

# PetGazette

Asheville Area

November-December 2014

Volume 3 - Issue 6



## Holiday Giving

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Kid's Books  
Pet: Yes or No?  
Project Santa

## Fun Events

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## Resource Guide



Will pets given as Holiday gifts be happy? Pro and con on page 9.



# Calendar of Events November-December 2014

## Ongoing

Please call or email to confirm events since schedules can change.

**Every Wed., Sat., Sun. – 10am.** BW. The Outward Hounds Hiking Club meets at the shelter to take dogs to great hiking spots. Great 1½ hour enrichment activity. Contact [volunteer@bwar.org](mailto:volunteer@bwar.org) for details.

**Every Wed., Sat. – BW.** PetSmart Cat Adoption Events. Times vary. Call 828 808-3440 for schedule.

**Every Sat. & Sun. - 10am-5pm.** Furever Friends Cat Adoptions. Petco, 825 Brevard Road, Asheville.

**Every Sat. – 12pm.** PAPC Puppy Play dates at its dog park. All vaccinated puppies under 1 year welcome for safe socializing.

**Every Sat. – 2pm.** PAPC All Dogs Play dates at its dog park.

**Every Sun. – 12pm.** PAPC Small breed – under 30 lbs. - play dates at its dog park.

**Every Sun. – 2pm.** PAPC Rough Players Play Party. All healthy and friendly dogs welcome.

**Every Sun. – 10am-2pm.** AHS Hiking Hounds. Volunteers take shelter dogs for hikes. Applications, reservations at [ahshikinghounds@yahoo.com](mailto:ahshikinghounds@yahoo.com).

**Every First Sat. – 11:30am-1pm.** Volunteer orientation at AHS, 14Forever Friends Lane, West Asheville. Details at [volunteer@ashevillehumane.org](mailto:volunteer@ashevillehumane.org).

## November

**Sat. - 11/1 thru Wed. - 12/31.** Project Santa food, pet toys, money drive. See article on page 7.

**Sat. - 11/1 – 11:30am-1pm.** Volunteer orientation and tour at AHS, 14 Forever Friends Lane, Asheville. Go to [www.ashevillehumane.org](http://www.ashevillehumane.org) for other dates and times.

**Fri. - 11/7 - 5-8pm.** Heart of Horse Sense Silent Auction to raise funds for free Equine Assisted Therapy for veterans, their families, and at-risk youth. Original art, sculpture, photography at Zuma Coffee, Marshall, NC. Details at [www.heartofhorsesense.org](http://www.heartofhorsesense.org).

**Sat. - 11/8 - 10am.** 5K Run to benefit Mitchell County Animal Rescue. All ages of people and dogs welcome. At First Baptist Church, 125 West Tappan Street, Spruce Pine, NC. \$25 person. Dogs free. 828 765-6952.

**Sat. - 11/8 - 9-10am.** Pooch Essentials Class at AHS, 14 Forever Friends Lane, Asheville. Go to [www.ashevillehumane.org](http://www.ashevillehumane.org) for other dates and times.

**Sat. - 11/8 – 10-11am.** Feline Fundamentals Class at AHS, 14 Forever Friends Lane, Asheville. Go to [www.ashevillehumane.org](http://www.ashevillehumane.org) for other dates and times.

**Sun. - 11/9 – 2-6pm.** Veterans festival at Highland Brewery, Asheville. Live music 3-5 from Preacher Stone, Andy Buckner. Proceeds to Helios Warriors, Heart of Horse Sense for Equine Assisted Therapy. Call 828 713-1203 for details.

**Sun. - 11/9 - 1-4pm.** \$5 dog and cat nail trims at Patton Avenue Pet Company, 1388 Patton Avenue, West Asheville. 828 505-8299. Also Sunday 12/14.

**Sat. - 11/15 - 6-9pm.** AHS Annual Taste of Compassion Gala at Crowne Plaza Expo Center, Asheville. Music. Food. Silent auction for donated goods, services, experiences. Live auction for 2015 Subaru Outback. 828 761-2001 or [www.ashevillehumane.org](http://www.ashevillehumane.org).

**Tu. - 11/18 – 6:30-8pm.** Volunteer tour and orientation at AHS, 14 Forever Friends Lane, Asheville. [www.ashevillehumane.org](http://www.ashevillehumane.org).

**Sun.- 11/23 – 1-4pm.** \$5 cat and dog nail trims at Patton Avenue Pet Company, 109 Patton Avenue, Asheville. 828 255-7737. Also Sunday, 12/21.

**Thu. – 11/27 – Thanksgiving.** Be grateful.

## December

**Wed. - 12/10**

**Sat. - 12/6 – 11:30am-1pm.** Volunteer tour and orientation at AHS, 14 Forever Friends Lane, Asheville. [www.ashevillehumane.org](http://www.ashevillehumane.org).

**Wed. – 12/10 – 6-7pm.** Pooch Essentials Class at AHS, 14 Forever Friends Lane, Asheville. [www.ashevillehumane.org](http://www.ashevillehumane.org).

**Wed. - 12/10 – 7-8pm.** Feline Fundamentals class at AHS 14 Forever Friends Lane, Asheville. [www.ashevillehumane.org](http://www.ashevillehumane.org).

**Wed. - 12/17 - Hannukkah begins**

**Wed. – 12/24 – Christmas Eve**

**Thu. – 12/25 – Christmas Day**

**Fri. – 12/26 – Kwanzaa begins**

## January

**Thur. – 1/1 – 10am-? Inaugural Resolution Run 5K to benefit Brother Wolf.** See article page 6. Update at [www.bwar.org](http://www.bwar.org).

### Legend:

AHS=Asheville Humane Society BW=Brother Wolf Animal Rescue CA=Charlie's Angels Animal Rescue PAPC=Patton Avenue Pet Company

*Happy Holidays*

from all the two and four footed staff at  
**PetGazette**



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# PetGazette

## Pet Resource Guide

**Key:** (N) North Asheville to Weaverville, (E) East Asheville to Black Mountain, (W) West Asheville to Candler, (S) S. Asheville to Fletcher, (MA) Metro Area, (M) Mobile Service. Please refer to ads in this issue for details and contact information.

