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An outreach e-communication from Papillon Haven Rescue

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Holiday ideas for Pet-minded people

For those people that you know with a philanthropic idealism, holidays



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 for the holidays 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.

Fundraising ... We need ALL the help we can get!

Ever get the feeling that you only hear from people when they want money? Or that every envelope that comes in the mail is equal to someone with their hand out?

Unfortunately, the current economic landscape seems that way. We all need the money we make, and there is always someone trying to talk us into giving them some of that hard-earned dough! Non-profit groups are a part of that mix.

PapHaven Rescue is a non-profit group that strives to help every Papillon and Pap-mix in need! And this is something we can't do without your help – time and money! But we also understand that there are only so many hours in the day/week and that money is NOT a never-ending stream ... for you or for us.

Events to come

In the coming months, you will be seeing a lot more fundraising activities listed in this e-news. While we need shoppers/buyers/etc, we understand that YOU can't be that one person all of the time! But please understand, our fundraisers/auctions/sales are open to EVERYONE ... even people who are not members of our group.

Are you able to post flyers in your office lunch room? Is there a bulletin board in the lounge for personal postings? Are you allowed to post flyers at your vet/groomer/laundromat, etc.? Do people admire things you have purchased at a PapHaven fundraiser? If the answer to these questions is YES, then feel free to post our flyers or refer your friends/colleagues to our events.



Our plight

PapHaven does not want to turn Paps-in-need away! But without financial backing, we could be forced to do just that! The economic crisis facing our nation has been seen in a major way with the breed we so adore!

We now have more dogs in foster care than ever before ... and those numbers don't seem to be dwindling! Our breed needs us now more than ever before – and without the money to help them, what do we do?

What happens to the extremely ill or injured? PapHaven has always endeavored to help those animals receive the necessary veterinary care that they so desperately need! But that care can sometimes come at an extremely high cost. While some vets are willing to work with us at reduced rates, still others cannot. So we must be able to afford these necessary procedures to prolong those lives that are entrusted to us!

Looking for new ideas

Do you have any ideas that can help us with our fundraising efforts? No thought – great or small – will be deemed unsuitable.

Just pass your ideas to any current member of PHR, and they can get these ideas to the proper committee or board member.

Cold weather tips for small dogs

Brrrr... it's cold outside! The following guidelines will help you protect your companion animals when the mercury dips.

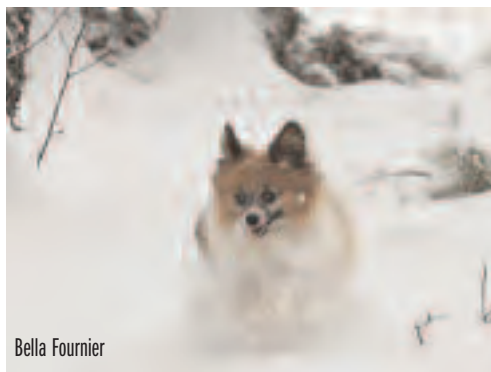
Temperature tolerance varies by size, age and health status. For example, one vet advised that a young, 3.5 pound Chihuahua stay indoors unless the temperature was above 40 degrees! But other small breed dogs and mixes can be much hardier. Call your vet to find out what outdoor temperature is safe for your dog and for how long.

If your dog is sensitive to the cold due to age, illness, or breed type, take him outdoors only to relieve himself.

Make sure your companion animal has a warm place to sleep, off the floor, and away from all drafts. A cozy dog bed with a warm blanket or pillow is perfect.

Never let your dog off the leash on snow or ice, especially during a snowstorm – dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure yours always wears ID tags.

Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other potentially dangerous chemicals while licking his paws, and his



paw pads may also bleed from snow or encrusted ice.

Keep hair around paw pads trimmed. Less hair will help keep paws free of ice and snow, which can quickly ball up between footpads and create uncomfortable walking conditions for pets.

Check paw pads for small cuts and cracks. Products such as Musher's Secret (it is safe and non-toxic) can be applied directly to your dog's paws. This product will also help heal cracked paws and abrasions caused by rocks, dryness, and more.



Clean your dog's paws after walks to remove salt and ice-melting chemicals, which can be toxic to pets. Wipe your dog's paws with a warm, wet washcloth (and then dry them) after an unprotected walk to prevent your dog from licking these chemicals from irritated paws.

Just as dogs are sensitive to hot summer sidewalks, cold winter walkways may cause pain or contribute to frostbite. A dog that continually lifts individual legs off the ground during a winter walk may feel the effects of frostbite. Consider dog boots for dogs that react negatively to walking on ice and snow – especially dogs that react to snow removal products.

Check your dog's ears, tail and feet for frostbite. Frostbitten skin may appear red or gray. If you suspect frostbite, wrap your dog's feet in a blanket or towels to gradually warm them and contact your veterinarian.

Provide physical and mental exercise indoors when it is too cold to do so outside. Some places in Manhattan, NY offer many opportunities for little dogs to

(continued on pg. 3)

Book reviews –

'We're All Ears!'

Editor's note: At this point, we have reviewed ALL of the books in our library. As new books are entered, we will feature them as our "book-of-the-month." But for now, we will begin offering reviews of books that are recommended by our membership.

Every Dog Has a Gift: True Stories of Dogs Who Bring Hope & Healing into Our Lives

by Rachel McPherson

Inspiring stories of dogs who do good.

Anyone who has ever had a relationship with a dog will tell you: They want nothing more than to give love and be loved in return. In *Every Dog Has a Gift*, Rachel McPherson draws on her experience as the founder and executive director of *The Good Dog Foundation*, the largest animal-assisted therapy organization on the East Coast, to share the amazing stories of dogs that bring hope and healing into our lives.

Much has been said about the heroic roles dogs played following Sept. 11th and Hurricane Katrina in providing support and comfort for the families and victims of these terrible tragedies, but the truth is that millions of dogs around the world are heroes every day. These therapy and service dogs (and often quite ordinary, "uncertified" dogs just like your own!) can:

- serve as the perfect audience for kids who need help with practicing and improving their reading skills;
- hold troubled families together;
- provide a calm and centering presence for autistic children, and
- help individuals who have lost the ability to walk to more easily navigate the world.

