



The Way Home

An outreach e-communication from Papillon Haven Rescue (PapHaven)

Issue #80

www.paphaven.org

May 2013

1,200+ rescued & counting! Celebrating 10 years in 2013!

Springtime Gardening & Pet Safety

<http://www.moderndogmagazine.com/articles/springtime-gardening-and-pet-safety/35248>

Spring is the season for being outdoors. For many that mean slipping on their rubber boots and gloves, grabbing their shovel, and planting seeds in the hope of an ample garden in the near future. While preparing your plot, it's important to take steps to ensure that it's safe for your pets to enjoy as well.

"When planting your garden it is important to note that there are numerous house and garden plants which can be toxic to animals," said James Barr, Assistant Professor at the Texas A&M University College of Veterinary Medicine & Biomedical Sciences. "Some include brunfelsia, oleander, and even lilies."

Brunfelsia, also known as the "yesterday, today & tomorrow" plant, causes convulsive seizures in dogs, while cycads, low growing palm trees used indoors and outdoors, are toxic to the liver of dogs and they trend to chew on the roots.

"When the liver is contaminated, the dog's body stops producing the normal clotting factors and the dog starts bleeding excessively. This can progress to the point where the dog bleeds to death," said Barr.

While brunfelsia and cycads have not been known to cause problems in cats, lilies are especially harmful to them. Once ingested, cats develop symptoms such as nausea, vomiting, depression, and will stop eating altogether.

"Once ingested, the cat must be treated by a veterinarian, preferably within 24 hours and not later than 48 hours," said Barr. "The toxin(s) present in the lilies are very toxic to the kidneys."

Kolanchoe is a house plant that is known to be toxic. It contains a chemical which is similar to the human heart medication, digoxin.

"The garden plant oleander also contains digoxin-like compounds. Both kolanchoe and

oleander can be toxic to all animals, including dogs and cats, if ingested," said Barr.

Spring is a great time to enjoy the outdoors. Taking the time to make sure that everything you put in your yard is safe for your pet will ensure this time is special for the entire family.

Recycle Life

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Featured:

PapHaven Classifieds.....	2
Training your pooch.....	3
Dinnertime & behavior.....	4
Spring showers bring risks.....	6
Clean up top messes.....	7
How to stop bleeding.....	8
10 foods that SHOULD be in your dog's bowl.....	9

Watch for the June 2013 issue of *The Way Home* for up-to-date details about PHR happenings.

Papillon Haven Rescue
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Fundraiser

Ends
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<http://www.papauction.info/>

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Click here to see how easy it is to make a difference in a rescued pap's life!

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The Way Home
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www.paphaven.org

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The Way Home is a monthly e-publication for members/supporters of Papillon Haven rescue (PapHaven). Masthead photos taken by *Animal Photography.com* (used with permission); unless otherwise designated.

Newsletter deadlines:

Materials and olor photos for the next issue must be submitted by the 15th of the month prior to publication. Send materials to: nora3paps@yahoo.com.

Contact PHR

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Make sure your dog's food makes the grade!

DogFoodAdvisor
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<http://www.dogfoodadvisor.com/>

New PHR T-shirts

Papillon Haven Rescue has the most adorable Front & Back Tee-shirt custom designed (copyright) by our friend the artist Penny Wyzlic.

These shirts are 100% cotton, but have more threads per inch, which means that they are softer, smoother and shrink much less than as compared to other tee regular 100% cotton t-shirts. Look here for their description.



In two colors as pictured on the attachments. Red & Kiwi Green

If you would like one of the tee shirts then please send me jorolan@catc.net an email SOONEST.

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Training your pooch

from Blue Dog Bakery

As Spring approaches, more people are taking their dogs out and about which means having an obedient dog is important. Training is the perfect opportunity to create a trusting and loving bond. Capitalize on this!

Here are a few tips that we found to help make training a bit easier.

- Positive enforcement is key. Dogs are much more apt to listen and respond to positive enforcement for good behavior.
- Make sure to give your dog regular exercise, either with a brisk walk, run, or playing with some toys out back. A dog that is able to get outside on a regular basis is much more likely to be obedient and less distracted.
- During the first phase of training, use small incentives every time your dog does anything right (even the little things!). Small, low calorie treats, such as our chewy *Blue Dog Bakery's Perfect Trainers* are a great way to reinforce positive behavior without allowing your dog to overindulge.
- Teach one command at a time to avoid confusion. Gradually build this up.
- Begin with training your dog in a calm, familiar environment. As s/he gains confidence and is able to follow commands at home, move outdoors and train while on your daily walk. As your dog improves, s/he will even be able to be trained in areas with a lot of distractions, such as a park.
- Start with smaller treats for smaller commands. As your pooch progresses and you move to more populated areas, use larger incentives. If your dog is notorious for ignoring you when you call their name at the dog park, make sure to bring a treat that s/he absolutely loves. This will give your dog much more incentive to listen and respond.
- Be patient and good luck!