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# PetGazette

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The opinions and recommendations of contributors are their own, not necessarily those of **PetGazette**.

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**Omission:** We forgot to credit Louise St. Romain for the great September-November cover photo of the painted poodle. We apologize.



Photo by Louise St. Romain, FastCat Photography Studio

Entire PetGazette home office staff.

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## Help Wanted Advertising Sales

Advertising sales position available at Pet Gazette. South Asheville/Hendersonville. Must be cheerful, optimistic pet lover. This is not an "off the books" position; it is commission with a gas allowance. Ability to distribute issues, make phone sales appointments and cold calls necessary. Social media and website ability a plus. Please send letter with brief summary of job experience to Pet Gazette, PO Box 151, Candler NC 28715.



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# Holiday Gifts for Pets and

WNC independently owned pet stores have some unusual items for pets and pet lovers that you just won't find in a big-box store. They are often hand made locally, natural and organic. These local stores have so many other things to choose from that it's possible to find the exact right thing at your budget. See the stores' ads in this issue (or on [www.petgazetteasheville.com](http://www.petgazetteasheville.com)) for contact info.

## **Bone-A-Fide Pet Boutique**

Located right off Cherry Street in Black Mountain.

**Mountain Dog leashes:** Do you climb mountains? ok, hike? So did the creators of these leashes, and started their company right here in WNC. Made from recycled climbing rope, "the original earth-friendly dog leash."



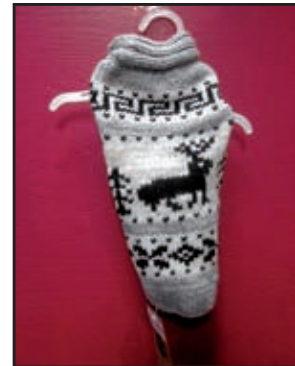
**Tuff Dog/Tiny Dog:** For you or a friend has a dog who chews through everything in about a minute, Ruff Toy is well named and it is specially constructed to last. And there's small squeaker for a tiny dog who can't handle the bigger toys. Handcrafted in the U.S.A.



## **Patton Avenue Pet Company**

Two Patton Avenue store locations, West Asheville and downtown.

**"Chilly Dog"** Hey, it's winter. Get a sweater, handmade of natural organic wool. Many sizes and designs from which to choose.



**Cat Toys!** The one pictured is a great "teaser toy" for their hunting instincts, but there are many more toys, games and catnip items available.



## **Treasured Pets**

Treasured Pets is a right off Patton Ave. on the way to Sams Club.

### **Critter Trail Begin & Connect:**

A habitat for hamsters, mice or other little furry creatures. Expandability ports allow accessories to be added.



**TagNets:** It's a magnet "pin", your statement can now be worn without making a hole in your shirt, backpack, hat, etc. Breed-specific "I love my" Tagnets in a variety of shapes.



## **The TailGait Market**

Located a short distance up Leicester Highway, make a left at the light by CVS.

**Gifts, Gifts, Gifts:** pretty pooches plates, mugs, placemats, etc!



**Scarf shawl:** Unusual lovely paw-printed scarf. Other clothing also.





# Petlovers. Buy Local!

## Mountains to Sea Aquariums

Located on Sweeten Creek Road, turn at the yellow fish sign.

**Silhouette Aquarium Kit:** A desktop unit complete with filter, pump and lights, suitable for setup as a freshwater or salt water aquarium, good for beginners.



**Corals? Fish? Equipment?** Anyone with a marine habitat has wants and needs, but living creatures need expertise. Ask Shawn how to gift.



## Blue Ridge Pet Supply

Located on Rt. 70 in the WNC Shopping Ctr. in Black Mountain.

**Tuffy Toys:** For tuff chewers, and in funny shapes and sizes. What dog doesn't want an octopus?



**Heavy Dog Lifter:** Sometimes our companions just can't jump into the back seat. This item solves the problem by helping the human lift them safely.



**Fundraising Calendar:** The Asheville Humane Society and Pinups for Pitbulls will share the proceeds of a calendar scheduled for release on Black Friday. All the pictures are of local women active in our pet community who posed with BMW cars (Pictured above, Deirdre of Pinups For Pitbulls and Beemer of BMW.) Calendars can be purchased at [www.bmwofasheville.com](http://www.bmwofasheville.com) and Paypal will be available.



## Woof In the Woods Pet Supply Store and Training Center

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## Brother Wolf Runs New Year's Day 5K

It's officially called the Inaugural Resolution Run. It will run through downtown Asheville on Thursday, January 1, 2015. And its runners will be running as if animals' lives depended on it. Because they will. All the proceeds will go to Brother Wolf Animal Rescue, except, perhaps, minus a few dollars for water and aspirin for participants.

The event will start at the Vance Monument at Pack Square at Spruce Street. Runners will hopefully finish at the same place. Runners, walkers and even crawlers of all ages are welcome, as are entire families, no matter how large.

Run day registration starts at 10am, but participants can get a head start on their "no more procrastinating" resolution by registering early. They can also save money by registering early. Fees started at \$19 on September 13, increased twice between then and PetGazette press time, and will increase twice again – once on November 26, once on December 26 – before race day. Then, to start the 2015 Brother Wolf fundraising off with a bang, fees will increase again on New Year's Day.

Runners can also order a long sleeve race tee when they register, and they really should. After all, if one is dedicated enough to running and/or supporting animal rescue in the cold of New Year's Day after the celebrations of New Year's Eve, one should broadcast that dedication on a shirt. Or, perhaps, a billboard.

The 5K (3.1 miles for the kilometrically challenged), will take runners through some of Asheville's most beautiful neighborhood's and past many historic buildings. The route will run along Woodfin to the YMCA, right on Central Avenue to East Chestnut, then left on to Charlotte Street. After making a left on Edwin Place, runners will take another left on to Evelyn Place, then yet another left onto Murdock Avenue to East Chestnut. A right there will take participants to a quick left on Central Avenue. Then a right on Woodfin and a left on North Spruce Street will take them back to the start/finish line.