Every Dog Has a Gift is a celebration of the gift that each and every dog possesses: the ability to bring the healing power of unconditional love into our lives.



THE WAY HOME
An outreach e-communication from PapHaven Rescue

www.paphaven.org
Issue 58
December 2010

As of 11/30/10:
839 rescues

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

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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: norajl169@yahoo.com

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



Be sure to check out the PHR Events Calendar at

<http://www.paphaven.info/events.html>

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

Post your recipes/ remedies to:

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

Shopping opportunities



amazon.com

Cold weather tips for small dogs

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socialize and exercise indoors at doggy gyms. But you can do a lot at home, too. Twenty minutes of positive training goes a long way toward satisfying a small dog's need for social interaction, mental challenges, and fun time spent with you.

Never shave your dog down to the skin in winter, as a longer coat will provide more warmth.

When you bathe your dog in the colder months, be sure to completely dry him before taking him out for a walk.

Never leave your dog alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.

Build your dog's wardrobe – outerwear is functional as well as adorable. Consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly.



For many dogs, this is regulation winter wear. Whatever you choose, make sure the coat covers your dog's chest, not just his back. Think how warm you are in a cape versus a parka!

Keep dogs from playing on frozen ponds because if they fall through the ice, they could either drown or die from hypothermia. Dogs can lose their scent trail in the snow and ice, get lost and die of exposure, so keep pets securely on a leash during walks.

As sure-footed as they are, dogs can slip on icy steps and tear or strain ligaments or aggravate hip problems. They could even break a bone. If you would not feel safe walking in an area, the dog shouldn't be doing it either.

Antifreeze is a lethal poison for dogs. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol.

10 Human Foods Dogs CAN Eat

<http://www.pawnation.com/2010/07/28/10-human-foods-dogs-can-eat/>

You know you're not supposed to feed your dog chocolate, macadamia nuts, onions, grapes/raisins, and avocados. And you watch for sensitivity to food allergens such as meat, corn, wheat, and soy.

But you're only human, and sometimes it's hard to resist your dog's sweet stare as he begs you with his eyes to share some of your delicious homo sapien cuisine. When you want to give him a treat from your table, do you know which "human" foods are safe to feed your pup?

To find the answer, we called upon Liz Palika, author of *"The Ultimate Pet Food Guide,"* and Susan Lauten, animal nutritionist, to explain which fresh, frozen, and canned foods people typically eat that are safe for dogs to consume, too.

- 1. Melons:** Watermelon, cantaloupe, and honeydew are all healthy options for your pooch. "My dogs will take me down over cantaloupe," says Lauten. "I am required to share the whole thing with them." Consult animal poison control before feeding your dogs any of the *more* exotic melons.
- 2. Sunflower seeds (shelled):** Skip the salt if possible, or serve in moderation, recommends Lauten. "Remember, treats should not comprise more than 10 percent of your dog's daily calorie intake. If your dog gets 500 calories a day, 50 calories could come from treats."

(continued on pg. 5)



Premium List for the
United Papillon and Phalene Association
(UPPA) Virtual Papillon Show

Judge for Conformation Classes - Richard W. Frye

Judging for Companion classes will be voted on by UPPA members via polls

The UPPA is holding a virtual dog show as a fundraiser for the association and to benefit the Papillon Haven Rescue. Entries will be accepted between November 30, 2010 through December 30, 2010. Judging will be held January 15, 2011. You do not have to be a member of the Association to enter. 30% of the profits will be donated to the Papillon Haven Rescue. This organization has done a wonderful job in caring and finding homes for Papillons and Phalenes that need a helping hand. Please visit them at <http://www.papillonhaven.org>.

NOTE: If you are a member of either the United Papillon and Phalene Association (www.papillonclubs.com) or the Papillon Fanciers Discussion Group (http://pets.groups.yahoo.com/group/papillon_fanciers/), please note this fact on your entry and receive \$1.00 off. If you would like to join the United Papillon and Phalene Association, please email UPPA@papillonclubs.com. If you would like to join the Papillon Fanciers discussion group, please email PapillonFanciers@yahoo.com and mention that you learned of the group through the UPPA Virtual Show Premium List when you submit your membership request to the list owner.

Awards:

First Place.....	12" Triple Streamer Black, Gold & White Single Rosette
Second through Fourth Place.....	10" Black, Gold & White Double Flat Ribbon
Best Novice Puppy, Best Puppy, Best Dog, Best Bitch Winners	15" Triple Streamer Black, Gold & White Double Rosette
Best In Show.....	18" Triple Streamer Black, Gold & White Triple Rosette

Classes:

Companion Classes (Voted on by members of United Papillon and Phalene Association):

Ring "A" Classes - Dogs/Bitches over 6 months old must be spayed/neutered to enter. \$5.00 donation to UPPA per entry.

- A-1. Cutest Dog Puppy (under 6 months old)
- A-2. Cutest Bitch Puppy (under 6 months old)
- A-3. Cutest Dog (6 months & over)
- A-4. Cutest Bitch (6 months & over)
- A-5. Fuzziest Puppy (under 6 months old)
- A-6. Longest Coat (over 6 months old)
- A-7. Costume Contest (any age)
- A-8. Funniest Picture (any age) Dogs/Bitches do not have to be spayed/neutered to enter this class.

Conformation Classes (Voted on by the Judge):

Ring "B" Classes - For un-neutered/un-spayed dogs/bitches only. \$8.00 donation to UPPA per entry.

- B-1. Novice Puppy (Dogs and Bitches 3 months to under 6 months old - shown together for Best Novice Puppy in Show)
- B-2. Puppy Dog (6 mos. to under 1 yr.)
- B-3. Junior Dog (1 yr. to under 2 yrs.)
- B-4. Senior Dog (2 yrs. to under 3 yrs.)
- B-5. Adult Dog (3 yrs. and up)
- B-6. Bred by/Shown By Breeder Dog (all ages over 6 months)
- B-7. Puppy Bitch (6 mos. to under 1 yr.)
- B-8. Junior Bitch (1 yr. to under 2 yrs.)
- B-9. Senior Bitch (2 yrs. to under 3 yrs.)
- B-10. Adult Bitch (3 yrs. and up)
- B-11. Bred by/Shown by Breeder Bitch (all ages over 6 months)

Ring "C" Classes (voted on by the Judge):

Additional Entry Fee/Donation not required.

