

PetGazette

Western North Carolina

May-June 2018

Volume 7 - Issue 3



Upcoming Events

Dog shows
Golf tournament
Mutts Gone Nuts
Pet photo contest
Yappy Hour

Health

Diet Supplements II
Horses and PTSD
“Shocking” new therapy

Behavior

Adding unexpected pets
Crate Training
Meet Your Dog book

Pet Memorials

Calendar of Events

But wait, there's more

Guinea Pigs
Petsitters do more
Puppy or kitten?

Cotton, owned and photographed by Mike McMullen, won Best of Show in Feline Urgent Rescue photo contest. More winners on page 4.

Calendar of Events May-June 2018

Legend: AKC=Asheville Kennel Club AHS=Asheville Humane Society BRAC=Blue Ridge Agility Club BRHS=Blue Ridge Humane Society BWAR=Brother Wolf Animal Rescue CAAR=Charlies Angels Animal Rescue FUR=Feline Urgent Rescue HOHS=Heart of Horse Sense LLE=Long Leash Event

May

Chip Your Pet Month
Pet Cancer Awareness Month
Responsible Animal Guardian Month

Tu.5/1 – Thur. 5/31. AHS Online Pet Photo Contest. Send photo and story of your favorite pet. They will be posted online and friends, family, total strangers can vote for them at \$1 per vote. Pet whose photo raises most money will be named WNC Pet of the Year and win other prizes. Details at ashevillehumane.org
Thur. 5/3 – National Specially-abled Pets Day
Fri.5/4 – 2-4pm. AHSTea with Cats at Ivory Road Café, 1854 Brevard Rd., Arden. \$25 per person, of which a \$10 deposit must be made when making needed reservation. Contact jill@ivoryroadavl.com or (828) 676-3870.
Sat. 5/5 – 8am-noon. CAAR Spring Yard Sale. 5526 Hendersonville Rd., Fletcher. charliesangelsanimalrescue.com

Sun. 5/6 – Sat. 5/12. National Pet Week
Sun. 5/6 – Sat. 5/12. Be Kind to Animals Week
Wed. 5/9 – Carol Marks’ birthday
Fri. 5/11 – Sun. 5/13. BRHS Mother’s Day Adoptions. Adoption center, 88 Centipede Lane, Hendersonville. blueridgehumane.org or 828 692-2639
Sat. 5/12 – National Animal Disaster Preparedness Day
Sat. 5/12 – Jim Marks’ birthday
Sat. 5/12 – 12-4pm. Pints for Pups at Bold Rock Mills River. Adoptable pups, vendors, games. \$1 per pint sold to AHS and BRHS. blueridgehumane.org or 828 692-2639.
Sat. 5/12. – 2pm. Mutts Gone Nuts benefit performance for BRHS. Flat Rock Playhouse, Flat Rock. Adults \$32, children \$16. blueridgehumane.org or 828 692-2639.
Fri. 5/18 – Oskar Blues Fugli Beer Release Party and Adoption Event. 342 Mountain Industrial Dr., Brevard. \$1 to AHS for each pint of Fugli sold. All adopters also get Fugli swag bag. blueridgehumane.org or 828 692-2639.

Sat. 5/19 – 10am-noon. HOHS Volunteer Orientation, Tour and Demonstration of Equine Assisted Therapy. 6919 Meadows Town Rd., Marshall. heartofhorsesence.org
Fri. 5/25 – Mon. 5/28. Blue Ridge Classic of the Carolinas, WNC Ag Center, 1301Fanning Bridge Rd., Fletcher. Hendersonville Kennel Club, Spartanburg Kennel Club and Blue Ridge Agility Club present conformation, obedience, rally and agility competitions. Details at wncagcenter.org or 828 687-1414.
Sat. 5/26 – 1:30-3pm. AHS Behind the Scenes Tour, 14 Forever Friend Lane, Asheville. Free. Learn about AHS programs and how team works to save animals. Also 6/23. blueridgehumane.org or 828 692-2639.
Sat. 5/26 – 10am-noon. CAAR Adoption Event. BMW of Asheville, 649 Airport Rd., Fletcher. charliesangelsanimalrescue.com
Mon. 5/28 – Memorial Day