Runners will be hard pressed not to slow down along the route to admire some of the restored stately homes lining the streets. Unless, of course, they're totally focused on following the basic runner's strategy: Put Foot A in front of Foot B. Put Foot B in front of Foot A. Repeat. Once that strategy has taken the runner past the famous Thomas Wolfe Memorial House and to the finish line, he or she will be rewarded with refreshments and the awards ceremony. There will also be the vendors at whose tents runners will be able to help get Asheville's 2015 retail economy off to a rousing start.

Up to date information on the 2015 Inaugural Resolution Run is available on the Brother Wolf Facebook page, or at [www.bwar.org](http://www.bwar.org). Visit, register, and tell them PetGazette sent you.



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## Project-Santa Runs Fourth Food Drive

Throughout November and December 2014, Project-Santa volunteers will again be collecting donations of food, toys, leashes, collars and money to benefit area no-kill animal shelters and rescue organizations. It is the fourth consecutive year for the drive, and organizer Kyle Kissman is hoping to top 2013's record.


"We took in 1240 pounds of food and treats last year," Kissman said, "so we expect to easily reach this year's goal of 1300 pound." He added that dry pet food tops the list of items needed by Charlie's Angels Animal Rescue (CAAR) and the Blue Ridge Humane Society (BRHS) because of the harsh winter predicted for this year. Then he quickly pointed out that gifts of new and used pet supplies, office materials and cleaning supplies will also be welcomed.

Kissman made one stipulation: "We do not accept food or treats made in China." He added that he was especially pleased with the public reaction to the 2013 "no Chinese products" request. "Of all the donations we received last year, we only received one bag of treats that were made in China. So other than that single

bag, nothing was wasted." Information about drop-off points is available at [www.facebook.com/projectsanta](http://www.facebook.com/projectsanta).

In addition to food, Project-Santa would happily accept large items in good condition. Crates, dog houses, fencing and other large items are some of the things the organization could put to good use in a new home. Volunteers will be available to pick up large items that current owners can't transport. Arrangements for a pick-up can be made by contacting [info@project-santa.com](mailto:info@project-santa.com).

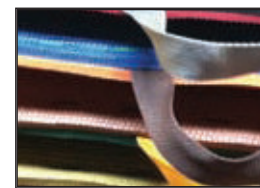
Donors to Project Santa can get free raffle tickets to win prizes donated by area businesses such as Dog Tag Art and Ho Sin Sool Dojang. Free raffle tickets can also be obtained by scheduling a spay/neuter service at a participating vet clinic or shelter, or by adopting a pet at CAAR or BHRS during the collection period.

The public can also participate at one of the eleven locations in Buncombe and Henderson Counties listed below. The three locations identified with an asterisk collect donations for Project Santa throughout the year, not just during the holiday season. 



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# Keep Your Dog Safe from Seasonal Hazards

by Lin Sharp

The fast approaching end-of-the-year holidays fill us with good cheer and sense of generosity. We may feel the urge to share a portion from all our favorite food creations with our beloved pets, especially when those wonderful smells from the kitchen while we are preparing dishes send their little noses into twitch overdrive. For example, my Westie puppy goes into darter fish mode when I'm in the kitchen. With a blinding flash of white fur he comes out of nowhere and snatches up any little tidbit that might accidentally make its way to the floor. Then he quickly snaps back to avoid any interference. In his defense, I will admit that I'm a messy cook so his temptation level remains high. My first response would be to think, "Isn't that cute. How about a little more?" I know better and I stop myself.

Our friends and relatives also get into sharing before, during, or after meals and this can put your pet at risk. Our guests may not be aware that certain food treats for us are toxic to dogs. For instance, chocolate can trigger abnormal heart rhythm, tremors, seizures, or death. Grapes and raisins can induce kidney failure. Macadamia nut poisoning causes muscle tremors, paralysis of the hindquarters, vomiting, and rapid heart rate. As few as six nuts can make a dog ill. Other potential troublemakers are: alcohol, almonds, walnuts, apple seeds,

apricot pits, baby food, bones (meat, fish or poultry), candy containing Xylitol, cherry pits, coffee beans and grounds, hops, mushrooms, mustard seeds, onions and onion powder, peach pits, rhubarb leaves, soda, tea, tomato leaves and stems.

**Pawz-itivity Sharp**



Lin Sharp co-author of "Hey! Can You Hear Us? Messages from Animals"

Most vegetables are safe and a little taste of meat will not hurt. But skip the gravies and richly prepared food and desserts that

can upset an animal's stomach.

The best way to handle unacceptable feeding is to simply ask your guests not to feed your pet. Better yet, keep your dog confined to another room during dinner. Place bowls of food up and out of their reach. Maintain a tight lid on the garbage inside and outside of your home. Especially pay attention to how children or unfamiliar people act around your pets.

Other potential holiday hazards come in the form of decorations. Plants like holly, mistletoe, or poinsettia, Pyracantha berries, and needles from Christmas trees can cause convulsions, coma, and death. Glass bulbs and ornaments, electrical cords, and tree water that could contain preservatives, pesticides, or fertilizer create danger for chewing pets. A tinsel eater might wind up with blocked intestines.

A little preplanning and mindfulness of our pets' needs and safety will go a long way to creating an enjoyable atmosphere for everyone over the holidays.

Saleem, Quinn, Jeff, and I (the Sharp family) wish you and the staff at Pet Gazette a safe and happy holiday season and a terrific beginning to 2015. 🐾

Lin blogs about pets at [PawzitivitySharp.com](http://PawzitivitySharp.com). She is co-author of "Hey! Can You Hear Us? Messages from Animals", available from Amazon or from Crystal Spectrum Publications.

## Avian Holiday Hazards

by Emily Trimnal

During the holidays there are many new and exciting things we use to decorate around the house that can be as dangerous to your avian friend as they are pretty. We want your holidays to be fun and safe, so we are addressing the common holiday household dangers for 2014.

Among the most common decorations for the winter season is mistletoe. This often seen holiday plant that harbors such a fairy tale legend also has a dark side. Mistletoe is part of the Viscaceae family and the form commonly seen in North America is a hybrid plant of both English and European varieties. Mistletoe is famous for bearing its fruit in the winter months, making it a popular decoration during the Christmas season. The red berries that are such a trademark of mistletoe are toxic to our avian friends, as are holly berries. Another favorite holiday plant, the Poinsettia, can cause GI tract irritation if ingested.

