the cause and severity of the heat illness.

- Mildly increased temperature (less than 105°F) may only require rest, a fan to increase air circulation, fresh water to drink and careful observation.
- Markedly increased temperature (greater than 106°F) must be treated more aggressively. Cooling can be promoted externally by immersion in cool water or internally by administering a cool water enema.
- Underlying aggravating conditions, such as upper airway obstructive diseases, heart disease, lung disease and dehydration may be treated with appropriate medications, supplemental oxygen or fluid therapy.

## IS THE SUN DANGEROUS TO YOUR PET?

By: PetPlace Staff - <http://www.petplace.com/dogs/is-the-sun-dangerous-to-your-pet/page1.aspx>

Just like humans, pets can overdo it in the sun. A French-fried pooch can peel, scab over and experience pain. Extreme cases can even lead to skin cancer.

### KEEP YOUR DOG FROM BURNING

According to Novartis Animal Health, there are several things you can do to prevent disaster:

- Pay attention to your pet's exposed areas, such as around his lips, ears and nose. Apply sunblock to the tips of your pet's ears and the top of the nose.
- Protect your fair-haired pet. Just like people with pale white skin, dogs and cats with lighter-colored fur are at greater risk for getting sunburned.
- Keep your pet in the shade during peak sun hours (10 a.m. to 4 p.m.).
- Get your pet to a veterinarian if he starts looking like a tomato.

### DON'T OVERDO IT IN THE HEAT

- Heat exhaustion can kill your pet. Never leave a pet alone in a car, even with the windows down. A sunny day can turn a metal car into an oven quickly. Your car can reach 120° F in minutes, even if the weather is reasonable on the outside.
- Even if you park in shade, don't assume it will stay that way. Remember the earth rotates, so what was shady an hour ago is now sun-beaten.

- Bring plenty of water, at least a gallon each for both you and your pet. Don't forget the water dish.
- Don't force your animal to run around after a meal in hot, humid weather. Stick to early morning or evening workouts.
- Don't tie your dog up in the sun or make him stand on the street in hot weather. Keep mid-day walks to a minimum. Dogs perspire through their foot pads, so the longer he is on hot pavement, the less able he is to cool down. And remember, he's much closer to the hot asphalt than you are.
- Don't take your pet to the beach unless you can find a cool spot for him. Make sure to rinse any saltwater off, too. Again, the hot sand affects his ability to cool down to a greater extent than you.
- Always give your pet clean, fresh water. Don't forget to check the dish to make sure it's not empty. When replacing water, use cool water.
- Keep old and overweight animals out of the heat. Snub-nosed dogs, especially Bulldogs and Pekingese, and those with heart or lung disease, should be kept indoors in air-conditioning as much as possible.

### WHEN IT GETS REALLY BAD

According to Debra Primovic, DVM, of the Animal Emergency Clinic in St. Louis,

"Heat stroke (hyperthermia – as opposed to hypothermia, which is from being too cold) is a condition arising from extremely high body temperature (rectal temperature of 105 to 110° F), which leads to nervous system abnormalities (such as lethargy, weakness, collapse, seizure or coma)." Don't let this happen to your pet.

### WATCH FOR THESE SIGNS

- Noisy breathing that may indicate upper airway obstruction
- Excessive panting
- Bright red mucous membranes (e.g. gums, conjunctiva of the eyes)
- Weakness
- Collapse
- Seizure
- Coma
- High body temperature

### IF YOU SEE THESE SIGNS

- Place a cool, wet towel over your pet or put your pet in a cool water bath. Do not use ice because it may hurt his skin.
- Check your pet's temperature rectally. Normal body temperature in dogs and cats is higher than in humans (100.5 to 102.5 F as compared to 98.6 F).
- If your pet's temperature is over 105 F, call your veterinarian and get him out of the heat ASAP.
- Bring your pet to a veterinarian or emergency clinic as soon as possible.

## PANCREATITIS

We eat food, chew it up into a slurry, and swallow it. It travels down the esophagus to the stomach where it is ground up further and enzymes are added to begin the break-down of dietary nutrients ("digestion"). When the food particles are small enough, they are propelled into the small intestine for further digestive treatment and ultimately nutrient absorption.