PHR COOK BOOKS

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Food Rules

How dinnertime for your dog affects behaviour

By Steve Duno – <http://moderndogmagazine.com/articles/food-rules/35621>

Domino, Nancy's five-year-old sweet-tempered spaniel mix, seemed elated by the arrival of Eddie, a new Boxer puppy, into the home. But that evening, when the playful ten-week-old made the mistake of sticking his nose into Domino's dinner bowl, the easygoing spaniel turned into a snapping turtle. Poor little Eddie learned the hard way just how sacred a dog's dinner bowl is, even to the nicest of dogs.

Chow Power

Dogs revere food. They think about it, anticipate it, revel in it, search for it. Even their anatomy, designed for catching and killing prey, cries out, "show me the food!" When they have those cute little running dreams, they are in truth chasing something they want to eat.

Unlike we humans, who usually reach a point of satiation, most dogs will eat until they reach the bursting point, and then eat a bit more. It's an instinct passed down from wolves, who, if lucky enough to kill a deer or moose, would gorge themselves, knowing that the next meal might be days off. And so most dogs, if given the chance, will eat whenever food comes their way.

That's mine!

The dog's obsession with all things food can sometimes cause behavioural problems, even among the sweetest of pooches. For instance, feeding an insatiable young dog beside an older, slower-eating pet can often provoke an aggressive altercation, when the pushy youngster turns to the elder's dish for "seconds." Or, if the older dog doesn't object, the youngster will scarf the senior's food down too, resulting in eventual obesity for one, and malnutrition and emotional strain for the other. As amazing as it may seem, many owners with one chubby dog and one emaciated pooch never notice what's really going on.

Some food-crazy dogs will become protective over their bowl to the point that they'll literally bite the hand that feeds them, if it comes too close during the meal. Many owners won't even be aware of this until they are occasioned to reach into the dog's bowl or move it during the meal. When a snarl or nip ensues,

the shocked guardian either does nothing or else overreacts physically or emotionally, compounding the problem.

The Cost of Free-Feeding

Though most dogs will do anything for a meal, if food is made available to them all the time, their food drive will actually dwindle, often to the point where it becomes difficult to use food as a motivator for training. Additionally, this practice of "free-feeding" often results in a finicky eater, whose guardians, in an attempt to stimulate the dog's appetite, will begin offering all manner of tidbits and human foods as incentives. This results in pushy, begging behaviour, a placating relationship, and a spoiled dog. An ironic side effect of free-feeding is that the dog, instead of enthusiastically eating her meals at prescribed times, instead picks at the food in her bowl all day, which the guardian keeps refilling and refilling. The free-fed dog often ends up eating twice what it needs to, resulting in obesity.

Timing and Frequency

When a dog eats can be as important as what it eats. If you feed your dog too late in the evening, you might increase the odds of her having a housetraining accident in the middle of the night. Or, if you feed your dog at random times, you won't be allowing her digestive tract to develop its own "rhythm," again resulting in an unpredictable elimination schedule. Feed your dog too early in the morning, and you could encourage her to become a foodcrazed maniac later that evening.

How often you feed can affect behaviour too. Take a dog with a high food drive and feed her only once a day and you could create a stressed-out pet that's constantly searching for handouts or one that tries to break into the cupboards or garbage. Feed a picky eater two or three times per day and you could lower her food drive even more, compounding the dog's culinary disinterest. Keep an adult dog on a puppy's feeding schedule (three times per day), and you'll most likely invite obesity and unpredictable elimination habits.

Where's Dinner?

The location of your dog's bowl can affect her day-to-day behaviour, for the good or bad. For instance, feeding your dog in the kitchen teaches her to consider that room as an acceptable place to loiter. As it's the place where you keep and prepare your own meals, this often results in pesky begging behaviour, garbage or cupboard raiding, or at the very least, creates a floor licker.

As mentioned before, feeding two or more dogs in the same room can result in aggression, obesity, malnutrition, and a level of stress that has no place in such an important part of a dog's day. Instead of being a dog's favourite event, it can become a competitive, worrisome contest. The ensuing tension will often be redirected into misbehaviours such as destruction, barking, fighting, marking or even a breakdown of housetraining.

The Joy of Food

Feeding time shouldn't be troublesome, tense, confrontational, or cause for misbehaviour. Instead, it should be a happy, exciting event for the dog, and an affirmation of your love and authority. Here are some basic rules that, if followed, should minimize foodrelated behavioural issues, and bring the joy back into dinnertime.