Other holiday decorations such as tinsel, angel hair, and other common Christmas tree adornments are made of plastic. They should be kept out of reach of your bird(s) at all times, as they are made of plastic and could become impacted in the crop if accidentally ingested. Your favorite holiday scents can be dangerous to your birds, too. Burning candles should be used with diligence, and birds should always be kept in

the cage if a candle is lit. Candles, which have a bad reputation for lead in the wick, are safer now due to new regulations. More bird owners are beginning to use them again with caution. If you do use a candle, use one that is made out of a natural material such as soy or beeswax and is not heavily scented. Remember, our feathered friends have a respiratory system different than ours. Because of the way the air they breathe travels into their system any scent can be especially irritating.

Remember as you invite guests into your home this holiday season to keep tempting foodstuffs away from your avian companion. Alcoholic beverages, chocolate, and avocado should not be given to your bird under any circumstances.

Of course, with all these cautions, it doesn't mean that your feathered friends can't participate in the festivities of the holiday! Buying a festive bird safe toy to adorn the cage is a safe and fun way to celebrate and keep your companion happy and entertained. Holiday-themed toys are especially fun! Many pet owners also have gotten into the spirit of gift giving with their companions. For added fun, wrap the 'gift' in a piece of newspaper and place in the bird's cage. Watch the bird unravel the present with delight! 🐾

Emily Trimnal is a Certified Avian Specialist, a Level 2 Aviculturist with the American Federation of Aviculture, and a regular contributor to PetGazette. Her blog is Emily's Birds.



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# Two Views On Giving Pets At The Holidays

## The Gift of a New Life

by Trish Loehr

We'll see that bumper sticker any day now. "A puppy is for life, not just for Christmas". When I Googled "pets for Christmas - bad idea," I found 1.5 million results. Some shelters even shut down adoptions over the holidays, trying to reduce impulse adoptions and pet returns.

But how many of us have happy memories of getting pets under the tree or as birthday presents when we were younger? Most of us realize that surprising frail Great Aunt Gertrude with a rowdy Saint Bernard pup may not be the best idea. But what does research tell us about pets given as gifts?

Studies seem to agree that pets acquired as gifts are actually less likely to be given up to shelters than pets acquired from other sources. Scarlett et al. (1999) found that "Unwanted gift" was listed as a reason for only 0.3% of dogs and 0.4% of cats entering the shelters surveyed, while "No time for pet" was a reason 10% of dogs were relinquished and "allergies in family" was a reason 18% of cats were relinquished.

Last year, a survey by Weiss et al. noted "no significant relationship between receiving a dog or cat as a gift, whether a surprise or not, and the receivers' self-perceived love or attachment toward the pet." They also found "no significant relationship between receiving a dog or cat as a gift and whether the pet was still living in the home at the time of the survey."

Do we need to rethink our bumper stickers?

Setting some gift guidelines may also help pets succeed in new homes.

- Make sure the recipient really wants this type of pet, and is prepared to give it proper time and care.
- Get the pet or gift certificate from a reputable source.
- Avoid internet dealers and stores that sell animals, as you may be buying from a puppy mill or other large-volume breeder.
- If your family will be away or overrun with holiday visitors, put some pet supplies under the tree instead of an actual animal. A book, crate, litter box, or food bowl, plus a gift certificate for a pet at the shelter after the holidays, will do nicely.
- If you are giving a pet to a child, whether yours or someone else's, recognize that the ultimate responsibility for feeding, vetting, training and cleaning up will be the parent's. So be sure they want the animal. Consider adding a gift certificate for a dog training class — a well behaved dog is more likely to stay in their new home.

Rethinking the idea that most gift pets will be returned when the novelty wears off may just help save some lives this holiday season. Many shelters even offer "Home for the Holidays" types of promotions, which mean many animals will benefit with the best gift of all, a home of their own. 🐾

Trish Loehr owns *Loehr Animal Behavior*, and can help your new pet settle in. Reach her at [www.loehranimalbehavior.com](http://www.loehranimalbehavior.com).

## Christmas Pets Problematic

by Ryan Jo Summers

The tree is aglow with lights and decorations. Carols play. Pretty presents sparkle with colorful paper and bows. And inside one is a special gift: The children are getting their very own puppy or kitten.

The perfect holiday scene we all dream of, right? Little Bobby or Suzy pulling the top off a wriggling box to reveal, amid their delighted gasps, a furry little bundle of fluff wrapped in a satiny bow. Awww. What could possibly go wrong with this postcard scene?

Well... plenty. The following is a brief checklist to consider before surprising the kids—grown or small—with an unexpected pet this holiday season.

Number one—**Surprises** are not always a good thing or welcomed. Adults might not be ready or willing for the commitment a sudden pet will require. They might still be mourning a previous pet, be enjoying their pet-free freedom, or simply be needing a breather for now. There are many reasons people choose not to have a pet and sometimes we are not clued in to them, thus making a sudden surprise for them or kiddies a bad idea.

Number two—**Responsibility**. Small children often can't handle the responsibility of a pet. Getting a youngster a dog or cat with the notion of teaching them responsibility will very often backfire. It's much better to start with something smaller. Fish and pocket pets are

good starter pets for very young children. Later, once they learn to appreciate small animals and still want another pet, they can graduate to something bigger.

Number three—**Travel**. This is a big, often overlooked issue. Holidays are busy. We're running off somewhere or having people coming to see us. The house schedule is often upended, turning into a chaotic blur of activity. Does this *really* sound like the best time to introduce a pet? Puppies have to be walked and potty-trained. Kittens need attention too. The furry baby's whole life has just been uprooted from mom and siblings to be plunked into a new household. That is seriously stressful. And if the family is going away, will the new pet face even more upheaval and change? Is that really fair?

It would be far better to wait until life calms back down to normal. If Bobby or Suzy are really old enough for a pet and Mom and Dad are committed to the idea, create an I.O. U.

Wrap a box with a photo of the promised pet and a few of its necessary supplies. Perhaps add a list of suggested names and include a fact or care sheet or book. Write a big I.O.U. card, sealed with a kiss and an ink paw print or sticker. 🐾

Ryan Jo Summers has done about everything in the pet world except become a veterinarian. She is an owner of many pets, a rescue volunteer, a former veterinary technician and a former boarding kennel owner. She is also an author whose latest book, *Shimmers of Stardust*, was published by Soul Mate Publishing in September.