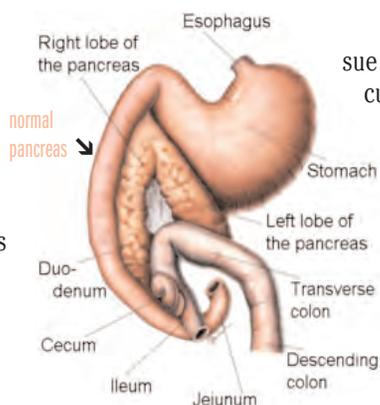
The small intestine has three portions: the duodenum which connects to the stomach and the jejunum and ileum below. The jejunum and ileum are mostly involved in absorption but the duodenum, being so close to the stomach, is the site of further digestion.

There are two ducts that enter the duodenum near where the stomach contents enter. One duct is for bile, squirted in directly from the liver's gall bladder. The bile serves to neutralize the acid which the stomach had added, to emulsify (or dissolve) dietary fats for absorption later in the tract, and also to excrete some toxins. The other duct is the pancreatic duct which squirts in more digestive enzymes so as to break down starches and continue the break down of protein.

The pancreas is a pale pink glandular organ that nestles cozily just under the stomach and along the duodenum. As a glandular organ, the pancreas is all about secretion and it has two main jobs: the first job is the secretion of digestive enzymes to help us break down the food we eat, the second job is the secretion of insulin and glucagon (to regulate sugar metabolism). The digestive enzymes are the part of the story that concerns us in pancreatitis.

### PANCREATITIS IS INFLAMMATION OF THE PANCREAS

In pancreatitis, inflammation disrupts the normal integrity of the pancreas. Digestive enzymes which are normally safely stored in granules are released prematurely where they digest the body itself. The result



can be a metabolic catastrophe. The living tissue becomes further inflamed and the tissue damage quickly involves the adjacent liver. Toxins released from this organ of tissue destruction is released into the circulation and can cause a body-wide inflammatory response. If the pancreas is affected so as to disrupt its ability to produce insulin, diabetes mellitus can result; this can be either temporary or permanent.

### SPECIAL PANCREATITIS DISASTERS

Special disasters include the disruption of "surfactants" in the lung tissue which normally keep the tiny air-filled alveoli from collapsing after each exhaled breath. Without surfactants, the alveoli close up and respiratory failure results.

Also, there is a special syndrome called "Weber-Christian syndrome" where fats throughout the body are destroyed with painful and disastrous results.

Pancreatitis is one of the chief risk factors for the development of what is called "disseminated intravascular coagulation" or "DIC" which is basically a massive uncoupling of normal blood clotting and clot dissolving mechanisms. This leads to abnormal simultaneous bleeding and clotting of blood throughout the body.

Pancreatic encephalopathy (brain damage) can occur if the fats protecting the central nervous system become digested.

The good news is that most commonly the inflammation is confined to the area of the liver and pancreas but even with this limitation pancreatitis can be painful and life-threatening. Pancreatitis can be acute or chronic, mild or severe.

### WHAT CAUSES PANCREATITIS

In most cases we never find out but we do know some events which can cause pancreatitis:

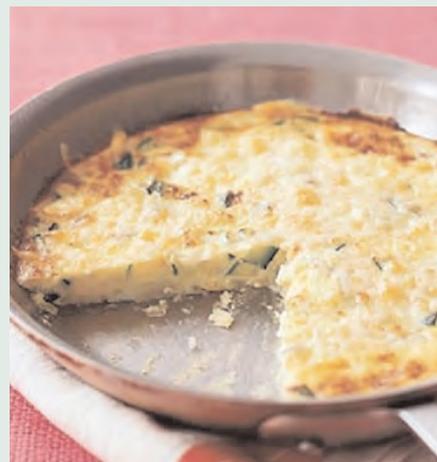
- Reflux of duodenal contents into the pancreatic duct. The pancreas has numerous safety mechanisms to prevent self-digestion. One of these mechanisms is the fact that the enzymes it creates are stored in an inactive form. They are harmless until they are mixed with activating enzymes. The strongest activating enzymes are made by duodenal cells which means that the digestive enzymes do not actually activate until they are out of the pancreas and