- C-1. Best Puppy - 6 months to under 1 yr. (chosen from winners of Puppy Dog (Class B-2) and Puppy Bitch (Class B-7) class winners)
- C-2. Best Male (chosen from winners of Junior (B-3), Senior (B-4), Adult (B-5), and Bred by/Shown by (B-6) classes)
- C-3. Best Bitch (chosen from winners of Junior (B-8), Senior (B-9), Adult (B-10), and Bred by/Shown by (B-11) classes)
- C-4. Best In Show (chosen from winners of Best Dog (Class C-2) and Best Bitch (Class C-3))

Rules:

THIS IS A FUN MATCH. NO POINTS AWARDED AND THE JUDGE'S DECISION IS FINAL. NO REFUNDS OF ENTRY FEES.

- 1.) You must own or co-own the dog that you enter.
- 2.) Pictures must be taken within the last 3 months.
- 3.) Dog must be entered in its correct age category
- 4.) No identifiable people, trophies, titles, wins of any kind allowed in the photo.
- 5.) No offensive photos will be accepted.
- 6.) All dogs judged according to AKC breed standard.
- 7.) Purebred registered papillons or phalenes (any registry allowed) to enter.
- 8.) Mixed or altered pet papillons allowed in companion classes only.
- 9.) All photos will be posted on the web for all to view.
- 10.) Winners ribbons will be mailed to the winner.
- 11.) Professional photos are not allowed.

To enter Companion Classes (Ring A):

Take 1 picture (no larger than 400 X 400 pixels each).

E-mail your entries with the following information to Uppa@Papillonclubs.com:

Name of dog:

Date of Birth:

Class entered:

Gender:

Owner(s) Name(s):

Owner Full Address (needed to mail out prizes):

To enter Conformation Classes (Ring B):

Take 3 pictures (no larger than 400 X 400 pixels each) 1 side, 1 front and 1 back.

E-mail your entries with the following information to Uppa@Papillonclubs.com:

Name of dog:

Date of Birth:

Class entered:

Gender:

Owner(s) Name(s):

Owner Full Address (needed to mail out prizes):

FEES:

Pay "entry fees" by PayPal at www.paypal.com and use the email address bzingleman@gmail.com as the recipient.

Companion (pet) classes (Ring A): \$5.00 (\$4.00 if you are a member of UPPA or Papillon Fanciers Discussion forum).

Conformation classes (Ring B): \$8.00 (\$7.00 if you are a member of UPPA or Papillon Fanciers Discussion forum).

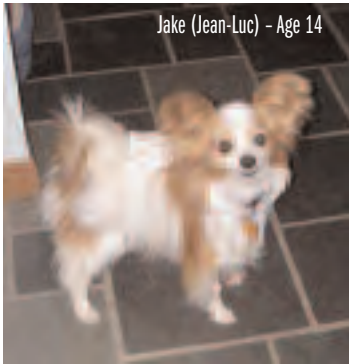
All entries and winners will be posted on the UPPA discussion forum at <http://uppa.messageforums.net> after December 30, 2010.

10 Ways to Keep Your Dog Young Forever!

By: Dr. Debra Primovic - <http://www.petplace.com/dogs/10-ways-to-keep-your-dog-young-forever/page1.aspx>

There's a large disparity between the life span of a dog and our life span.

After having loved a pet and lost one, it seems unfair. The best we can do is to keep our friends as healthy as possible and "forever young." Several factors have been shown to



increase the life span of pets. A veterinary textbook, *Geriatrics and Gerontology of the Dog and Cat*, by Drs. Johnny Hoskins and Richard Goldston, indicates some factors. Tips to help keep your pet healthy and young for as long as possible include:

1. Know When Your Pet is "Old."

When pets are considered "senior" depends largely on their breed and size. According to Dr. Johnny Hoskins in *Geriatrics and Gerontology of the Dog and Cat*, small breed dogs (less than 20 lbs.) are in their senior years around nine to 13 years of age; medium sized dogs (21 to 50 lbs.) around nine to 11.5 years; large breed dogs (51 to 90 lbs.) around 7.5 to 10.5 years; and giant dogs (more than 90 lbs.) between six and nine years. In general, smaller breed dogs live longer.

2. Wellness Exams. Geriatric exams are recommended by many vets when your pet is considered a senior. These examinations help identify early diseases or problems in older pets. Exams should include a history and physical examination with evaluation of the teeth, listening to the heart and lungs (by stethoscope), abdominal palpation (feeling of the abdomen), and inspection of the ear and eyes. Weight monitoring, blood work, parasite check (fecal examination), and urine tests are also often recommended. Other tests may be indicated depending on your pet's clinical symptoms.

3. Watch for Illness. Careful observation at home is extremely important. By nature of survival, pets are very good at hiding their illness until it is often very late. Take time to examine your pet. Feel him or her for masses and indications of weight loss or loss of musculature. Things to watch for at home include changes in water consumption or patterns of urination, poor appetite, weight loss or gain, coughing or difficulty breathing, skin lumps or masses, changes in activity level, vomiting, and/or diarrhea. If you have concerns or questions about your pet – play it safe and have him or her evaluated by your vet. Early diagnosis is vital to the success of treatment.

4. Weight Control. "Obese pets have shorter life spans than non-obese pets," according to Dr. Richard T. Goldston from *Geriatrics & Gerontology of the Dog and Cat*. Obesity may lead to a number of health problems. Excess weight puts excess stress on your pet's heart. When the heart doesn't function properly, other organs may suffer including the brain, lungs, liver and kidneys. Over time, these problems may become severe enough to cause life-threatening conditions.

5. Keep Close Tabs. In general, "outdoor" free roaming pets have shorter lives than indoor animals. Infectious diseases, poisonings, and trauma are common killers. Senior pets may not see and hear as well as they used to, and have decreased reflexes. This makes them vulnerable to outside dangers such as predators or cars. Keep dogs on leashes or in fenced-in yards.