June

ASPCA's Adopt a Shelter Cat Month

Sun. 6/3 – Sat. 6/9. Pet Appreciation Week
Mon. 6/4 – Hug Your Cat Day
Mon. 6/4 – 1-6pm. 15th Annual Golf Fore the Animals, Kenmure Country Club, Flat Rock. Proceeds go to BRHS medical fund for animals awaiting adoption. Four man Captain's Choice format, \$125 per player. Team prizes, longest drive and closest to the pin contests. Registration due by Monday, May 28. blueridgehumane.org or 828 692-2639.
Fri. 6/8 – Best Friends Day
Fri. 6/8 – 5:30pm thru Sat. 6/9 – 12 noon. LLE. Dogapalooza Weekend. 4PawsKingdom, 335 Lazy Creek Dr., Rutherfordton, NC. Dog training, grooming seminar, doggy massage, dog trivia, more. 4pawskingdom.com
Sat. 6/9 – 1-5pm. HOHS Mane Event. Family fun at 6919 Meadows Town Rd., Marshall. Equine therapy, rhythmic riding demonstrations, live music, scavenger hunt, face painting, more. \$10 adults, \$5 children under 12. heartofhorsesense.org
Sat.6/9 thru Sun. 6/10. 8am-5pm. AKC All Breed Dog Shows, WNC Ag Center, 1301 Fanning Bridge Rd., Fletcher. Canines working toward championships. Meet dogs, breeders, vendors. Spectators welcome, non-competing dogs not. Admission free, parking \$5. wncagcenter.org or

828 687-1414
Thur. 6/21 – Take Your Cat to Work Day
Fri. 6/22 – Take Your Dog to Work Day
Sat. 6/23 – 10am-noon. HOHS Volunteer Orientation, Tour and Demonstration of Equine Assisted Therapy. 6919 Meadows Town Rd., Marshall. heartofhorsesence.org
Sun. 6/24 – 5-8pm. Sundays Live at Aloft, 51 Biltmore Ave., Asheville. Dog friendly concert. \$5 donation at door. Proceeds to AHS. Raffle drawing. blueridgehumane.org or 828 692-2639
Sat. 6/30 – 10am. BRHS Tails and Trails hike up Bearwallow Mountain with two and four-legged friends. \$20 fee includes event shirt. Proceeds to BRHS and Conserving California. For more, contact Angela at aprodrick@blueridgehumane.org or call 828 692-2639.
Sat. 6/30 – 11am-2pm. AHS Low-cost vaccine and microchip clinic, Spring Mountain Community Center, 807 Old Fort Rd., Fairview.

Ongoing

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

Every Saturday morning - 10-11am. BRHS Yoga with Cats! A fantastic yoga class with YAM Yoga and Massage plus the opportunity to mingle with adoptable cats. Venues change. Details at blueridgehumane.org, 828 885-3647
Every second Tu. of the month: Hendersonville Paws for Love tests potential therapy dogs. Venues vary. Sign up, get directions at 828 553-4085
Every Wed., Sat., Sun. - 10am. BWAR. Outward Hounds Hiking Club meets at shelter to take dogs on hikes. volunteer@bwar.org.
Every Sat. & Sun. - 10am-5pm. Furever Friends Cat Adoptions. Petco, 825 Brevard Road, Asheville. fureverfriends@att.net; 828 398-4943
Every Sun. - 10am-2pm. AHS Hiking Hounds. Take shelter dogs for hikes. ashevillehumane.org
Every First Sat. - 11:30am-1pm. Volunteer orientation at AHS, 14Forever Friends Lane. volunteer@ashevillehumane.org.

PetGazette’s

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PetGazette

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New book promotes new way to look at dogs

by Jim Marks

Asheville dog expert and author Kim Brophrey thinks we make a mistake when we treat our dogs like pets and wants to correct the situation. That’s why she wrote “Meet Your Dog”.

In 249 color coded pages, Brophrey explains why she thinks we have been viewing dogs incorrectly. Then she lays out in detail her science-based system for interacting with our dogs as they really are, rather than as we think they are, or think they should be.

Brophrey is the owner of The Dog Door dog behavior center and store in downtown Asheville, but that is just a small part of her credentials as a canine behavior expert. She has spent years studying dogs from a scientific viewpoint, and actually earned a degree in applied ethology, which is the study of the behavior of animals kept in homes, farms or zoos. Her studies led her to conclude that conventional dog “training” methods fail to take a dog’s true nature and genetic hard wiring into account. Brophrey’s system is called Dog L.E.G.S.(R). The letters stand for Learning, Environment, Genetics and Self, the components that combine to create each dog’s unique identity.

“Dogs are dogs, not little people,” Brophrey emphasizes. They will do what they were bred to do, even if the job they were bred for basically doesn’t exist anymore. Sight hounds will still chase, herding dogs still herd, and guard dogs still protect, even if they don’t have to.

The LEGS system has been adopted by the

Asheville Humane Society (AHS) because it promises to help them create more successful adoptions by reducing the number of adopted pets returned to the shelter due to behavioral problems. LEGS helps AHS better match dogs and adopters by, for example, placing active animals with adopters who have active lifestyles. The LEGS system also helps AHS provide realistic expectations to potential adopters about how a particular dog might/might not fit in with their family and lifestyle.