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## CHEESY ZUCCHINI FRITTATA

by Rachael Ray

Let your pup start the day with a healthful breakfast. Always check with your vet about which foods are appropriate to share with your pet. 2 Servings – Prep: 8 min – Cook: 17 min



### INGREDIENTS:

- 1 baking potato, peeled and thinly sliced
- 2 tablespoons milk
- 3 eggs, beaten
- 2 tablespoons extra-virgin olive oil (EVOO)
- 1 small zucchini, chopped
- 1/2 cup shredded Asiago cheese\*\*

### DIRECTIONS:

Preheat the oven to 375°. Place the potato in a small bowl with enough water to cover and microwave at high power until tender, about 8 minutes. Drain, add the milk and mash with a fork; let cool. Mix in the eggs.

In a medium, ovenproof skillet, heat the EVOO, 2 turns of the pan, over medium heat. Add the zucchini and cook until tender, about 5 minutes. Add the potato mixture and stir to combine. Bake until set, about 10 minutes. Sprinkle the cheese on top and bake until melted, about 2 minutes more. Let cool, then cut into wedges.

### \*\*SWAP IT

Substitute your dog's favorite cheese for asiago.

## PAP-OF-THE-MONTH:

### JILL & PRIMA

Jill is a quiet little girl weighing about 9 lbs. She does well on a leash as well as riding in the car. She is living with cats as well as dogs in her foster home and takes things as they come and is very calm. She



does however, jump high when it's meal time and she loves to jump up (not on you) like a little jumping bean when she knows her owner is home. Jill is quite a girl. She is a snuggler and will sleep anywhere there is a blanket. She likes to be covered up and cozy. She also loves her food ...but daintily eats dry kibble one morsel at a time. She is full of personality plus. She is housetrained and loves to go for walks. Her foster parents say she is a pleasure to care for and quite a little lady. She is dog and cat friendly too. Jill is a perfect addition to any home and would do well with children over 12 years old.

Prima is a 10 pound little girl who is trying very hard to come out of her shell, but is still a little unsure of her-



self. She loves other dogs and does well when she can follow another dog around. She continues to improve with her house training and has come a long way with it. Prima goes from room to room looking for "her human" and shows her love by nudging with her nose and giving lots of Pappy kisses. She will also show her love by carrying discarded clothing around the house. She never chews it...she just wants to let "her human" know that she cares and is thinking of her. Prima loves her crate and goes to it immediately when asked. She is becoming more playful, more confident and is a joy to watch as she learns to play and does typical Papillon "zoomies" in the yard. Prima is going to make someone a wonderful and loving companion.

## PANCREATITIS

(continued from pg. 8)

mixing with food in the duodenum. If duodenal fluids backwash up the pancreatic duct and into the pancreas, enzymes are prematurely activated and pancreatitis results. This is apparently the most common pancreatitis mechanism in humans, though it is not very common in veterinary patients.

- Concurrent hormonal imbalance predisposes a dog to pancreatitis. Such conditions include: Hypothyroidism, Diabetes mellitus, and Hypercalcemia. The first two conditions are associated with altered fat metabolism which predisposes to pancreatitis and the latter condition involves elevated blood calcium which activates stored digestive enzymes.
- Use of certain drugs can predispose to pancreatitis (sulfa containing antibiotics such as trimethoprim sulfa, chemotherapy agents such as azathioprine or L-asparaginase, and the anti-seizure medication potassium bromide). Exposure to organophosphate insecticides has also been implicated as a cause of pancreatitis. Exposure to steroid hormones have traditionally been thought to be involved as a potential cause of pancreatitis but this appears not to be true, though steroids are able to cause an increase in lipase blood tests.
- Trauma to the pancreas as from a car accident or even surgical manipulation can cause inflammation and thus pancreatitis.
- The presence of a tumor in the pancreas can lead to inflammation in the adjacent pancreatic tissue.