6. Monitor Your Environment. Keep poisons up and out of the reach of pets. Common toxins include slug bait, antifreeze, and rat poison. Keep trash out of reach. Don't count on your pet to "know better." It doesn't take a large amount of a dangerous substance to make them seriously ill.

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In the Bakery Window ... Holiday Brunch Gus-tinis

by Rachael Ray

2 Servings



This healthy snack will let your pup "break bread" at your next holiday brunch. Always check with your vet about which foods are appropriate to share with your pet.

Ingredients:

- 2 teaspoons extra-virgin olive oil (EVOO)
- 2 cloves garlic, finely chopped (for people only)
- Half of a 10-ounce box frozen chopped spinach, thawed and squeezed dry
- 1 large egg
- 1 pinch ground nutmeg
- 1 to 2 slices wheat bread, toasted and cut into triangles
- Salt and pepper (for people only)

Directions:

In a medium nonstick skillet, heat the EVOO over medium heat. For people: add the garlic and cook until fragrant, 30 seconds. Add the spinach and cook until heated through. Add the egg and stir to scramble, 1 to 2 minutes. Remove from the heat and stir in the nutmeg. Top the toast with the spinach-egg mixture. Season people portions with salt/pepper.

Help PapHaven Rescue every time you search.

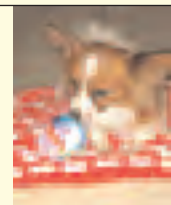
It's that easy!

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

iSearchiGive™

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(iGive has over 560 stores to shop from. Enter the site as a Pap Haven supporter and PHR gets a percentage in return)

www.igive.com

How to Wrap Gifts with Dogs in the House

Found on the Internet author unknown - http://www.dogbreedz.com/dog_articles/dogarticle/wrap_presents_with_dogs.htm

1. Gather presents, boxes, paper, etc., in middle of living room floor.
2. Get tape back from puppy.
3. Remove scissors from older dog's mouth.
4. Open box.
5. Take puppy out of box.
6. Remove tape from older dog's mouth.
7. Take scissors away from puppy.
8. Put present in box.
9. Remove present from puppy's mouth.
10. Put gift back in box after removing puppy from box.
11. Take scissors from older dog & sit on them.
12. Remove puppy from box & put on lid.
13. Take tape away from older dog.
14. Unroll paper.
15. Take puppy OFF box.
16. Cut paper being careful not to cut puppy's foot or nose that is getting in the way as it "helps."
17. Let puppy tear remaining paper.
18. Take puppy off box.
19. Wrap paper around box.
20. Remove puppy from box & take wrapping paper from its mouth.
21. Tell older dog to fetch the tape so he will stop stealing it.
22. Take scissors away from puppy.
23. Take tape older dog is holding.
24. Quickly tape one spot before taking scissors from older dog & sitting on them again.
25. Fend off puppy trying to steal tape & tape another spot.
26. Take bow from older dog.
27. Go get roll of wrapping paper puppy ran off with.
28. Take scissors from older dog who took them when you got up.
29. Give pen to older dog to hold so he stops licking your face.

Foods Dogs CAN Eat

continued from pg. 3)

3. **Peanut butter:** Peanuts don't appear to cause allergies in dogs like they do in people, says Lauten. "I have some highly food-sensitive dogs for whom peanut butter is a large part of their diet."
4. **Berries (fresh and frozen):** Blueberries, blackberries, strawberries, huckleberries, or raspberries – all are good for your furry friend for the same reason they're good for humans: free-radical-fighting antioxidants. "A lot of dogs like them frozen," says Lauten.
5. **Cooked chicken:** Ran out of your dog's regular food? Whether boiled, baked, served grilled or rotisserie-style, this food is a healthy substitute. "Dogs will eat a freshly cooked chicken any way they can get it," says Lauten.

Healthy dogs can handle cooking oils and seasonings. Just be sure to avoid adding onion or too much garlic. If you're concerned, non-salt seasonings can be used, but that matters more for the human eater than the dog, explains Lauten. Scrambled eggs, hamburger, rice, pasta, and/or oatmeal can serve as meal replacements in a pinch, adds Lauten.
6. **Cheese:** This is a safe snack for dogs, but like humans, they can experience lactose intolerance, so watch your dog's reaction. "Many families use a dollop of cottage cheese with every meal," says Lauten. To avoid overfeeding, consider giving your dog low- or reduced-fat dairy products.
7. **Bananas:** "My dogs love bananas and I share mine with them regular-

ly," says Lauten. "All fruits have phytonutrients and required nutrients. They are good for all of us. If the foods are healthy for me, they are more apt to be healthy for the dog," says Palika.

8. **Apple slices:** Lauten recommends serving your pup seedless, organic apple slices, because apple seeds naturally contain cyanide. Citrus fruits such as oranges are good too, but leave off the rinds; they contain many oils and could be too strong for a dog's digestive system.
9. **Baby carrots:** Fresh, crunchy vegetables are good for your dog's teeth, says Lauten. Plus, it's a bit easier not to overfeed with veggies. "If you're giving your dog vegetables, you can give a lot more in volume," because these are low-calorie foods.
10. **Green beans:** Because this veggie fills dogs up, weight-management programs often include green beans, usually canned with no salt added, says Lauten. "An entire can of green beans contains 70 calories. What a bargain, and filling too!"

In the end

Of course every dog is different and you and your vet know best if he or she has any food sensitivities, weight issues or other health concerns that should guide your dog's diet. It is always a good idea to check with your pet's doctor if you are planning on changing what your dog eats. Also keep in mind that it is best to introduce new foods to your dog slowly. You don't want your pooch to get gas, bloating, soft stools or other digestive problems.

30. Remove puppy from gift & hurriedly slap tape on to hold the paper on.
31. Take now soggy bow from puppy & tape on since the sticky stuff no longer sticks.
32. Take pen from older dog, address tag, & affix while puppy tries to eat pen.
33. Grab present before puppy opens it & put it away.
34. Clean up mess puppy & older dog made playing tug-of-war with remnants of wrapping paper.
35. Put away rest of wrapping supplies & tell dogs what good helpers they are.

