

NEWSLETTER

March 2009

Did you ever do something for someone and afterward feel so uplifted and fulfilled?? After my Tasha took a "walk-about" last November (see the December issue for the story), I have been spending time at the Kenosha Safe Harbor Humane Society. I never felt so fulfilled until I started volunteering there. I now either foster a dog or bring a dog to my home and train with them for an hour or two a week. In fact, I have two of the shelter dogs here helping me write this article.

The shelter can always use volunteers to help with walking the dogs, helping with benefits or other things. So many times I have heard people say that they just can't go in there because they would want to bring them all home. I used to think that too, yes I honestly did. But when I saw the joy in a dog's face after I spent time with him playing or going over some cues it is just so worth it. I am now helping the Safe Harbor Humane Society with their foster program. It is heartbreaking to have to euthanize an animal that would be a great pet just because they don't have the room at the shelter to keep them. Please, please contact me if you or anyone you know could help out by fostering a dog or cat.

The dogs below are the ones that I have had the joy and honor to work with that are still available for adoption at Safe Harbor.



Sprite

Sprite is an 8-month-old male Rat Terrier that will be neutered by the time you read this. Amy Wence from Loving Paws has been bringing him to one of our training classes. Amy is doing a great job with Sprite; he has touched all of our hearts. Sprite loves playing with other dogs and people. He enjoys car rides, walks in the neighborhood and toy, toys, toys. He is a loving dog that could be taught many things. His best bud right now is Brandy my foster dog. They met each other at my home when I brought Sprite in to bathe him. Well, I re-bathed him after he and Brandy played in my muddy yard together. My heart goes out to this little guy! He will make someone very happy.

Brandy is a mix breed, maybe some collie, husky, shepherd and/or greyhound. It is hard to say. She is staying with me right now as a foster dog. She loves to play with Sprite. It

was just chance that they were both at my house together today. Brandy is a very sensitive dog and I feel that she really would do well in a house with another dog. She also does well with cats. I have spent a week gaining her trust and will now start working on her skills. She knows how to sit and shake. She enjoys car rides, long walks and squeaky toys. She is so affectionate once she gets to know you. This dog will thrive in a house that only uses positive reinforcement.



Brandy

Until next month remember that laughter is the best medicine of all.

-Laura

**Don't forget! Daylight Savings
Time starts this weekend!**



Pest Test - Fleas

By Kerry Andersen



Thanks to the bitter cold Wisconsin winter, most of us haven't given much thought to flea prevention over the past few months. However, with flea season soon upon us, now is a good time to remind ourselves why flea prevention is so important. Brush up on your flea knowledge by taking this TRUE / FALSE quiz.

1. An important part of flea prevention in dogs and cats is maintaining good overall health.

True. Fleas are most attracted to animals with compromised health. Healthy ones do not taste or smell as good to fleas. Start your prevention plan by giving your pet a well-balanced raw, home-cooked, or premium brand commercial food diet.

2. If you find just one or two fleas on your dog or cat, you probably don't have a flea infestation.

False. One adult flea can lay as many as 50 eggs a day and 2,000 eggs over a lifetime. If you find a flea, chances are you've got a problem.

3. All dogs and cats show a universal sign of flea infestation—excessive scratching.

False. While it is true that many dogs scratch furiously when infested with fleas, not all dogs respond to fleas with the same intensity. Also, cats are more likely to lick excessively than scratch. The best way to check for fleas, is to search the animal's coat for tiny black specs called "flea dirt" (the fecal matter of adult fleas).

4. Fleas can cause an allergic reaction in pets and humans.

True. Dogs, cats, and people can be allergic to flea saliva.

5. Dogs and fleas come hand in hand.

False. While this may have been true to some extent when you were a child, today there are very effective preventive flea products that, if used correctly, will keep your pet flea-free. (Research your options and consult your veterinarian before selecting any flea prevention or treatment product.)

6. Anemia may occur in your dog or cat if too many fleas suck their blood.

True. Symptoms of anemia include pale gums, weakness, and lethargy. (If your pet experiences these symptoms, call your veterinarian to determine cause and treatment.)