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## Asheville Area Pet Friendly Lodgings

Asheville is such a pet friendly place that it might have been easier to list lodgings that *aren't* pet friendly. But PetGazette is so reader friendly we decided to provide a list of pet friendly lodgings' names, addresses, phone numbers and web sites to make it easier to make reservations for holiday visitors.

All locations are in Asheville unless otherwise **noted**.

### Pet Friendly Hotels and Motels

**Aloft Hotel**  
51 Biltmore Avenue  
828 232-2838  
aloftashevilledowntown.com

**Best Western – Biltmore East**  
501 Tunnel Road  
828 298-5562  
bestwestern.com

**Biltmore Residences**  
700 Biltmore Avenue  
828 772-6601  
ashevillecondohotel.com

**Biltmore Village Lodge**  
117 Hendersonville Road  
828 277-1800  
Biltmorefarmhotels.com

**Clarion Inn Airport**  
550 Airport Road, **Fletcher**  
828 684-1213  
ashevilleclarion.com

**Comfort Suites**  
**Biltmore Square Mall**  
890 Brevard Road  
828 665-4000  
ashevilenccomfort.com

**Days Inn – Asheville Mall**  
201 Tunnel Road  
828 252-4000  
daysinn.com

**Days Inn – Candler**  
2551 Smokey Park Highway,  
**Candler**

828 667-9321  
daysinn.com

**Days Inn – Biltmore East**  
1435 Tunnel Road  
828 298-4000  
daysinn.com

**Doubletree by Hilton**  
115 Hendersonville Road  
828 274-1800  
doubletreeasheville.com

**Downtown Inn & Suites**  
120 Patton Avenue  
828 254-9661  
downtowninnandsuites.com

**Extended Stay America**  
6 Kenilworth Knoll  
828 253-3483  
extendedstayamerica.com

**Four Points by Sheraton**  
22 Woodfin Street  
828 253-1851  
starwoodhotels.com

**Grand Bohemian**  
11 Boston Way  
828 505-2949  
bohemianasheville.com

**Haywood Park Hotel**  
1 Battery Place  
828 252-2522  
haywoodpark.com

**Hilton – Biltmore Park**  
43 Town Square Boulevard  
828 209-2700  
hiltonasheville.com

**Holiday Inn**  
1450 Tunnel Road  
828 298-5011  
ihg.com

**Hotel Indigo**  
151 Haywood Street  
828 239-0239  
hotelindigo.com

**Motel 6**  
1415 Tunnel Road  
828 299-3040  
motel6.com

**Mountaineer Inn**  
155 Tunnel Road  
828 254-5331  
mtinnasheville.com

**Posh**  
8 Village Lane  
828 337-3140  
poshboutiquehotel.com

**Quality Inn & Suites**  
1 Skyland Inn Drive,  
**Arden**  
828 684-6688  
biltmorefarmshotels.com

**Quality Inn & Suites**  
1430 Tunnel Road  
828 298-5519  
qualityinn.com

**Ramada River Ridge**  
800 River View  
828 298-9141  
ramadariverridge.com

**Red Roof Inn**  
16 Crowell Road  
828 667-9803  
redroof.com


**Renaissance Asheville Hotel**  
31 Woodfin Street  
828 252-8211  
renaissanceasheville.com

**Residence Inn Biltmore**  
701 Biltmore Avenue  
828 281-3361  
biltmorefarmshotels.com

**Rodeway Inn**  
8 Crowell Road  
828 667-8706  
rodewayinn.com

**Sleep Inn Biltmore**  
1918 Old Haywood Road  
828 670-7600  
asheillesleepinn.com

**Super 8 Asheville**  
180 Tunnel Road  
828 505-4648  
super8.com

\*For those who will be hosting visitors and their dogs, there's an article on page 11 with tips from trainer Steve Canady, aka The Dogfather. 

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# How to Happily Host A Visiting Canine

by Jim Marks with Steve Canady

Dog trainer Steve Canady, aka The Dogfather, gave PetGazette some helpful hints for hosting a canine guest.

The first thing Canady recommended was to have the dogs meet on neutral ground. Dogs can be very territorial, so you don't want the new dog to look like an invader, not a visitor. "Meet at a pre-arranged spot and take them for a proper walk," Canady said. "If possible, let them be off leash. A leash can increase a dog's tension when it's meeting another dog," he added. "And more tension is the last thing you want." Ideally, the dogs should be allowed enough off-leash time together to get comfortable before going to the hosting home.

Once home, let the visiting dog go in first. That lets the resident dog know the visitor is a welcome guest.

"Be sure you haven't left any dog toys, or chews, or food around," Canady emphasized. "That could create a problem!" If conflict starts, step in and stop any bad behavior immediately. "You have to be the lead dog," Canady said. "Establish the rules firmly, and the dogs will stay within them."

After the visitor has had a chance to explore a bit, toys can be introduced. Give each one a familiar favorite and let them play separately or together, as *they* choose. Eventually, one will decide to leave his own toy and check out the other's favorite. That's

fine if it doesn't arouse aggression. But if it does, step in right away. "Show them again that you're the lead dog and you won't tolerate aggression," Canady said.

At feeding time, keep the bowls separate and supervise the meal. "Stay between the dogs until both are finished," Canady said. "Then you can let them do their bowl checking. It's standard procedure."

Canady said free feeding is an especially bad thing to do when there's a visiting dog in the home. "If there's one thing dogs will fight over, it's food," he said. "So don't leave any out to argue about."


Children should be taught to welcome the visitor, but not *too* enthusiastically. Loud greetings and sudden movements could scare the visitor and make him defensive. Behavior should be quiet, calm and gentle. The dogs will appreciate it, and so will the adults.

At bedtime, the visitor should stay with his owner and be crated. Once the dog is comfortably inside with his familiar bedding and a toy or two, the crate should be covered. "Crates give dogs a real sense of security," Canady said. "They're like a portable cave that provides protection all around."