Should You Sleep With Your Dog? The Pros and Cons of Sharing the Bed

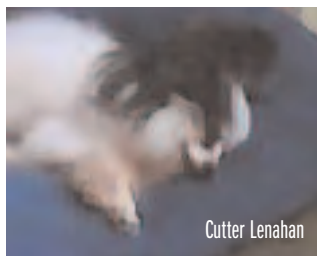
<http://www.pawnation.com/2010/07/27/should-you-sleep-with-your-dog-the-pros-and-cons-of-sharing-the/>

In the darkest hours of Bruce Sallan's divorce when he didn't want to get out of bed, his two dogs were there jumping on the mattress and licking his face. And when his worries kept him awake at night, the big black German Shepherd mix and the Pointer mix with brown and white spots were there then too, lying beside him on top of the covers.

"Petting one of my dogs was almost like a way I'd calm myself down and fall asleep," says Sallan, a writer and radio host in California.

But then he met and married Debbie, who had a dog of her own but suffered from allergies and liked her furniture free of dirt and hair. She was adamant: "No dogs in bed."

"He would have his dog on the bed and there would be dog hair on my pillow and I'd be sneezing," she tells Paw Nation. The solution? She spent several hundred dollars on plush beds for all three dogs and ultimately, everyone was happy.



The Stats

Some pet owners may be sheepish to admit it, but Sallan is far from alone. A 2007 survey of more than 2,500 pet owners by the American Pet Products Association found 43 percent of dogs slept in a person's bed at night, a steady increase from 34 percent a decade ago.

So is there anything wrong with pets in the bed? Like Bruce and Debbie, vets and animal trainers have strong opinions on the subject.

The Pros

There are strong emotional benefits to you and your dog in letting the pooch on the bed.

1. It's comforting to the owners and the animals both. The company of pets has been proven to lower blood pres-

sure, stress, and reduce feelings of loneliness. According to vet Ira Roth, director of the Community Practice Clinic at Univ. of GA College of Veterinary Medicine, having them close to you at night only magnifies those benefits, whether the animal is at the foot of the bed or under the covers.

Illinois dog owner Jamie Hand agrees with that assessment. "Rocky likes to cuddle, and he always has to be right next to me," Hand tells Paw Nation, referring to her Jack Russell Terrier mix who is very content sleeping in the human bed. "If I roll away from him, he scoots over so he's right next to my torso again. This doesn't disrupt my sleep at all. In fact, it's quite comforting to feel him snuggling up against me."

2. It can deepen the bond between dog and owner. NYC dog trainer Sarah Westcott, owner of Doggie Academy, always gave her dogs their own beds. But then she adopted Hank, a lab who kept to himself.

"Out of the blue one day, I put him in bed and he curled up next to me," Westcott says. Everything changed after that. "Whatever he's doing, even if he's a completely hyper-maniac, if I invite him in bed he settles right down, he curls up and relaxes."

3. It can give nervous dogs more confidence. Sherry Bedard, a behaviorist and animal trainer in Montreal and author of *"Sherry's Secret Dictionary, A Guide to your Dog"* believes that the assurance boost of sharing the bed with their owners can "help the dog cope with everyday functions such as going out for a walk in public or meeting strangers."

The Cons

From health reasons to relationships concerns, there are strong arguments against sharing the bed.

(continued on pg. 7)

Dear Santa (from the dog)

By Janine Allen CPDT



Dear Santa,

I know times are hard so I am not asking for anything this Christmas.

Instead I am asking you to help someone else.

Santa, would you please give my friend at the shelter a wonderful human just like mine? One who needs a cuddly, devoted companion? A human who will let him get on the sofa, laugh at his snoring and take him for rides in the car?

A human just like mine who will be his best friend forever?

If that's asking too much could you at least give him a yard to run around in or a park to visit? I know he'd love that.

Santa, could you give my friend at the shelter a soft bed to sleep on? The concrete looks so hard and I think of him every time I curl up on the fluffy cushion that my family has given me.

And could you please, oh please, give him one of those red rubber things that repeatedly gets stuffed with cheese and dog treats? That thing is awesome!

Oh Santa, just for Christmas, could you at least let him have a few more walks outside and maybe some play time with the other dogs? Could you please send some humans by his cage to tell him that he is worthy and that it isn't his fault that he is in the shelter?

The more I think of him the more I realize how blessed I am.

Santa, if you can't give him these things I will understand. But please, if his time is up, could you just give him a little love before he goes?

Thank you and Merry Christmas!

The Adopted Dog

A Holiday Jingle

especially for those with boy dogs or dominant girls



Doggie Wonderland

Dog tags ring, are you listening?
In the lane, snow is glistening
It's yellow, not white.

I've been there tonight
Marking up my winter wonderland

Smell that tree? That's my fragrance
It's a sign for wandering vagrants
"Avoid where I pee, it's MY prop-erty!"
Marking up my winter wonderland.

In the meadow,
Dad will build a snowman
Following the classical design
Then I'll lift my leg and let it go, Man
So all the world will know it's mine-
mine-mine!

Off I go... snow's a-falling
Bladder's full, nature's calling
Stay-offa my turf, this small piece of
earth I marked it as my winter
wonderland!!

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, feature stories, announcements, upcoming events, and urgent alerts about situations where the need for rescue is great.

Sleep With Your Dog?

(continued from pg. 5)

1. It can intensify allergies. Your airways are more susceptible to irritants at night, partly because when lying down, you're closer to the ground, where particles settle. Multiply by plus or minus 8 hours and that's a lot of exposure, says allergy and asthma specialist Frank S. Virant, MD, from Seattle. Plus, pet dander and fur stays on the pillow long after the animal has left the room. If you find yourself sniffing or wheezing, the pet should leave the bedroom, Virant tells Paw Nation.
2. It can amp up human/canine power struggles. Orlando dog trainer Todd Langston, owner of *Pack Life K-9 Behavior Solutions* believes that giving the dog the highest, most comfortable spot in the house sends the message that he is the leader of the pack. "Many of these dogs will even growl at their owners if they wake them in the middle of the night or snap at them if they try to get them off the bed," says Langston.