7. Dogs and cats may become infected with tapeworms by ingesting an infected flea.

True. Symptoms of tapeworm include intense anal itching and/or tapeworm segments in the feces or around the anal area. (If your pet experiences these symptoms, call your veterinarian to determine cause and treatment.)

8. The most common flea found on both dogs and cats is the "cat flea".

True. In fact, the "dog flea" is not commonly found on dogs or cats.

9. To control a flea infestation, a simple and effective plan is to kill the flea eggs. The adult fleas will die off by themselves in a matter of days.

False. Adult fleas can live as long as a year. Therefore it is important that your treatment plan kills adult fleas and stops immature stages of flea growth.

10. Flea eggs are sticky, and stay on your dog or cat until maturation.

False. Flea eggs quickly fall off of your pet, and into areas of your home. That is why it is important to treat your pet and home if you discover fleas on your dog or cat.

11. One way to rid a flea infestation from your home is to starve the fleas. Do not allow your pets to occupy the infested area of the home for a few days. Without the food that a host provides, your flea problem will die out naturally.

False. If left undisturbed, pupae can exist for many months without a blood meal from a host. So, as soon as you open up the room and the fleas sense a host, the eggs will hatch and the rest is history!

12. A dog infected with fleas transmits the parasites to other dogs because fleas often jump from one host to another.

False. Fleas live on one suitable host and do not usually jump from dog to dog. However, an infected dog will transmit fleas to other animals by acting as a flea egg salt shaker—scattering the flea eggs wherever it goes.

13. Adult fleas hatch according to a set timetable, regardless of whether or not a suitable host is nearby.

False. An adult flea can live in its protective cocoon for months. When the flea detects heat, carbon dioxide, and/or vibrations from a host, it leaves its cocoon, and hops on a host.

14. Thanks to the many new and effective flea treatment products, it can be quick and easy to rid your pet and home of a flea infestation.

False. Even with a vigorous treatment plan and the best products available, it may take 3-4 months to kill all of the fleas emerging from the pupae in a household environment.

15. If you are battling a flea infestation in your home, you should not allow your newly treated dog to roam your home, picking up more fleas.

False. After treating your dog with a product that contains active ingredients to kill adult fleas and prevent the development of eggs and larvae, you should allow your dog to act as a flea magnet—attracting newly hatched fleas that are ultimately killed on your dog.

16. Flea elimination is more costly, time consuming and invasive than flea prevention.

True. While preventative measures take some time, initial research, and monetary commitment, nothing compares to the hassle and expense of treating a flea infestation on your dog and in your home.

Commercial Dog Food & What You Should Know About It

By Amy Wence



With all the brands of commercial dog food out there, it can be tricky knowing which one to choose. They all claim to be healthy and nutritionally complete, so how do you weed out the good from the bad? Unfortunately, there are a lot of low grade dog foods on the market today, many of which can be found at your local grocery store. Part of the problem is that the pet food industry is inadequately regulated, as was revealed by the major pet food recall in 2007, which cost many pets their lives. As tragic as the recall was, it taught pet owners a very important lesson; know what's in your pet's food. With that said, the first place to begin when choosing a high quality premium dog food is always the ingredient list. All good quality foods will list specific protein sources such as chicken, turkey, beef, or fish as the first ingredient. It's even better if the meats are human-grade quality. Never buy a food that lists a generic protein source, such as meat meal or meat by-product. This is a red flag that signifies a very low grade food source. By-products are the parts of the animal that are not fit for human consumption (I will spare you the gory details) and should be avoided when choosing a dog food. Also, avoid any foods that contain corn gluten meal, wheat gluten meal, corn meal, or ground yellow corn. These cheap fillers are a sure sign of very poor quality food. They are waste products from the human food industry and are unsuitable protein sources for dogs. Artificial preservatives, like BHA (Butylated Hydroxyanisole), BHT (Butylated Hydroxytoluene), Ethoxyquin, TBHQ (Tertiary Butylhydroquinone), and Sodium Metabisulphite are also bad. Instead, look for natural preservatives, like Mixed Tocopherols (Vitamin E), Rosemary-, Sage-, or Clove Extract, Ascorbyl Palmitate, Ascorbic Acid and other forms of Vitamin C. A high quality food will not have any artificial colors, sugars, or sweeteners either. Good foods will list high quality grain sources, such as oatmeal, barley, brown rice, etc. They will also have whole fruit or vegetable sources listed, like sweet potatoes, apples, carrots, green beans, etc.