Swollen, inflamed pancreas with areas of hemorrhage



### SIGNS OF PANCREATITIS

The classical signs in the dog are appetite loss, vomiting, diarrhea, painful abdomen, and fever.

### MAKING THE DIAGNOSIS

A reliable blood test has been lacking for this disease until recently. Traditionally, blood levels of amylase and lipase (two pancreatic digestive enzymes) have been used. When their levels are especially high, this has been felt to be a reasonable sign that these

enzymes have leaked out of the pancreas and pancreatitis is present but, still, these tests are not as sensitive or specific as we would prefer. Amylase and lipase can elevate dramatically with corticosteroid use, with intestinal perforation, kidney disease, or even dehydration. Some experts advocate measuring lipase and amylase on fluid from the belly rather than on blood but this has not been fully investigated and is somewhat invasive.

A newer test called the "PLI" or "pancreatic lipase immunoreactivity" test has come to be important. As mentioned, lipase is one of the pancreatic digestive enzymes and only small traces are normally present in the circulation. These levels jump dramatically in pancreatitis and the diagnosis can be confirmed with a less expensive and non-invasive test. A regular lipase level measures all forms of lipase, not just those of a pancreatic source; this test is specific for pancreatic lipase. The problem is that technology needed to run this test is unique and the test can only be run in certain facilities on certain days. Results are not necessarily available rapidly enough to help a very sick patient.

More recently a new test called the SPEC cPL ("specific canine pancreatic lipase") test has come to be the test of choice. This test is a newer generation immunological test for canine pancreatic lipase and can be run overnight by a reference lab. This test is able to detect 83 percent of pancreatitis cases (the test is 83 percent sensitive) and excludes other possible diseases in 98 percent of cases (i.e. the test is 98 percent specific for pancreatitis). There is no comparable test for the cat at this time.

Radiographs can show a widening of the angle of the duodenum against the stomach which indicates a swelling of the pancreas. Most veterinary hospitals have the ability to take radiographs but this type of imaging is not very sensitive in detecting pancreatitis and only is able to find 24 percent of cases.

Ultrasound, on the other hand, detected 68 percent of cases and provides the opportunity to image other organs and even collect fluid from the belly easily. Since pancreatitis can be accompanied by a tumor in the vicinity of the pancreas, ultrasound provide the opportunity to catch complicating factors such as this.

(continued on pg. 10)

## 2010 EVENT T-SHIRTS FOR SALE

**T**-shirts are available in sizes S / M / L / XL / XXL

**Price is \$15** (make check payable to Susan G Komen for the Cure)

### Mail to:

ATTN: Your Dog Is Worth It  
Too Day T-shirt Sales  
L'Oreal USA  
35 Broadway Rd  
Cranbury NJ 08512

They will be available for sale at the rescue bingo day on Aug. 14th, also.



**AUCTION MAY BE OVER, BUT PREP NEVER ENDS ...**

## 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 fundraising / auction committee for the Auction! Also, the newest addition to our fundraising efforts, MissionFish, is ALWAYS looking for donations.

**eBay/Mission Fish** is up and running. But, sadly we have only a few items for sale. 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, etc. Look around and see what you can find. You may know a local vendor with items to donate. These can be turned into cash.

**Come on everyone!** Tap all your sources ... local wood-workshops, crafters, etc. Do you know someone who paints (water-color or oil), or does great photography, etc.? Would they donate a piece of their work? Antique jewelry that you no longer wear? Think about it ...

If you have something that would be a good donation, please take a picture and email it and the info / dimensions of the item to [lecklund@gmail.com](mailto:lecklund@gmail.com). Linda 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 / needlecraft supplies ready! And **MissionFish** needs donations NOW!



## 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 Food 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

## PANCREATITIS (continued from pg. 5)

In some cases, surgical exploration is the only way to make correct diagnosis.

### TREATMENT

The passage of food through the duodenum is a strong stimulus to the pancreas. In treatment of canine pancreatitis we don't want any stimulation of the pancreas; we want the pancreas to rest. This means no food or water for 2-3 days (IV fluid support prevents dehydration).