1. Respect the sanctity of feeding time. Feed your dog in low-traffic areas, away from other pets, kids, or activity. Be sure to separate multiple dogs to prevent theft and fights. If need be, feed in crates or separate rooms. Keep bowls out of the kitchen to prevent begging and confusion with human food preparation.
2. Feed on a regular schedule. Doing so helps to stabilize a dog's housetraining habits and create a healthy food drive, required for training, which initially relies on food rewards. Though most adult dogs do fine on a once a day feeding schedule, dogs with a high food drive may need to eat twice per day to quell misbehaviours related to their unfulfilled, voracious appetites. Though puppies do need to eat more often than adults, be sure to cut back

(continued on pg. 5)

Pet Rescue is Good for Your Health)

September 10, 2012 by Tails Magazine in Home, Rescue with 2 Comments

When you adopt a pet, you know that you are making life infinitely better for the animal. But did you know that rescuing a shelter pet also has some great physical and emotional benefits for you too? (Besides access to unconditional love and as many slobbery kisses as you can handle). Check out this infographic, published by Carlton Hobbs and designed by Nowsourcing, for an interesting look at just how great it is to rescue an animal:

How Saving A Pet Might Just Save Your Life
Physical and Emotional Benefits of Owning Pets & Ways You Can Help

Physical Health

- Oxytocin is the "bonding hormone" that is released in humans and dogs during mutual interactions. Oxytocin reduces blood pressures, increase tolerance to pain, and reduces anxiety.
- On average, those who own a pet live 2 years longer than those who do not.
- Owning a cat can dramatically reduce a person's chance of dying from heart disease and stroke.
- Dogs can learn to detect & warn owners of oncoming seizures before they happen.

Estimated 4.3 million animals enter into shelters each year.

Mental Health

- Animals increase serotonin levels [the "feel-good" hormone].
- 67% of pet owners said their pets provide companionship and reduce loneliness.
- Prescription: A Pet. Therapists have prescribed a pet as a way of dealing with and recovering from depression.
- 15 to 30 minutes with your pet will make you feel less anxious and stressed.

Ways You Can Help

- +Rescue a Pet TODAY**
You can adopt at your local shelter or on websites such as petfinder.com
- Can't Rescue?**
 - Volunteer at a shelter walking dogs or cleaning cages
 - Donate to a shelter or help with fundraising
 - Cross post shelter pets on Facebook

Never buy a pet; due to pet overpopulation "Four million cats and dogs—about one every eight seconds—are put down in U.S. shelters each year."
http://www.humanesociety.org/issues/pet_overpopulation/

Presented by CARLTON HOBBS LLC

How dinnertime for your dog affects behaviour

(continued from pg. 4)

from three times a day to twice a day by six months of age, or even sooner for giant breeds, who need to avoid growing too fast. Feeding too much to a large breed puppy can cause debilitating joint problems that might shorten a big dog's life. Try not to feed your dog too early or too late, as both can affect housetraining.

3. Don't free-feed. It encourages finicky eating, lowers a dog's food drive (affecting training effectiveness), and can lead to obesity. Like wolves, domestic dogs are designed to eat a full, healthy meal, rather than to "graze" all day, like a ruminant.

4. Pay attention to your dog's weight and appetite. Weight gain can occur so slowly that an owner might not even notice, so consider weighing your dog at least once each month. Steady weight gain can be indicative of food theft from another pet, the feeding of excessive amounts, or even too many treats in between meals. Remember, keeping your dog's appetite keen is crucial to behaviour modification and to your ability to focus her on you, the food provider.

5. Train your dog to welcome people touching her bowl. Though dinnertime should be free of distraction for your pooch, it's vital that you or other persons be able to touch her bowl whenever necessary without fear of aggression. To do so, get into the habit of picking up your dog's empty bowl, right in front of her, and then dropping a delicious treat into it. Place it down, wait for it to be eaten then repeat a few more times. Then do the same during dinner time: walk over with a piece of turkey meat, let her see it, then pick up the food-laden bowl and drop the turkey in. Place the bowl down, let her eat, then repeat a few times throughout the meal. Very quickly, your dog will learn to welcome you touching her bowl!

Understanding the importance of food to a dog is crucial to maintaining predictable behaviour, and a calm, relaxed demeanor. By regulating and, if need be, adjusting how and when you feed her, you'll take a big step in minimizing bad behaviours and making life for everyone happier and healthier.

Beware foxtails, slug bait, busy wildlife & more

Spring showers bring flowers & some risks for dogs

Lisa Wogan; March 24, 2011 — <http://thebark.com/content/spring-showers-bring-flowers-and-some-risks-dogs>

If it wasn't for the stubborn little crocuses in my front yard, I'd be hard-pressed to believe spring has come to Seattle. But officially the season has sprung, and in most parts of the country, the change is happy news for dogs, who will be spending more time sniffing, romping and rolling in the outdoors. Hooray!