Westcott realized that she had this problem on her hands when her dog Hank began growling when Vinny, her boyfriend, tried to get in bed. "Immediately I said OK, we can't have that. First and foremost this is Vinny's and my bed. Hank was no longer allowed in bed until I had some time to work with him," Sarah told Paw Nation. "I would invite him on the bed and say 'Up' and I'd give him chicken, and I'd

say 'Off' and give him chicken. After working with him and really teaching him that it's not a terrible thing to be told to get off the bed, he willingly got off."

3. Noisy or pushy dogs can keep you from getting a good night's rest. In a 2001 study by the Mayo Clinic, more

than half of pet owners seeking treatment for sleep disorders said their pets disturbed their sleep every night because of snoring, needing to go outside or hogging the bed.

"Having a pet that constantly moves around in bed or prevents you from sleeping in your preferred position can diminish the quality of your sleep affecting your daytime mood, focus, memory and concentration," says NY dog trainer Sheryl Matthys, author of *"Leashes and Lovers: What Your Dog Can Teach You About Love, Life, and Happiness."*

Matthys speaks from experience. She and her husband used to fight for bed space with two greyhounds, leading to many nights of "trying to shift around the long furry bodies in the middle of our bed." Ultimately she opted for comfy dog beds. "Although I do miss cuddling with our dogs, I have to admit I'm more refreshed in the morning," Matthys says.

4. It can cause arguments between couples. "I can tell stories about fighting with a German Shepherd for room on my ex-boyfriend's full-size bed," says Christie Hyde, a public relations professional from Florida. "Apparently I was expected to sleep curled in a ball at the top of the bed."

Hyde's concerns weren't only about her comfort but also about what bringing the dog into the bed meant to her relationship. When the long-distance boyfriend came to stay at her house, Hyde kept her pit-bull mix, Amber, out of the bedroom. "When he started inviting Amber to join us in bed – and she would crawl right in between us – I knew our relationship was heading in the wrong direction. We got to spend so little time together, I didn't care to share that much of it with our dogs."

So the dog stayed, and the boyfriend went.

A few sticky points

Household Pollutants & Dogs

By Susan McGrath – <http://thebark.com/content/household-pollutants-and-dogs>

My pal Joplin is a canine lint trap. Dust, dirt, and bits of fluff leap at her from sidewalk and sofa as though her cushy black coat were exerting an irresistible gravitational pull. I don't mind a little dirt, myself, but Joplin does. She plops herself down to apply that prehensile "pink paint roller tongue" to all of her coat within reach, and then she licks her little doggy wrists and squeegees her face with them. I hate to see it. All this hygiene might have made sense in pre-industrial days, but dust just ain't what it used to be.

Environmental health experts learned in the 1980s that house dust can be a significant source of exposure to hazardous pollutants such as lead and pesticides, especially for dogs, cats, and human toddlers, mouthy denizens of the indoor dust zone. Now it turns out that relatively new toxic synthetic compounds widely used in consumer products are blowing around in your dust bunnies, too – among them, flame-retardants called polybrominated diphenyl ethers, or PBDEs, and water, grease, and stain repellants called perfluorochemicals, or PFCs.

These latter chemicals, the PFCs, are better known by their trademarked names – Teflon® and Gore-Tex®, to name two. Flame-retardant PBDEs are more anonymous but equally ubiquitous in the household. They are commonly used in foam cushions, synthetic fabrics, and in the plastic housing of electric and electronic equipment such as coffeemakers and laptops. PBDEs can make up as much as 30 percent by weight of your stereo or television's plastic housing, according to a 2005 article in the journal *Environmental Science and Technology*.

Both types of chemicals get into house dust in more or less the same ways. When the television or nonstick pan heats up, the compounds volatilize and then settle on surfaces, and as treated foam and fabrics degrade, flame-retardant and stain-repellant particles crumble into your dust. Not just into your dust but also into your dog, new research shows. Earlier this

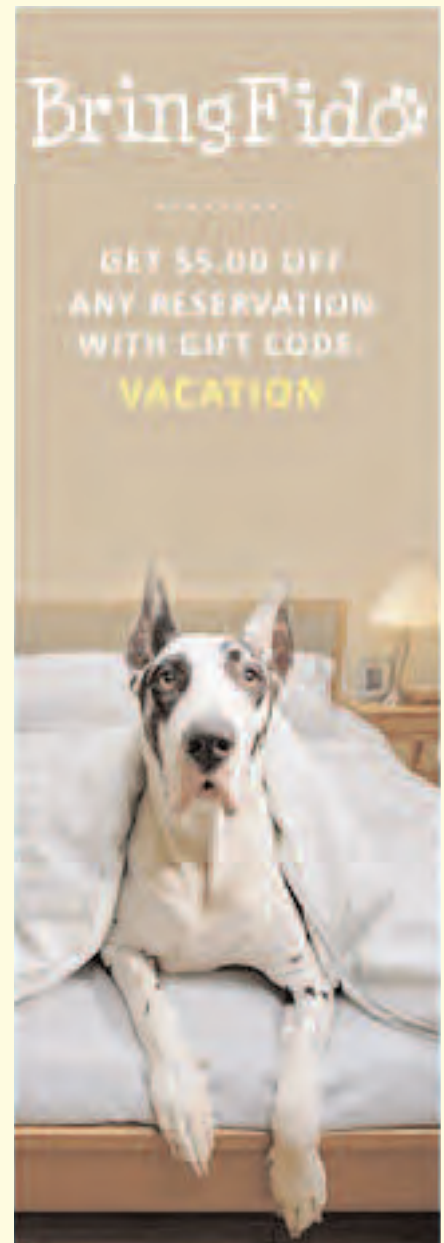
year, toxicologists at the Environmental Working Group, a Washington, D.C.-based nonprofit, collected blood samples from 20 pet dogs and 37 pet cats. The researchers pooled dog samples into one batch and cat samples into another and found high levels of PBDEs and PFCs in both.