Fluid support will generally require potassium supplementation as potassium depletes in pancreatitis. Blood pH must be tracked as well. A critical patient with pancreatitis may need 24 hour care and blood test monitoring several times a day. A plasma transfusion represents a special type of fluid therapy and helps provide special proteins that inhibit pancreatic enzymes. Whether or not the protection afforded by plasma is real or theoretical is still being worked out but since it is difficult to go wrong with a plasma transfusion, do not be surprised if your veterinarian uses this approach.

Pancreatitis is a painful condition and pain management is not only humane but important in recovery. Untreated pain affects the immune system and increases mortality. Injectable pain medications, fentanyl patches, and even continuous drips can be used effectively to control pain. Additional medication to control nausea are also commonly used in the management of this condition. Antibiotics are often used because, even though pancreatitis is not a bacterial disease, bacterial invasion from the diseased intestine is a common occurrence.

Once the patient has started to eat again, a low fat diet (such as one of the prescription high fiber diets) is important to minimize pancreatic stimulation. Since there is potential for the pancreas to always have a chronic smoldering bit of inflammation, long term use of a low fat diet is likely to be recommended.

### BEWARE OF DIABETES

When the inflammation subsides in the pancreas, some scarring is inevitable. When 80 percent of the pancreas is damaged to an extent that insulin cannot be produced, diabetes mellitus results. This may or may not be permanent depending on the capacity for the pancreas' tissue to recover.

**PLEASE!** Feel free to cross-post our news!

## THUNDERSTORM

### ANXIETY

(continued from pg. 3)

Most important, though, is that you treat your dog gently and kindly when he is afraid. Don't cuddle and reassure him! This will only reward his scared-dog behavior – but definitely don't punish him for it either. Instead, just be calm and provide him a safe, familiar place where he can feel secure and ride out the thunderstorm.

Don't take thunderstorm phobia lightly, even if problems seem minor in your dog.

Because thunderstorm phobia is likely to become worse over time, it is important to take action when you first notice the signs. Do not wait to address the phobia until it is severe – it will be that much harder to reverse. Just as stress is a health risk for humans, the same applies for dogs. Thunderstorm phobia can become a very serious problem with adverse affects on your dog's quality of life / health. Act now!

Handled badly by humans, it will get worse, and dogs have been known to jump through glass windows during storms. Many dogs have fled fenced yards. Some will throw up when it storms. This is a major problem that calls for intelligent handling at the first sign. Treat storms as a routine part of life, nothing to fear, and even perhaps occasion for some special times. Do these things before your dog ever shows signs of phobia, and perhaps you'll never experience a serious case.

Of course, we can't stop thunderstorms from coming, but we can try to make them less stressful for our pets. I hope these tips will help you and your own dogs.

#### INTRODUCING PAPHAVEN RESCUE –

[WWW.PAPHAVEN.ORG](http://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, up-coming events, and urgent alerts about situations where the need for rescue is great.

## NONTOXIC & PET-FRIENDLY GARDEN REMEDIES

By Elizabeth Bublitz, an expert in animal-friendly gardening, an author, and owner of *Pawfriendly Landscapes*

It's that time of year to begin gardening, and we always seem to encounter a few hiccups after the winter.

In my landscaping business, we specialize in pet-friendly yards and encourage others to use natural remedies to eliminate pests and other gardening problems that you may encounter.

Seven helpful hints to combat common garden headaches

- 1. Aphids (plant lice):** Fill a water spritzer with water and two tablespoons of dishwashing liquid. Spray the plant, particularly on the underside of the leaves where mites hide. For large-scale infestations, place up to 4 tablespoons of dishwashing liquid in a hose end sprayer and douse the affected plant focusing on the underside of the leaves. Place aluminum foil at the base of your plants to deter aphids. The foil will reflect light onto the leaf bottoms and scare the aphids away. Plants that discourage aphids are chives, marigolds, mint, basil, and cilantro.
- 2. Deer:** Place some soap shavings or used cat litter along the ground to create a boundary between the deer-grazing area and your garden. Also try hanging a salt lick in their path to distract them from your plants. Blood meal also deters them but must be reapplied if it rains or is irrigated.
- 3. Natural herbicide:** Vinegar (any type of vinegar) acts like an herbicide.