While longer, warmer days bring joy to our hearts, they bring some risks to our dogs. "Every seasonal change can bring dangers, but spring presents some specific risks that can be easy to address, as long as pet owners know what to look for," says Dr. Peter Bowie, a veterinarian in Marin, Calif.

Among Dr. Bowie's seasonal priorities is antifreeze. While the deadly chemical is most often associated with winter, he says, veterinarians at the Pet Emergency and Specialty Center of Marin see just as many antifreeze poisonings in the spring. Whether it's due to shade tree mechanics cleaning their radiators, unidentified leaks, or portable basketball hoops, ethylene glycol-based antifreeze winds up in driveways and streets where it tastes sweet to dogs and, even in tiny amounts, may cause sudden kidney failure.

Foxtails are another not-so-fabulous rite of spring. These bristlelike grasses, which sprout in abundance this time of year, have microscopic barbules along their surface. Once they catch on animals' fur, they can become lodged in their skin (most often in the webbing between the toes), ear canal, or nose. Foxtails cause extreme discomfort and often lead to bleeding, infection, and, in the case of ear canal migration, ruptured ear drums. If swallowed, foxtails can lodge in the throat, causing swelling and infection. If accidentally inhaled, they can cause serious damage and infection in the airways or lungs.

Activity in the garden can also be detrimental to our dogs, the use of **slug and snail baits**, in particular. These combine an attractant, usually apple meal or some other sweet-smelling base, with an active chemical compound such as metaldehyde to poison

whatever swallows the bait. Unfortunately, this can include our pets. Increased rat activity also means increased use of rat poison this time of year, one of the deadliest things your pet can ingest.

Fertilizers, even organic or natural fertilizers, can harm pets. Blood and bone meal are common organic fertilizers, which makes it tasty for pets but can cause vomiting, diarrhea and pancreatic inflammation. Grass and flower fertilizers can also contain toxic chemicals that may be deadly if ingested.

If you're planting, remember some plants are toxic for dogs, including **azalea, chrysanthemum, daffodil, rhododendron, sago palm, and tulip**. Consumption of these plants can lead to kidney failure in animals. The ASPCA provides a complete list of toxic plants with images.

"I urge pet parents to get outdoors and enjoy the season, just remain aware of your pets' surroundings," says Dr. Bowie. "Changes in the environment can be stimulating to them, but new smells in the yard or garden can also be harmful. Simply take extra precautions: be sure all chemicals are completely out of your pets' reach, keep small pets on a leash at all times when outdoors, and remove foxtails as soon as you see them."

Wildlife

Companion animals aren't the only critters more active this time of year. Brian Adams of the Massachusetts Society of the Prevention of Cruelty to Animals (MSPCA) reminds us that spring is a time when wildlife is on the move. He suggests a few simple steps to minimize or prevent conflicts between us or our pets and wildlife.

Never feed wild animals intentionally or they will view your yard as a food source. This includes cleaning up spilled birdseed from feeders, which may attract turkeys, rodents, and the animals that prey on them. If you have bears in your area, remove bird feeders.

Avoid unintentional feeding by keeping trash and compost secured and by feeding pets indoors.

Drive carefully and watch for wildlife crossing roadways, especially in areas where road salt remains from winter storms; this attracts wildlife.

Learn more from MSPCA about how to humanely live with wildlife, including advice on critter-proofing your home and what to do when you discover an orphaned animal.

If your dog spent a good chunk of the winter, cashed on the couch, eating a few too many sweet potato chews, you also want to be gradual about bounding into a spring exercise regime. "Often, pets get overly excited to go outside and strain themselves," says Heidi Ganahl, CEO and founder of Camp Bow Wow. "Make sure you monitor your pet and start slow before engaging in strenuous physical activity."

Still, there's no denying it's a perfect season for launching a daily exercise regime. Dawn Marcus describes the health benefits and a plan for starting a successful walking plan.

Finally, another ritual of the season, spring cleaning poses risks for our pets. It's important to think smart about your cleaning. Many cleaning products are irritating or even toxic for dogs. Invest in eco-friendly products, such as homemade cleaning solutions featuring vinegar or enzyme-based cleansers.



Cleaning up top pet messes

<http://www.petside.com/article/cleaning-top-pet-messes>

Keep your home fresh and learn how to tackle some of the top pet messes

Pet stains and messes aren't so bad with our expert tips!

Pets are messy. They shed. They pee on the carpet. They puke. They smell. But we still love them.

We'd also love to clean pet stains on floors and remove pet odor from furniture and throughout the house with a lot less effort. We turned to two top domestic goddesses to find out how.