Dog Food Ingredient Quiz

Now that you know what ingredients to look for when choosing a high quality dog food, you are ready to put this knowledge to the test! Below you will find three partial ingredient lists from some popular brand name dog foods. Can you rate them from highest to lowest quality?

Ingredients

Chicken, Chicken By-Product Meal, Brewers Rice, Corn Meal, Ground Whole Grain Sorghum, Ground Whole Grain Barley, Chicken Fat (preserved with mixed Tocopherols, a source of Vitamin E), Dried Beet Pulp (sugar removed), Natural Chicken Flavor, Dried Egg Product, Brewers Dried Yeast

Ingredients

Ground yellow corn, chicken by-product meal, corn gluten meal, whole wheat flour, animal fat preserved with mixed-tocopherols (form of Vitamin E), rice flour, beef, soy flour, sugar, sorbitol, tricalcium phosphate, water, salt, phosphoric acid, animal digest, potassium chloride, dicalcium phosphate, sorbic acid (a preservative), L-Lysine monohydrochloride, dried peas, dried carrots, calcium carbonate

Ingredients

Deboned Chicken, Chicken Meal, Oatmeal, Ground Barley, Ground Brown Rice, Tomato Pomace, Rye Flour, Canola Oil (preserved with mixed tocopherols, a natural source of Vitamin E), Tomatoes, Rice Bran, Deboned Whitefish, Natural Chicken Flavor, Carrots, Spinach, Sweet Potatoes, Apples, Blueberries, Ground Flaxseed, Ground Millet

Ingredients

Ground Whole Grain Corn, Chicken By-Product Meal, Animal Fat (preserved with mixed tocopherols and citric acid), Dried Beet Pulp, Soybean Oil, Dried Egg Product, Flaxseed, Potassium Chloride, Iodized Salt, Choline Chloride, vitamins (L-Ascorbyl-2-Polyphosphate (source of vitamin C), Vitamin E Supplement, Niacin, Thiamine

Dog Food Quiz Answers (from highest quality to lowest):

Premium high-grade food: **blue** (Super5Mix[®] Recipes Complete Health Chicken Recipe by Wellness)

Mid-grade, but still lower quality: **yellow** (Iams Healthy Naturals)

Low Quality: **green** (Science Diet Adult Active by Hill's)

Very Poor Quality: **purple** (Beneful Original by Purina)

QUICK GUIDE TO COMMERCIAL DOG FOOD INGREDIENTS

GOOD		BAD	
Ingredients	Examples	Ingredients	Examples
Specific Meat	chicken, beef, turkey, lamb, salmon	Generic Meats & by-products	Meat by-product, poultry by-product
Specific Meal Sources	Chicken, beef, lamb, salmon	Generic Meals	Meat meal
Specific Fat & Oil Sources	Chicken fat, herring oil, sunflower oil, canola oil	Generic Fats & Oils	Animal fat, poultry fat, vegetable oil, mineral oil
Whole Grains	Barley, brown rice, oats, millet	Gluten	Corn, rice, wheat, any
Whole Fruit & Vegetables	Sweet potatoes, green beans, peas, carrots, apples, blueberries	Corn	Ground corn or corn meal as main ingredient
Natural Preservatives	Mixed Tocopherols (Vitamin E), Rosemary-, Sage-, or Clove Extract, Ascorbyl Palmitate, Ascorbic Acid and other forms of Vitamin C	Artificial Preservatives	BHA, BHT, Ethoxyquin, TBHQ, Sodium Metabisulphite
		Sweeteners	Cane molasses, corn syrup in any form, sugar, sorbitol, sucrose, fructose, glucose, ammoniated glycyrrhizin, propylene glycol
		Artificial Colors	Blue 2, Red 40, Yellow 5 and 6, other "numbered" dyes