Both dogs should be kept to their regular routines. Feeding schedules, especially, should be followed as closely as possible. And if the dogs seem to be getting along, their walks, outdoor play and "business trips" can be done together. If their schedules aren't exactly the same, the time difference

can be split. Dogs are creatures of habit, but they don't wear watches.

Be aware of noises – especially common noises the resident dog might be used to, but the visitor might find upsetting. Ambulance or police sirens, train whistles and car horns are good examples. Canady says a dog can be trained to ignore those noises by putting peanut butter on his nose and then playing recordings of the noises at HIGH VOLUME. The dog will be so focused on the peanut butter that he will soon be comfortable ignoring the noise.

The basic rule is to use large doses of common sense and preparation. Ask in advance about the visiting dog's habits and try to accommodate them. Have a training air can or similar noise-making device handy to use as negative reinforcement if a dog behaves badly. Watch for signs of stress – tail down, ears back, head lowered, panting – and try to reassure the dog with normal language in normal tones, or distracting games. Overly solicitous language could send a message that something really is wrong. Don't leave the dogs alone and loose in the home, at least until you're positive they get along well. Crate one or both while you're away. They'll be comfortable, and you won't come home to a holiday disaster. 

Steve Canady runs *SpecializedK9Services*, part of *Woof in the Woods* pet center in Fairview. Reach him at 828 222-2222, or [specializedK9services.com](http://specializedK9services.com).

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## Does Equine Therapy Work for Veterans?

by Shannon Knapp



As Veterans Day approaches, this is a great time to stop and think about how animal therapy and specifically equine therapy can benefit our Veterans. More is being understood and realized each day about the amazing therapeutic benefits of pairing horses with Veterans and their families. Over thirty different VA's around the country collaborate with some kind of equine therapy program, including our own Charles George VA Medical Center here in Asheville. Even Veterans Affairs at a national level is paying attention, as demonstrated by the VA.gov website's recent post of a video and an article on equine therapy for Veterans (see "Reining in PTSD with Equestrian Therapy", Sept. 18, 2014 or visit the [Heart of Horse Sense Facebook page](https://www.facebook.com/HeartofHorseSense) for link).

There are several main ways to make a difference for Veterans and their families utilizing horses. A brief overview of some of the "formal" interventions follows:

EAGALA-Model Equine Assisted Psychotherapy (EAP). The work is always done in a treatment team approach with a mental health professional and an equine specialist, and all work is done on the ground (unmounted). Learn more at [www.EAGALA.org](http://www.EAGALA.org).

PATH International Therapeutic Riding. The goal of this approach is to create independent riders out of folks who come with a variety of challenges, whether physical, mental or emotional. Many veterans who participate


in Therapeutic Riding may have Traumatic Brain Injury, PTSD, Amputations, or other physical/mental/emotional issues. Learn more at [www.PATHIntl.org](http://www.PATHIntl.org).

Trauma-Focused EAP (TF-EAP). This method integrates unmounted work with mounted work. It utilizes the team approach often associated with EAGALA but adds mounted work, in the form of Rhythmic Riding. This allows for the bilateral stimulation of the brain commonly referred to as a key element in successful trauma treatment. Learn more at [www.NaturalLifemanship.com](http://www.NaturalLifemanship.com).

Whatever specific program is used, the results of this new and innovative approach to healing injured Veterans are quite clear: **EQUINE THERAPY WORKS!**

On a local level, the Charles George VA of Asheville has been utilizing Equine Therapy for many years. Initially in the form of Therapeutic Riding with a variety of organizations, Asheville's VA now brings a multitude of groups out for Equine Therapy. In addition, new groups are signing up each month to take advantage. Here's a sampling of what veterans in the EAP programs are saying:

- "This experience helped me relax and recognize how I may be perceived by others"
- "The experiences with the horses really take me out of my head and put me in the moment".
- "In my time at Horse Sense, I learned that I am capable of facing my fears and calming myself down."
- "I felt for a long time that my life was coming to an end and I wasn't very old for my life to be over."
- "It's the first time in many years I have felt comfortable and safe."

In short, as Winston Churchill famously said: "there is something about the outside of a horse that is good for the inside of a person." And the veterans getting equine therapy agree. 

Shannon Knapp is Executive Director of Heart of Horse Sense ([www.heartofhorsesense.org](http://www.heartofhorsesense.org)), a non-profit organization fundraising to support equine therapy for Veterans and their families and for At-Risk Youth in WNC. See the Calendar of Events on page 2 to learn about fundraising events on November 7 and November 9.

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# Protect Pets from Holiday Threats

by Karel Carnohan, DVM

The Holidays are coming! Pets are known to spoil a good Thanksgiving dinner or Christmas party by getting into trouble. So here are some things to be aware of to prevent a costly trip to the emergency clinic.

**CHOCOLATE:** Chocolate is like cocaine to pets and can be deadly if enough is consumed. Bakers and dark chocolate are much more dangerous than milk or white chocolate. A big dog would need to eat a lot of milk chocolate to get sick, but if he eats a bar of baking chocolate, he could die. Symptoms occur within 6 to 12 hours of ingestion and begin with vomiting, drinking excessively, diarrhea, and restlessness. It progresses to hyperactivity, tremors, seizures, hyperthermia and coma. Death is caused by heart arrhythmias and respiratory failure.

Here are some guidelines to help you determine if you should rush Buddy to R.E.A.C.H.:

A small dog (5lb) can eat 1 oz. of milk chocolate but not 3 oz. Even 1 oz. of dark chocolate in a small dog can be dangerous.

A med dog (10lb) must eat 3 oz. of milk chocolate to get sick and can tolerate 1oz. but not 2 oz. of dark chocolate.

A big dog (35lb) can gobble up to 8 oz. of milk chocolate, but when he gets to 10 oz., take him to emergency. He will be in danger eating over 4 oz. of dark chocolate. Almost any amount of semi-sweet or baker's chocolate is dangerous.

Just to give you perspective; a Hershey

bar of milk chocolate is 1.6oz. So just one of these bars is dangerous to a small dog. A bag of Ghirardelli's semi-sweet chips (more dangerous than dark) is 12 oz., so it is very dangerous if partially consumed by even a big dog. Many of the popular candy bars don't have much chocolate in them and most of it is milk, but designer chocolate bars with 78% cacao are very toxic.