What are the health effects of these indoor pollutants? "We're really just starting to generate data," says Linda Birnbaum, of the EPA's Experimental Toxicology Division in Raleigh, N.C., and an expert in indoor exposures to PBDE. "But we know that flame-retardant PBDEs have been linked to poor immune function in marine mammals; thyroid and liver tumors in rodents; developmental, reproductive and neurological defects in lab animals; and low sperm counts and poor sperm quality in humans. One study found an association between high PBDE levels in women and undescended testicles in their sons." For their part, stain/grease repellants – PFCs – have been shown to cause tumors at multiple sites in rats and mice and to damage their reproduction, growth and immune systems, Birnbaum says.

Only a few studies have focused specifically on the health impacts of synthetic chemicals on dogs. One shows a link between applications of the lawn herbicide 2,4-D and bladder cancer in Scotties and several associate formaldehyde emissions from carpeting with seizures and other disorders. But many environmental health and veterinary experts believe that chronic exposure to synthetic industrial pollutants in house dust may be at least partially responsible for skyrocketing cancer rates in dogs these days, and for the extraordinary rise, in the last 30 years, of feline hyperthyroidism, Birnbaum believes. "The cat sits on that nice warm TV or sits on the sofa and grooms, grooms, grooms," Birnbaum says.

Since World War II, the chemical industry has been churning out supremely useful, long-lasting, synthetic chemicals by the tens of thousands – as many as 80,000 compounds, most that could never occur

(continued on pg. 9)



www.bringfido.com

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*.

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

10 Ways to Keep Your Dog Young Forever!

(continued from pg. 4)

- 7. Nutrition.** Feed your pet a premium high quality diet. Feed low fat and high fiber since high fat and/or low fiber are thought to decrease life expectancy. With your vet, discuss the merits of a diet formulation for “senior” pets. Minimize treats, and if you give them, make them nutritious and low in calories. Air-popped popcorn is a good treat for dogs.
- 8. Exercise.** Exercise helps to maintain a healthy body weight, strengthens joints and muscles and provides mental stimulation for your pet.
- 9. Spay/Neuter.** Spayed and neutered pets tend to have fewer health issues. Spaying is the removal of the ovaries and uterus. Without these organs, ovarian cysts, uterine infections, and cancer of the reproductive tract are no longer a concern. Studies have shown that dogs spayed before puberty have a significantly lower chance of developing breast cancer than unspayed dogs, or dogs spayed later in life. Health problems that can be associated with birthing are also eliminated with spaying. Neutering is the removal of the testicles. Without these organs, testicular cancer is no longer a concern and the risk of prostate problems is reduced. In addition, the desire to “wander” is diminished, which lowers the chance of your dog running away (and suffering trauma, such as being hit by a car).
- 10. Mental Stimulation.** Provide your pet with toys, games and quality time. Most pets are never too old to play. Encourage mental stimulation. It is never too late to teach old dogs new tricks.

Don't forget – make donations thru paypal

<https://www.paypal.com/cgi-bin/webscr>

Remember – all donations are tax deductible!

Household Pollutants & Dogs

(continued from pg. 8)



naturally. Manufacturers have put billions of tons of them to use in myriad ways – preventing your mattress or sofa from bursting into flames when you fall asleep with a cigarette; grease-proofing the liners of oily, bagged dog food, and keeping the kibble from turning rancid during the long months it may sit in that bag; keeping your stereo, laptop, coffeemaker, and television from overheating and becoming fire hazards; helping your raincoat shed rain and your upholstery shrug off spills; providing lightweight, unbreakable jugs for your milk and squeezable tubes for your toothpaste. The list is endless.

Only a very few of these chemicals are adequately tested for safety before being put into general use. Indeed, the free market system for judging new compounds seems to be “innocent until proven guilty.” Thirty years after they first went into use, PBDEs are finally receiving appropriate scrutiny. The European Union has phased out the use of two of the three commercial mixtures of PBDEs in new products, and limited use of the third formulation. Manufacturers in the U.S. have voluntarily stopped producing those two and use is being phased out nationwide as stocks are used up. Unfortunately, manufacture and use of a third PBDE mixture is still completely unregulated in all states except Washington and Maine. And because sofas and TVs aren't something one replaces frequently, products containing PBDEs will be sitting around in our houses for many years to come.

The sad truth is that the typical American household is awash in synthetic industrial chemicals – as are you, and as is your dog. It's enough to make you want to bury your head in the sand. But who knows what's in sand these days? And

pessimism won't get us far. Better to roll up your sleeves and apply a little elbow grease to the problem.

There's a lot you can do to reduce your household's burden of indoor pollutants. As you replace furniture and rugs, choose new ones made of wool, cotton, hemp, and other naturally more flame-resistant materials, and check manufacturers' websites to find out which products have been made or treated with flame retardants and stain repellants. Frankly, this won't always be easy, but it should become increasingly more so as the market for such products develops.

Ditto electronic equipment: Some manufacturers' websites claim their products don't use PBDEs; consider these when shopping for electronics.

Here are a few more tips.

- Don't use pans with non-stick coatings. There's still a lot of controversy about this, but old-fashioned cast iron is looking better and better.
- Grease-proof linings on dog food bags may be a significant dietary source of PFCs. Look for dog food bagged with untreated aluminum foil liners, if possible.
- Toss those plastic dog dishes, especially the water dish, and replace them with stainless steel.
- Don't use pesticides, fungicides or herbicides, or use them only sparingly and after all else has failed.
- Use nontoxic household cleansers and polishes.
- Look up the Maine and Washington state bills phasing out PBDEs and consider working to get similar legislation passed in your state.
- Here's a depressing finale: vacuum, vacuum, vacuum. While you're at it, dust once a week with a damp cloth experts recommend. Less dust equals lower exposure for all household members, no matter how you cut it.

Because this isn't just about our dogs and cats – it's about all of us.

Cool Collarettes

By Penelope Cake - <http://thebark.com/content/cool-collarettes>
This article first appeared in *The Bark*, Issue 30, Spring 2005

With reuse all the rage, something old becomes new again like magic! I have always been enchanted by this process of transformation, even before it became known as recycling and was recognized as good for the environment. As a child, I made milk cartons into doll houses and lunchboxes into pocket-books. Paperclips became jewelry and my father's old neckties became bracelets and belts. Now, when I make things for my dog, this is the creative process.