Making a Change in Diet

By Jennifer Lueck

Where to begin The best place to start is by assessing your dog's current health and by taking a close look at the ingredients in the food you are feeding him. If your dog is being fed a low-quality diet or has any of the problems associated with low-quality diets (see the list below), it might be time for a change of food (and maybe even a visit to the vet). There are many health problems that can be attributed to a low-quality diet and they can appear at any time during a dog's lifetime. They may not be as apparent in younger dogs, but low quality food can really take a toll on a dog's body over a period of several years. Some problems are so common in dogs nowadays they are considered the norm. For example, I didn't realize there was anything wrong with Gabe's coat until we switched foods. What we always assumed was just normal for Gabe was actually a symptom of a deficiency in his diet. His coat is now softer, shinier and stays cleaner longer.

Price Expect to pay more for high-quality dog food, but don't let a high price fool you. A food that is expensive is not necessarily high quality. Try to buy the best food you can afford. A healthy dog will need fewer trips to the vet, which will save you money in the long run! Plus, high-quality foods are more digestible, which means more of the food is being utilized and less ends up as waste in the backyard.

Variety is the key Many experts now recommend switching foods every 3 to 4 months to avoid vitamin and mineral deficiencies, allergies and fussiness. You've probably heard just the opposite: don't change your dog's food because he'll get an upset stomach. The truth is, a well-balanced, varied diet is as critical for dogs as it is for humans. Nancy Kerns, in her *Whole Dog Journal* article "Choosing Good Foods" states it perfectly:

Say your dog eats one food, day after day, year after year. And say that food contains a little more of this mineral than is ideal, or not quite enough of that vitamin, or an unhealthy ratio of this nutrient to that one... Over time, lacking any other foods to help correct the excesses, insufficiencies, or the imbalances, these problems can contribute to the development of disease.

Many experts also recommend rotating protein and grain sources. For example, if you're currently feeding chicken and oatmeal, switch to lamb and rice next, then turkey and barley, then duck and potato.

Transitioning When you do change foods, be sure to plan ahead so you can transition your dog to the new food over a period of four to eight days. A young dog or a dog that changes foods frequently will need less time to transition to the new food. For the first two weeks on the new food, monitor your dog to make sure the new food is right for him. And always keep the bag of the old food for a couple of weeks in case your dog develops problems or if you need to contact the company for any reason.

Signs of a healthy dog

- Healthy Coat that is soft and shiny and doesn't mat easily
- Little or no "doggie smell"
- Plenty of energy
- Strong immune system
- Bright, healthy eyes
- Well-muscled body
- Well-formed stool that is not voluminous and is easily produced with no straining

Problems associated with low-quality diets

- Skin odor
- Dully, greasy coat, usually accompanied by dandruff
- Susceptibility to infections, such as ear infections
- Chronically goopy eyes
- Thin, undernourished appearance
- Low energy level
- Voluminous stool

Something Very Important May Be Missing from Your Dog's Diet

Grizzly Salmon Oil Product Review

By Amy Wence



I started adding Grizzly Salmon Oil to my dogs' diets about a year ago. After using this supplement for a couple of months, I noticed that my dogs looked healthier. I couldn't believe that I was actually able to see a difference just by adding this supplement to their commercial food. Ella's tear stains have completely disappeared, as can be seen in her before and after pics, and her coat is softer and shinier, as is Comiskey's. I also take comfort in knowing that Grizzly Salmon Oil helps reduce joint stiffness and inflammation, which is important to me since

Comiskey was diagnosed with early signs of bilateral hip dysplasia. He shows no outward signs of pain or stiffness and I attribute this in part to Grizzly Salmon Oil. I highly recommend trying this supplement with your own dogs, especially if your dog has problems with dry skin or inflammations of the skin, arthritis, dysplasia, irregular heartbeat, or dull coat. Even if your dog is perfectly healthy, Grizzly Salmon Oil is still beneficial because it will ensure this health is maintained throughout your dog's life.