The Hair Issue

Brushing your pet once a week helps reduce tumbleweeds of fur from floating across your floors. But some errant hair is still likely to escape. Luckily, the solution is simple, says Linda Cobb (a.k.a Queen of Clean), a former owner of one of the largest cleaning companies in Michigan.

For stubborn fur on fabric, wipe a damp sponge over the hair. "I usually wipe from the back to the front and the sponge just rolls the hair up," she says.

Another trick is netting from your local fabric store. "You just ball it up, and wipe it over the furniture and that picks up hair like crazy," says Cobb, the author of four books, including *How the Queen Cleans Everything* (2002, Atria).

The Odor Issue

We love our pets, but let's face it; we don't want our homes to smell like them all the time. Keeping homes smelling fresh can make for a happier living environment for all parties involved, pets included.

To keep odor under control in your home, try Febreze® products, which help eliminate tough pet smells that all animal owners contend with. For furniture-loving furry friends, Febreze® Fabric Refresher™ helps keep couches, pillows and beds that our pets snuggle up with nice and fresh. Febreze® Stick&Refresh™ with Command™ Strips from 3M™ attach to a variety of surfaces in the kitchen, bathroom, and mudroom. By

eliminating odors at their source, Stick&Refresh help keep living areas smelling their best.

Potty Break

The key to avoiding a pet pee stain? Get to it right away, blotting up as much as you can.

"Standing on a big wad of paper towels is a good way to draw things out of the carpet," explains Cobb.

Then pour club soda and salt on the spot. The carbonation lifts the urine to the surface, while the salt helps prevent staining by absorbing the urine. Lastly, dry with a clean towel.

Schar Ward, author of *Coming Clean: Dirty Little Secrets From a Professional Housecleaner* (2002, Book Peddlers), makes her own spray for bathroom accidents. It's a mixture of one cup white vinegar and four cups water.

With this, just spray, let sit for about five minutes and towel dry.

For good measure, she then sprinkles the area with one cup baking soda and two drops of bergamot oil, which can be found in health food stores and smells yummy." You might see it start to bubble but that's OK," says Ward. "That means it's just starting to work."

Let the mixture dry before vacuuming.

What the Cat Coughed Up

Hairballs and pet vomit are a different story. Don't immediately clean them from your carpet, says Cobb. Instead, sprinkle a heavy coat of baking soda on the accident and relax. The baking soda lifts moisture from food and stomach acids out of the carpet.

After the baking soda dries, pick up big pieces with a paper towel and use your vacuum's attachment to suction the rest.

Licky Litter

Cat litter isn't just for your cat! Small dogs can be trained to use a litter box also.

Litter requires a little diligence. Empty the entire pan at least once a week and wash it with straight vinegar, says Ward, who owned a professional maid service for 35 years in St. Paul, Minnesota.

Next, rinse the pan with water and dry. Pour a thin layer of baking soda on the bottom before filling it.

Place a mat where your pet exits the box to prevent tracking litter through the house. Or, forgo litter for Yesterday's News®, a cat litter made from recycled materials. These moisture-locking pellets are made from recycled newspaper, and are often used in animal hospitals and humane societies.

When people say, "I couldn't foster because it would be too hard to give a dog up." We say, "How can it be harder than knowing a dog died because no foster home stepped up?" and that's why we do it time and time again.

How to Care for a Bleeding Pet

Shea Cox, DVM | April 4, 2012 – <http://thebark.com/content/how-care-bleeding-pet>

Working in the ER, I often see dogs suffering from blood loss as a result of trauma, which can become life-threatening if not properly treated. If bleeding is severe or continuous, a dog can lose enough blood to cause shock.

Shock from blood loss is classified as hypovolemic shock, which basically means that there is not enough fluid (blood) circulating throughout the body. Without an adequate volume, organs such as the kidneys and GI tract are not being perfused (nourished), and this state can quickly turn deadly. Your veterinarian can tell if your dog is in shock by physical exam findings such as a high heart rate, a low blood pressure and weak pulses.

Did you know the loss of as little as 2 teaspoons of blood per pound of body weight can result in shock? This blog post describes ways to control bleeding in your pet during transport to your nearest veterinary hospital.

The following techniques are listed in order of preference. As a word of caution: The first rule when dealing with an injured pet is to avoid injury to yourself. Take appropriate precautions, such as the use of a muzzle, to avoid being bitten. You can create a “make-shift muzzle” by using a long piece of material such as a men’s tie, non-retractable leash or piece of cloth. All too often, I see owners having to make a trip to the emergency room for themselves as well as their pet.

The best way to learn these techniques is in a pet first aid class. April is Pet First Aid Awareness Month, a perfect opportunity to sign up for pet first aid classes, which are offered by local chapters of the American Red Cross, some shelters and humane organizations. Also, it’s a good reminder to have a complete pet first aid kit (which includes a muzzle) among your dog supplies.