Transformation

I discovered this idea for dog collars while refashioning a shirt for myself, and even though it didn't fit me at all, it is almost impossible for me to throw anything away. So there I was on the floor with scissors, needles, and thread, and of course Eloise. She always helps me sew by finding as many dangerous things to chew on as she can. As I cut and tucked and modeled the changes in front of the mirror, I caught Eloise disappearing around the corner with the collar in her mouth for a nice private chew. And then the moment arrived ... when I saw something become something else. I think I actually got a surge of adrenaline when it happened because it made me laugh out loud. I removed the collar from her mouth and slipped it effortlessly around her neck. A perfect fit. Tight enough to keep it away from her teeth and paws, but loose enough to be comfortable. The concept of "dog collar" took on a whole new meaning.

But I couldn't stop there. The possibilities were endless for decoration and embellishment. Trims, buttons, bows, and embroidery. I began asking all my friends for hand-me-down shirts and combing thrift stores and flea markets for different sizes, colors, and patterns. I gave them to all my doggie friends and started selling them in my local pet store. At 48 years-old, creating fashions for my dog is almost as much fun as making things for my dolls when I was 10, but with an added bonus. It helps soften the blows of middle age.



Materials

- Shirt with a collar the right size for your dog. It should be 3"- 4" bigger than the exact neck measurement. You can find different sizes by using children's, women's, and men's shirts. It must have a neckband. That's the piece that joins the collar to the shirt and allows you to cut it off in one piece.
- Some kind of glue that is made for preventing fray. There are several kinds available in sewing and craft stores.
- Another kind of glue that creates a permanent fabric bond and is washable.
- A special button.
- Small piece of Velcro.
- Assorted trims and decorations.
- Embroidery floss.

Directions

1. Cut the collar off the shirt – careful to stay as close to the seam as possible but without cutting into the neckband.
2. Spread the fray block glue along the bottom seam. It will dry clear on most fabrics. When dry, trim loose threads and fabric.
3. If you want to use the button to open and close the collar, then be sure your new button fits the hole and replace the old one. Or you can sew Velcro in place of a button for easier access and then you can add a bigger button or other decoration to the front.
4. Decorate with trims and/or embroidery to your heart's content! These can be sewed or glued with the permanent washable glue.

Note: The collarettes are designed to fit loosely around your dog's neck and not intended for leash attachment.

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??? Are you willing to donate them to Pap Haven? Good, NEW, unused gifts can be donated to fundraising committee for the Auction! Also, the newest addition to our fundraising efforts, eBay, is ALWAYS looking for donations.

eBay/Mission Fish is up and running. But we need more items! If you have items to sell, please contact Berdine at ptkruisen@comcast.net. 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 **EVERY** source you know ... local crafters, wood-workshops, etc. Do you know someone who paints (watercolor or oil), or does great photography, etc.? Would they donate a piece of their work? Antique jewelry you no longer wear? Think about it ...

If you have something you think would be a good donation, please take a picture and email it and the dimensions / info of the item to ptkruisen@comcast.net. Berdine will be able to tell you where the items would be best 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 needs donations NOW!

PARTY HARD & HAPPY for Pets!

Date: Dec. 22, 2010

Time: 12 PM to 1 AM

Location: Buffalo Wild Wings BAR & GRILL

Address: 2555 West 75th St. Suite 103
Naperville, IL

Cost: Your Dinner & Drinks Raise Our Support

Contact: AnnMarie Schrage Glaviano

Email: petsnpatients@gmail.com

Phone: (801) P-E-T-S-L-U-V finds me



BUFFALO WILD WINGS BAR & GRILL & PetsNPatients NFP, has the WHOLE DAY to gather PET LOVING COMMUNITY OF NAPERVILLE and surrounding burbs to invite in youth, families and singles to be PARTY-ANIMALS for a good cause!

Noon to 1 a.m.! \$3 beer! WOW!

ARE you a pet LOVER in rescue, pet sitter service, pet store operating, pet daycare, groomer, walker, veterinary practice, then you THE OVERWHELMING NEED FOR MONEY this year more than EVER BEFORE to help keep pets in their home! COME and EAT that's all YOU need to DO!!!

We will have an on-line silent auction for some of the cool items being donated! Dig this, A Sportsman Fishing Charter on our big lake! How about a Valentine get-a-way! Donations are coming in from different areas. Keep you eyes here!

COME for Lunch, Dinner, & relaxing MoTown Music, LAST Call 1AM.

CELEBRATE THE Mo-Town them of MONEY for pet care:

<http://www.youtube.com/watch?v=RtU7rRXtHHI>

President of *In the Paint Hoops*, Mike Robinson (Utah Jazz) is attending, *National Hot Rod Association Car* (NHRAC) & *Henry J* driver Steve Granger with autos VA-ROOMing off their trailers there to meet you share their passion for excellence in competitive sports and the love of companion pets!

GOLFERS know that nip in the air signals the end of the greens, how do you escape the Midwest? Avid Golfer, PerryHatch suggests his Sound of Golf CD's and Sounds of RaceCars, Sounds of Casino CDs to close your eyes and find your happy place! These stocking stuffers NOW Available on our website www.petsnpatients.org and at our Buffalo Wild Wings!

Share our electronic flyers with your school, Facebook families, house of worship, club network, office! Buffalo Wild Wings is extending a Kids' Day too, craft table, face paintings, and Santa will be available for photos to by a professional international photographer!

SANTA may have some elves to help with gift wrapping for a dollar!

Photograph your dogs in holiday gear or team-wear! Your images can be emailed topetslupetcare@gmail.com and we will post a winner circle of friends that night!

Mo-town music will be rocking the walls till late so bring a date and come out to play! PARTY HARD & HAPPY for Pets! PetsNPatients mission resource pet care for patients and help prevent animal surrenders!



<http://petsnpatients.org/appreciation.html>

<http://petsnpatients.org/fundraisers/sounds.html>

<http://petsnpatients.org/fundraisers/calendar.html>



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 or dogmom5@twcny.rr.com

Website: 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."* Erin Young