Grizzly Salmon Oil is a natural fatty acid supplement for dogs. We've all heard of the many benefits of Essential Fatty Acids (EFA's) for ourselves, but did you know that our dogs can benefit greatly from Omega-3 & 6 fatty acids as well? In fact, many canine nutrition experts agree that EFA's are the most important supplement you can give your dog. EFA's are not only good for the heart, but also help strengthen the immune system, reduce joint inflammation, and keep the skin and coat healthy. You may be wondering why it would be necessary to supplement your dog's diet with EFA's if you are already feeding a high-quality or premium commercial food, but believe it or not the majority of pet foods have, if any amounts of unprocessed Omega-3 fatty acids. It's also important to realize that Omega-3 fatty acids are very fragile and degrade quickly when exposed to light, air and heat, such as the high cooking temperature that most commercial foods undergo. Grizzly Salmon Oil is packaged so that it is shielded from these elements. It should be noted that plant-based omega-3 fatty acids, such as those found in flax seed oil, must be converted by your dog's body prior to use. The conversion is very inefficient and may result in only 5-15% of the fatty acid being metabolized. However, Omega-3's found in fish oil are readily available for your dog to utilize. Grizzly Salmon Oil is formulated specifically to balance the Omega-3 vs. 6 ratio when feeding a commercial diet.



Ella before



Ella after

Additional Notes: Grizzly Salmon Oil is very easy to use and introduce. Most dogs love the taste. Simply pump the recommended dose onto your dog's kibble and stir around to evenly coat the pieces. When introducing new supplements to your dog, it is recommended that you begin with half of the dosage and gradually increase to full dose. To prevent spoilage, Grizzly Salmon Oil should be refrigerated. Grizzly Salmon Oil can be used once daily or every other day. My dogs have a combined weight of 100 lbs and a 32 oz bottle lasts me well over a month.

For more information about Grizzly Salmon Oil, please visit: <http://www.grizzlypetproducts.com/index.html>

Grizzly Salmon Oil or similar fish oil supplements can be purchased locally at Havahart Pets in Racine, WI on HWY 20 and Pet Supplies Plus also in Racine on HWY 11.

Alternatively, I have used and recommend the following websites for purchasing supplements for your dog: www.entirelypets.com and <http://www.onlynaturalpet.com/>



The Last Act of True Love



Saying goodbye to a friend and/or family member is always a hard thing to go through. It is just as hard for us dog people when it comes to saying goodbye to our furry-faced friends and family members.

On October 31st, 2008, I had to face the fact that my cattle dog mix Terra was no longer happy and her pain and illness was hard for her to bear. The thought of euthanasia crushed me. I prayed the last day that she was with us that the good Lord would take her before our appointment with our veterinarian. During that day I spoke with one of my best friends and dog lover Sue. She went through the same thing with her dog Casey not long ago. She said that when it was time to say goodbye it was such a blessing to be able to hold Casey and comfort her in her last breaths. She didn't want her Casey to be alone when it was her time to go. Well, these words did comfort me somewhat but I still kept praying that the Lord would take my Terra before our appointment. That didn't happen. We headed to the animal hospital with both of our dogs, Tasha and Terra. I felt as though Tasha should be with us, why I don't know. I had Terra's favorite bed, toys and things she loved in the back of my van. It was a gorgeous October day and we spent the day together enjoying the outside. Right before dusk our veterinarian came out to the van and my Terra was finally at peace.

Today I face the same situation with my Border Collie Tasha. My friend Sue's words mean much more to me today than they did back in October. I know that after the veterinarian comes here tonight and my Tasha slips away, her spirit will be free from the pain and discomfort that she is in today. Although it is not a gorgeous day outside, I will be taking my best friend of 16 years to Wendy's for a hamburger for lunch. She had her favorite breakfast, she has been brushed with her favorite brush and she will have her favorite pizza for supper. Her bed will be in the front room surrounded by her favorite things, including Joey our cat. I know that she will slip away as peacefully as my Terra did.

She lays here resting as I write these words looking at me from time to time. I think back to earlier days when she wouldn't stop bringing her toy for me to play fetch, when she would cover up her food with a hand towel, and that cute little butt dance she did when she was on her back as I scratched her butt. I will cherish all of the memories of my Tasha and Terra forever. I will see you again my furry friend and I thank you for the many wonderful years we have spent together. My love for you will never die.

-Laura Yurchak, February 27, 2009