Direct pressure

Direct pressure on a wound is the most preferable way to stop bleeding. Gently press a pad of clean cloth, gauze or even a feminine sanitary napkin over the bleeding area: this will absorb the blood and allow a clot to form.

If blood soaks through, do not remove the pad. This will disrupt the clot; simply add additional layers of cloth and continue the direct pressure more evenly. The compress can be bound in place using loosely applied bandage material, which frees your hands for other emergency actions. If you don’t have a compress, you can apply pressure with a bare hand or finger.

Elevation

If a severely bleeding wound is on the foot or leg, and there is no evidence of a broken bone, gently elevate the leg so that the wound is above the level of the heart. Direct pressure of the wound must be continued in addition to elevation.

Elevation uses the force of gravity to help reduce blood pressure in the injured area, slowing the bleeding. Elevation is most effective in larger animals with longer limbs because of the greater distance from the wound to the heart.

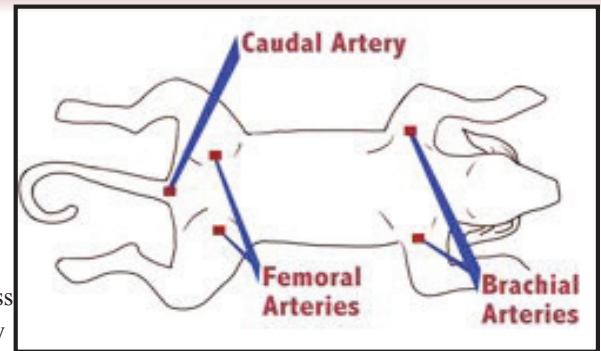
Applying pressure on the artery

If external bleeding continues after you have used direct pressure and elevation, you can use your finger or thumb to place pressure over the main artery to the wound. For example, if you have severe bleeding on a rear leg, you would apply pressure to the femoral artery, which is located in the groin (on the inside of the thigh). If you have severe bleeding of a front leg, you would apply pressure to the brachial artery, which is in the inside part of the upper front leg.

Tourniquet

Use of a tourniquet is potentially dangerous and should only be used for life-threatening hemorrhage in a limb. If you see blood spurting or pumping from a wound, which, luckily, is a rare occurrence, consider the use of a tourniquet.

Use a 2-inch wide piece of cloth or leash, and wrap it around the limb twice and tie it into a knot. Then tie a short stick or similar object into the knot as well. Twist the stick to tighten the tourniquet until the bleeding stops. Secure the stick in place with



another piece of cloth and write down the time it was applied. Every 20 minutes loosen the tourniquet for 15 to 20 seconds. This is potentially dangerous and can result in the need to amputate the limb. Remember, a tourniquet should only be used as a last-resort, life-saving measure.

Internal bleeding

Internal bleeding is another form of potentially life-threatening blood loss, where blood pools in the abdominal or chest cavity, but does not result in visible blood in the stool or bleeding from the rectum. A few causes of internal bleeding include rat bait poisoning, ruptured masses on the spleen, trauma and sometimes in the case of immune-mediated disease.

Internal bleeding can often be more dangerous because it occurs inside the body, and being less obvious, delays evaluation by your veterinarian. There are, however, some external signs of internal bleeding, which can include any of the following:

- Your pet’s gums appear pale to white.
- Your pet feels cool on the legs, ears or tail.
- Your pet is coughing up blood or having difficulty breathing.
- Your pet is unusually subdued; progressive weakness and sudden collapse may be observed.
- Your pet has a painful belly when it is touched.

If your pet is bleeding externally, or you suspect any internal bleeding, immediately transport your pet to your veterinarian or to your closest emergency hospital for treatment. I hope you never have to use the information in the blog, but I feel it is important for everyone with a pet to know.

10 Foods You Should Add to Your Dog's Bowl

November 6, 2012 by Rick Woodford, Tails Magazine — <http://www.tailsinc.com/2012/11/10-foods-you-should-add-to-your-dogs-bowl/>

Everywhere I look I see another list of foods that are toxic to dogs. Yes, the information is important, but it's quite easy to cover in a sentence: No chocolate, onions, grapes, raisins, mace, nutmeg, or raw fish, and nothing you wouldn't eat yourself (moldy foods, raw yeast dough, pits from fruit). There, done.

However, with all the focus on what not to feed, there's rarely any mention of what you can and should be adding to your dog's diet. Here are the top 10 foods you should be adding to your dog's bowl:

1. Scrambled Eggs. One egg replaces 1/5 of a cup of dry dog food but adds in high quality protein. Got eggs high in Omega-3s? Even better.