Apply when temperatures are above 70°, and you will see its effect within a week or two.

- 4. Mice:** Peppermint, mint or cloves will deter mice and rats. You can either plant mint, (careful, it's very invasive!) or soak strings in mint essential oils and place around areas where mice frequent. This technique is especially helpful in areas around compost bins. Eliminating food sources will also deter rodents, as will adopting a shelter cat, of course.



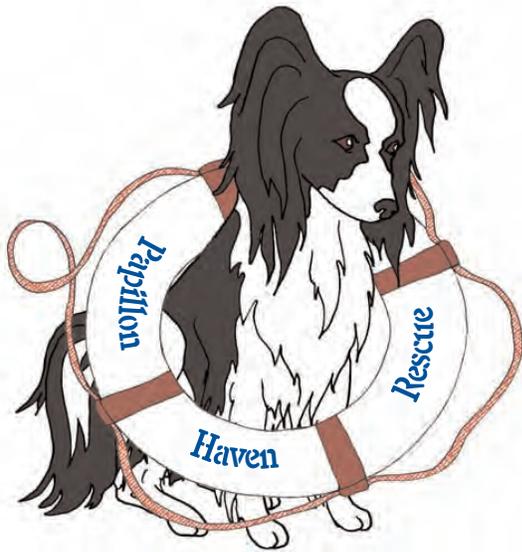
- 5. Rabbits:** Sprinkle chili pepper around plants (it must be reapplied if it gets wet). Install oven racks around plants. Rabbits tend to dislike their texture and the way that the racks feel on their feet. Thorny or textured plants will also deter rabbits. Choose plants such as lavender, sage, barberry and evergreens.
- 6. Ticks and fleas:** Mint and lavender deter fleas and ticks. Also, install cedar chips in your garden. They smell great to you ... but not to fleas and ticks!
- 7. Wake up your lawn** with this tonic:  
1 can beer (not light beer)  
1 cup ammonia, regular household strength  
1 cup plain liquid dish soap, not liquid detergent or antibacterial  
1 cup any brand liquid lawn fertilizer  
1 cup molasses or corn syrup:  
provides sugar and carbs; molasses also contains iron, which promotes greening process

Combine ingredients in a 20-gallon hose-end sprayer and apply evenly to the entire lawn in early mornings or late evenings. It's best to apply after mowing. Applications may be done every two weeks during the entire growing season.

**P.S.: If your pet is nibbling on plants** – mix lemon juice and water in a spray bottle and spray the plants from time to time. You might want to taste it prior to spraying to make sure it has enough bitterness. Cats and dogs will not like the taste and it won't harm your plants! You can also leave the citrus rinds around the plants on the soil – this will keep pets away because they do not like citrus.







# Foster Families **URGENTLY** Needed

Established in 2003, PHR has placed many Papillons into their forever homes. Many have been owner surrenders, shelter surrender as well as stray rescues. Our members pride themselves in finding the best possible homes for our Papillons.

## **But it's impossible to do without foster homes!**

All of our rescued Paps go through a screening process, are altered, and fully vetted prior to placement. We are a national group of volunteers spanning the US who do this just because we love the breed and are trying to protect and preserve it! During their time with us in foster care, we work on crate training, socialization, basic obedience, and housetraining, so that the transition period is smoother once placed into their forever homes.

If you are interested in:

**Adopting / Fostering / Volunteering**

**Please contact PHR at (501) 865-4442**

**Email:** [jorolan@catc.net](mailto:jorolan@catc.net) or [dogmom5@twcny.rr.com](mailto:dogmom5@twcny.rr.com)

**Website:** [www.paphaven.org](http://www.paphaven.org)

*"Dogs come into our lives to teach us about love ... they depart to teach us about loss. A new dog never replaces an old dog, it merely expands the heart. If you have loved many dogs, your heart is very big." Erica Jong*