If you aren't sure, take your dog to the emergency clinic.

**TABLE SCRAPS:** Oh, I know – it is hard to resist those pitiful eyes looking up at you while you eat your delicious turkey dinner, but a cat or dog's digestive system can go into overload with rich food they are not used to. The big risk is pancreatitis, which is life-threatening. Both cats and dogs get extremely sick and their livers can fail. Less deadly is diarrhea due to intestinal bacterial overgrowth. It is okay to give Buddy and Fluffy a SMALL amount of lean meat as a treat but please keep it small.

Foods pets should NEVER eat because of toxicity are ONIONS, GRAPES & RAISINS, GARLIC, MACADAMIA NUTS, COFFEE and AVOCADOS. If you are a baker, RAW BREAD DOUGH is extremely dangerous since it expands in your pet's stomach. Sugarless gum and candies that contain XYLITOL are also very dangerous.

**TOXIC PLANTS:** Table centerpieces and holiday flower arrangements are a lovely addition to your home during the holidays, but keep them away from the pets. Cats are

especially attracted to plants in a vase and will chew and ingest potentially toxic ones. In addition, I have seen broken glass injuries from those tempting vases. MISTLETOE, PINE NEEDLES, HOLLY and any kind of LILY, including day lilies, Amaryllis and Asian lilies are all toxic. HOPS are toxic too, so no double IPAs for pooch. RHUBARB can fry a dog or cat's kidneys. Many ornamentals such as CARNATIONS, CHRYSANTHEMUMS, PEONIES, ELEPHANT EARS and SAGO PALMS all have varying toxicities. POINSIETTAs can cause mild burning in the mouth and hypersalivation, but are not all that toxic. Best just to keep the plants out of reach. If you need help, the ASPCA has a good website and an emergency hotline at <http://www.asPCA.org/pet-care/animal-poison-control>.

**THE CHRISTMAS TREE:** One Christmas it took only 30 minutes for my cat to bring the tree crashing down. I had to anchor my tree to the wall to prevent it from crashing twice. Blunt trauma, electric shock and broken glass are all dangers of a toppled tree. Risk of fire from frayed cords and dried trees is very real. Please plug in your tree lights only when home and make sure your trees doesn't get too dry.

Have a wonderful holiday season this year and keep your loved ones safe. 🐾

*After a long career in finance, Dr. Carnohan returned to school and graduated from the Kansas State College of Veterinary Medicine at the tender age of 50. She bought the Cat Care Clinic of Asheville in August 2013.*



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# Kids Holiday Gift Books

## *The Lost Kitten* by Maria Alony

Emma's bedroom was filled with wonderful things, but there was just one problem—Emma's room was a mess! As time passed, her room grew messier and messier, until...one day a mysterious thing happened. Something special to Emma disappeared! "I read this to my 3 year old a few times a week and she loves it! She can't get enough and she never gets bored of me reading the same story over and over again. Haha, wonderful. Happy with this purchase."-- Jake. Kids Ages 2 - 8.

## *Sweet Pete:* *A story about a bunny* *who ate too much sugar* by Maria Alony & Heidi Rodis

Does your child eat too many sweets and you find it hard to change that behavior? Such is the problem of our hero, Sweet Pete, a happy little bunny who only likes to eat sweets. Lots and lots of sweets. But one day something magical and very strange happens and Pete realizes that sweets are not so sweet after all! This entertaining book for *preschool* age and **beginner readers** illustrates the problem of over-indulging in sweets and offers the alternatives of healthy eating and delayed gratification in a way that young children can understand and internalize.

## *Don't Think You Can't* by Evgeni Lagutin

This children's book is one of many kids books telling us a story about a rabbit, yet our rabbit is a very special one, is a successful rabbit, who sees the target, (to eat the gorgeous tomato), and get it! Successfully!!!

On the other hand, the rabbit's friend, the crow, is dying for a bite of the big and beautiful tomato, yet, can't manage to get even a small bite of it, for the fear of the hungry wolf. The rabbit has no problem getting at the tomato and happily gobbling it all up to the last bit, though he too is afraid of the wolf. Children's books ages 4 -12.

## *National Geographic Kids 125 True Stories of Amazing Pets: Inspiring Tales of Animal Friendship and Four-legged Heroes, Plus Crazy Animal Antics* *Paperback*

by National Geographic Kids

Meet Paco the pint-size Chihuahua who scared to masked robbers out of a convenience store; a pet cat that takes swimming lessons, a parrot that rides a scooter, a cat that plays piano, a Pomeranian pooch that swallowed \$10,000 worth of diamonds, a dog that adopted a newborn potbellied pig, and many other amazing pets. This page-turner offers 125 heart-warming and hilarious anecdotes, illustrated with full-color photos of these intriguing animals. Stories include unlikely animal friends, animal heroes, amazing animal tricks, wacky truth-is-stranger-than-fiction stories of animal antics, and more. Plus, loads of animal facts sprinkled throughout the book.

## *The Complete Guide to Holistic Cat Care: An Illustrated Handbook* by Celeste Yarnall

Celeste Yarnall's time-tested natural and holistic expertise gives cat owners insight into natural alternatives in food, medication, alternative therapies, and healing practices, improving the lives of feline friends and well as their caregivers. With Dr. Jean Hofve, the esteemed holistic veterinarian, she explores nutrition as preventative medicine, vitamin and mineral supplements, herbal remedies, homeopathic treatments, and groundbreaking anti-aging modalities never before published in a pet care guide. *The Complete Guide to Holistic Cat Care* also includes a complete bibliography and a list of suppliers of holistic remedies and services. As with all other pet health guides, it is a comprehensive resource intended to complement veterinary care, not replace it.

## *Guinea Pigs* *(Barron's Pet Handbooks)* by Sharon Vanderlip D.V.M.


Barron's Pet Handbooks are written, designed, and illustrated in much the same attractive style as Barron's best selling *Complete Pet Owner's Manuals*. However, *Handbooks* have a larger page-count and with it, more extensive and detailed coverage of each title's subject pet. This brand new handbook for guinea pig owners provides a wealth of information on the animal's anatomy and life cycle, plus advice on caging, feeding, breeding, and health care.