2. Fish. Yes, raw fish – particularly trout and salmon from the Pacific Northwest – can be dangerous for pets, but a little tuna fish (or better yet, sardines) can add a good boost of Omega-3s and protein to your dog's diet.

3. Chicken hearts & gizzards. Bring to a boil in a pot of water and simmer for 15 minutes and you get the benefits of a nice, meaty addition to a dog's bowl, and a potent broth that will make tails wag. These cheap little morsels are packed with protein and simple to prepare (don't worry, they're not that gross). Substitute an equal measure of dry food, up to 1/4 of your dog's meal.

4. Yogurt. Drizzle 1/2 teaspoon plain yogurt per 10 pounds of body weight in your dog's bowl for a delicious topping filled with beneficial probiotics.

5. Green Stuff. A sprinkling of parsley mixed into dry food provides cancer fighting phytochemicals that are missing from commercial foods. Adding chopped spinach may help dogs refrain from eating feces. In addition, super-healthy kale is a surprising favorite of many dogs—like with the other greens, it helps if you chop it up and add it to their food rather than feeding them a whole leaf.



6. Pumpkin & Squash. When you're roasting these for your own dinner, set aside a little of the finished product before adding salt and pepper and provide your dog with a nice dose of beta-carotene, fiber, potassium, and selenium. Pumpkin and squash are low in calories and help to keep a dog on a diet full; they also help ease digestive tension and nausea. One tablespoon per 10 pounds of body weight is a nice amount to serve per day; serve in addition to your dog's normal diet.

7. Blueberries. These are antioxidant powerhouses that help fight disease and will turn your dog's tongue a hilarious purple. Sometimes dogs don't like the resistant skin, so cut the blueberries in half and add two-three per 10 pounds of body weight to your dog's bowl.

8. Roasted Beets. Now in season, beets are a yummy source of betalains—phytochemicals with antioxidant, anti-inflammatory, and detoxifying properties. One teaspoon per 10 pounds of body weight will liven up the food bowl.

9. Carrots & Green Beans. Looking for some healthy treat substitutes? Try freshly cut-up carrots, or fresh or frozen green beans (avoid sodium packed canned green beans).

10. Cheerios as a training treat. Non-greasy, low in calories, and just as effective as cheese in getting your dog to listen. Just make sure to use the plain kind, not the sugar-laden varieties.

All these foods are great for you too, so as long as you've got them on the cutting board go ahead and feel confident in sharing with your best friend.

Rick Woodford, a.k.a. "The Dog Food Dude," is an expert on pet nutrition and wellness. He is the author of *Feed Your Best Friend Better: Easy, Nutritious Meals and Treats for Dogs* (available for purchase on Amazon), a comprehensive collection of simple and nutritious recipes perfect for the busy pet parent on a budget.

Success stories

Sadie

Hi everyone- I got this e-mail from Lucie's mom (now named Sadie). Donna and her husband manage KOA campgrounds all over the country. She was in the White Mountains of NH last year when she flew to Austin and stayed over night with us when she picked up Lucie. Lucie had been a puppy mill survivor and was terribly shy and nervous. That night, Donna put her in bed with her and when she woke up in the morning Lucie was still snuggled close to her. It was a true turning point for Lucie. They went to Florida for a few months and now are in Pennsylvania. Donna give credit to me but it was really Lynda Shaw and then Lee Ingalls who each fostered her during that year who deserve it all.

Good job you two. Andy Watson

Hi Andy,

Just think, a year ago today you gave me my precious little Sadie. Thank you so much for what you do. Sadie continues to grow and learn every day. She is such a bundle of love. She lives for her back rubs. Hope all is well.

We are in Stroudsburg PA now, so if you ever need anything please call. I'll take a better picture, when she is smiling, and send it to you.

Again thank you for my Sadie.



The 10 Best Big Cities to Live in With Your Dog

Written on 03/26/2013 by Brandy Arnold in Pet Friendly; <http://dogingtonpost.com/the-10-best-big-cities-to-live-in-with-your-dog/>

Ever thought of packing up and moving to the big city, but worried that your dog won't enjoy the fast-paced lifestyle as much as you do? Well, the folks over at NerdWallet discovered the Top 10 Big Cities to Have a Dog!

Using a set of calculated criteria including the number of off-leash dog parks per capita, affordability of vet visits in the big city, and the walkability index of each, NerdWallet compiled the following list of big cities where your dog is sure to be as happy – and accommodated – as you are!

1. Portland, OR

Topping the list of dog-friendly big cities is Portland, Oregon. With a whopping

32 off-leash dog parks and comparably inexpensive veterinarian visits, Portland makes owning a dog a breeze.

2. San Francisco, CA

The City by the Bay, San Francisco, is a hot spot for dog lovers. With 27 dog parks and easy-to-walk city streets, you can't go wrong with a dog in this town!