## *Your Pony, Your Horse: A Kid's Guide to Care and Enjoyment* by Cherry Hill

This book provides easy-to-follow instructions for caring for your horse in the best possible way. You'll learn how to choose the right horse for you, how to feed and protect him, how to keep him healthy and happy, how to handle and work with him safely, and where and how you can show him. For ages 9 and up. "...marketed for children, but even rookie adults will find it readable with being insulting... many, many illustrations...lots of eye-grabbing side-bars and informative boxes...this book is practical. It's clear."

— *National Sporting Library & Michael Plumb's Horse Journal*

## *Puppy Training for Kids* by Coleen Pelar & Amber Johnson

Kids and dogs are naturally attracted to each other, and this brand-new title tells boys and girls what they need to know about exercise for their puppy, selecting chew toys, clicker training, teaching their puppy to meet both human and animal friends, and much more. Subjects covered are Purchasing puppy supplies, Housetraining and socializing your puppy, Understanding your puppy's behavior and body language, Keeping your puppy out of trouble, The basics of puppy training, and Fun and games with puppies. 



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- ☒ Be Awesome
- ☒ Make New Friends
- ☒ Do the Resolution Run 5k!

ACCOMPLISH ALL OF THESE AND MORE BY JOINING UP FOR THE RESOLUTION RUN HELD IN DOWNTOWN ASHEVILLE, NC ON NEW YEARS DAY 2015.








## A Dog in Mourning: Helping Our Pets Cope with Loss *from cesarsway.com*

Just like with humans, no two dogs are alike and neither are their responses to death and loss.

A dog that experiences any kind of major change, such as the introduction of a new child or a move of residence, can show signs of depression, says Dr. Christopher Pachel, a Board Certified Veterinary Behaviorist. But when an extremely, socially bonded dog

loses a member of the family, whether it's another dog in the household or a human companion, the physical signs of depression can show up at greater heights and lengths. This may lead to a loss in appetite, lowered

water intake, sluggish response to humans and other pets, a loss of interest in play or physical activity, and even a mournful howl here and there.


The symptoms can also increase gradually over weeks or months. If you've noticed these symptoms in your pet, it's best to get the dog to a vet as soon as possible to rule out any potential physical illness. While it's safe to show your pet a little patience, human emotions and behaviors can

also feed in to the dog's mood or behavior, suggests Dr. Pachel. "It's a natural human tendency to want to console, to comfort, to soothe, to nurture, yet it is possible to feed in to the negative emotional process," Dr. Pachel says. For instance, "if the dog is reluctant to eat and then gets more attention for sitting by the bowl rather than eating that's a great way to create a picky eater."



Maintaining a normal routine for your pet, such as maintaining a familiar eating time or playtime, is the best way to help with the transitional process. In the case of an extremely depressed dog, you can also add to

your dog's normal routine to raise serotonin levels, which may have a positive impact on your dog's behavior. A dog that doesn't get much playtime could benefit from a short walk or exercise.

When one dog in a two-dog household is gravely ill, it may help for the healthier dog to be present during euthanasia, or at least for the animal to see the deceased dog's body, says Dr. Pachel. It just may help the dog to understand the process better. 


### Highschoolers Organize 5K Rescue Run

The inaugural 5k event to benefit Mitchell County Animal Rescue will start and end in Spruce Pine, NC at the First Baptist Church at 125 Spruce Street on Saturday, November 8.

Registration for the run will start at 8:30am and be open until 10am. The \$25 entry fee will be used to benefit animal rescue. Participants of all ages are welcome, and are invited to have their dogs run along with them. First, second and third place prizes will be awarded for runners on their own, and runners

accompanied by their dogs.

Mitchell High School students Kassie Lynn Peterson and Laura Miller conceived and organized the 5K as their community service project. Their motto is "two seats, four paws, one cause". The official name of the fundraising 5K is "P.A.W.S for a Cause", with the capital letters standing for Pets Are Worth Saving.

For more information or details about the 5K fundraising run, call Mitchell County Animal Rescue at 828 765-6952. 



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# Eat, Drink and Raise Money

The 11th Annual Taste of Compassion fundraiser for the Asheville Humane Society (AHS) on Saturday, November 15 will be in the Expo Center at Asheville's Crowne Plaza Resort. It will present pet lovers with the perfect way to spend an evening.

The evening is being presented by the Animal Hospital of North Asheville, long a major supporter of area animal rescue organizations. The festivities will start at 6pm and end at 9:30. Participants will combine eating, drinking, listening, looking, bidding and buying, with all proceeds from the bash going to AHS.

There will be live music, plus wine and food from around the globe. Not just ordinary wine and food, of course, but a special sampling of 20 wines, an array of vegetarian hors d'oeuvres, and a selection of desserts so tempting they were banned by the Geneva convention.

Before, during and after the wine and

food tasting there will be a silent auction for goods, services and experiences donated by generous pet loving Ashevilleans. Everything from jewelry to art to pet

a 2.5-liter SUBARU BOXER® engine, 33/25mpg, Symmetrical All Wheel Drive, and more bells and whistles than the Michigan Marching Band. Plus his or her choice of color.

More details are available at [www.info@ebouressa@ashevillehumane.org](http://www.info@ebouressa@ashevillehumane.org).

Local sponsors of the 2014 Taste of Compassion include, but are not limited to: Aloft Downtown Hotel; The Gold Spot, iheartmedia-asheville; Mutual Distributing Company; R.E.A.C.H.; Western Carolina Veterinary Surgery; Alan's Jewelry and Pawn; abc News 13 WLOS; Asheville Compounding Pharmacy; Happy Tails Country Club; 3 Dog Bakery; curbie.com; Lexington Avenue Brewery; Atlanta Bread; Home Trust Bank;

Charlotte Street Animal Hospital; Broken Egg Café; Cecilia's Kitchen; Travinia Italian Kitchen and Wine Bar; Filo; The Local Taco; King James Public House; and The Fresh Market.



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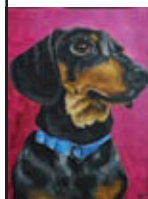
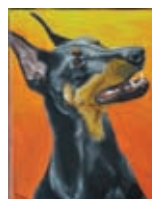
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