3. Las Vegas, NV

Off the Vegas Strip and into the residential districts, Sin City is host to a huge number of happy pet owners. And, with a lower-than-average cost for veterinary care and an easy walkability score, you can be one too!

4. Miami, FL

With 13 dog parks, including the impressive Amelia Earheart Bark Park with its five acres of trails, benches, and drinking stations created especially for our four legged friends, Miami, Florida is a HOT destination for any dog owner.

5. Washington, DC

Our nation's capital is not only a great place for families to sightsee, but dogs are welcomed here, too! A couple of the city's parks offer clean stream swimming for water-loving pups to have a splash, too!

6. Seattle, WA

With their 11 dog parks, average vet costs, and easily navigated by foot, Seattle is the perfect big city for our furriest family members.

7. St. Louis, MO

There's more than meets the Arch in St. Louis, Missouri! Plenty of great dog parks and attractions, this big city welcomes your dogs at many restaurants and theme parks, too!

8. Milwaukee, WI

Milwaukee made the list for their lower-than-average veterinary costs and fair walkability. While dog parks aren't as abundant as other big cities on the list, the ones they do have are exceptionally great.

9. Minneapolis, MN

Offering affordable vet care and an abundance of dog parks makes Minneapolis a great destination for families with dogs. The Twin Cities offer lots of dog-themed events throughout the year.

10. Oakland, CA

With moderate weather year-round, this easily walked city is a hit with dog owners. Plenty of dog parks and great forests for hiking make Oakland the perfect big city for dogs and their humans.

Embellish your dog's collar with a bloom. It's a snap!

DIY Craft - Barkin' Blooms

By Rose Frosek | Photographs by Photos Tanya King

<http://www.moderndogmagazine.com/articles/diy-craft-barkin-blooms/19449>

Your dog will be a hit with a silk-flower-adorned collar. The flourish charms, whether at an impromptu backyard barbeque or a more formal affair, like a wedding (every wedding party needs a flower dog). The embellishment is temporary; affixed with a simple snap, the flower can be removed or changed at whim. Choose any flower you fancy, or pick according to your state's or province's official flower. Just don't go with Arizona's state flower, the giant cactus! And though the dogwood, the flower of both North Carolina and British Columbia, seems very apropos, the silk version will prove near-impossible to find at your local craft or dollar store. Our favorites? Classic roses (New York), camellias (Alabama), or friendly daisies. Get out a needle and some thread; this project's a snap!



Supplies

1. Silk Flower
2. Thimble
3. Metal Snap
4. Needle + Thread

How-To

Step 1 - Use an upholstery needle and thimble to stitch half of a snap to the collar. A fabric collar will be easier to sew through than a leather collar, but any collar will do, provided you can push the needle through.

Step 2 - Stitch the other half of the snap to the base of a fabric flower. Those with a flat fabric bottom are easiest to work with. If your flower has a plastic base and stem, snip off the stem and sew through a couple of petals as close as possible to the plastic base.

Are you attending Nationals in Kentucky

Papillon Club of America's National Speciality will be held May 18-26 in Louisville, Kentucky.

Paphaven will have a very active presence at this year's event. PHR will be conducting two events that you won't want to miss!

Wednesday, May 22

Disaster Preparedness & Relief Seminar

A Disaster Preparedness & Relief Seminar will be conducted by PapHaven during "Nationals" at the:

Crowne Plaza Louisville Airport

830 Phillips Lane

Louisville, KY 40209

Time: 12:30 p.m. in the Convention Conference Room (TBD)


Pre-registration available. Contact Jorolan@catc.net to reserve. Public is Invited.

Thursday, May 23

Canine Gentleman Certification (CGC)

CGC will be conducted in the Main Ballroom at 7:30 p.m.

Pre-registration available. Contact Pat Schmidt at pat@pancero.com to reserve.



PAPILLON HAVEN RESCUE
www.paphaven.org
Conducting CGC Testing

RESCUE
REHAB
REHOME

The image features a logo for Papillon Haven Rescue with the website address and the text "Conducting CGC Testing". Below the logo is a detailed illustration of a Papillon dog sitting, facing left, with its characteristic large, fringed ears. To the left of the dog, the words "RESCUE", "REHAB", and "REHOME" are stacked vertically. The entire graphic is enclosed in a gold-colored border.



Sometimes the best way
to honor the life of the pet
you lost is to save
another...

Don't wait too long ...
a rescue animal is waiting for you!

The advertisement has a black background. On the left side, there are three lit candles of varying heights, casting a warm glow. In the upper left corner, there is a small, bright star with a four-pointed starburst effect. The text is centered in a white, serif font. At the bottom, there is a dark grey rectangular box containing the text "Don't wait too long ... a rescue animal is waiting for you!" in a white, sans-serif font.