In addition to AHS, Asheville’s Canine Social Club has joined with Brophrey in the formation of the National Dog L.E.G.S. Association. The group hopes to promote the wider and faster adoption of this new way of looking at human-dog interaction.

“Meet Your Dog” is divided into color-coded chapters that even an editor can understand. After introducing the overall LEGS concept, Brophrey explains each component part in greater detail. Chapter Two, edged in yellow, covers Learning and Chapter Three, edged in green, covers Environment. Chapter Four, the longest, is edged in red and clearly covers ten groups of dogs. For each group, Brophrey discusses heritage, function, genetics, and a key concept motivating its behavior. Readers will be given new understanding and new, actionable insights into why their dogs do what they do.

Brophrey will have a book signing at Malaprops Bookstore/Caf  on Wednesday, June 13 at 6pm. If you really want to meet your dog, go.

FUR photo contest winners named

The announcements did not involve any tuxedoed representatives of PriceWaterhouseCoopersLLC, but they were heard by dozens of categorically happy participants at the inaugural Wet Your Whiskers Wine Tasting and Cat Photo Contest of Feline Urgent Rescue of WNC (FUR).

The Cat Photo Contest winners were voted on, the whiskers were wetted, the appetites were whetted and the guests enjoyed the delicious food from Hamron’s Den. All in all, the first of FUR’s Wet Your Whiskers fundraisers on April 21was a success.

“We had 90 entries for the photo contest and the largest group of supporters to attend one of FUR’s fundraisers,” said Bonnie Smith, event coordinator. Sydney Klocke, President of the FUR Board of Directors added, “The Daniel and Belle Fangmeyer Theatre was a perfect place for this event. Plenty of room to wander around to vote for one’s favorite cat photo in each category as well as plenty of tables inside and on the outside patio.”

FUR is thankful for the guests at the event and its sponsors, The Mountaineer, which was the Corporate Sponsor.

“FUR of WNC ‘s cat sanctuary is funded only by events like Wet Your Whiskers, the resale store in the Big Red Barn Trading Post in Waynesville and donations,” continued Klocke. “We really appreciate everyone’s support in each of these areas.”

To learn more about FUR, donate, volunteer or adopting a sanctuary cat, visit furofwnc.org, or follow FUR on Facebook at facebook.com/furofwnc.

Cat photo CAtegory winners



Laziest Cat by Kimberly Whyte



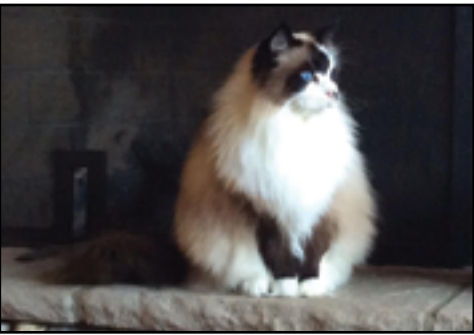
Cat and Friends by Sydney Klocke



Cat-ti-tude by Lisa Ferguson



Cutest Cat by Kelli Miller



Diva Cat by Jenny Buckner



Funniest Cat by Nicole Smith

New Pet Businesses Abound Around WNC

by Carol Marks

We thought spring showers – or snowstorms – would never stop, but they have brought a blooming crop of new or expanded pet businesses to our area. Some of the business ideas are unique, patent pending, some are established business types. Some of the entrepreneurs behind this growth are familiar faces in our community, and some are newcomers. But like most pet lovers, they are all passionate about those they serve – both two and four legged – and came to start their business through a personal experience.

Tom Pizzarello’s choice of business, **Hempworx Home@Work**, was an accident – literally. A slip in his bathtub left him with chronic pain from whiplash. He was already working in the medical field in hospitals and other medical facilities so talk of the subject wasn’t unusual. One day someone suggested he try CBD oil for his pain. Although skeptical, he tried it, and “The pain went away right away”, he said. He went looking for a business where he could share that with others, and found the **Hempworx** business opportunity. Since the company also formulates pet oil and treats, Tom tried them for his older dog. “Now she jumps on the bed again!” he said. His website is myhempworxpets.com.

Lauren Sage, owner of While **You’re Away Pet sitting**, has resumed her business here since returning to the area. Lauren moved to the West Coast two years ago

but found she missed Asheville and headed home. Now settled in Fletcher, she is serving the Arden through Hendersonville area. Lauren specializes in overnight pet sitting “so Pets have someone to cuddle up with at night”, she said. “Plus the homeowners have the added benefit of somebody staying in their home protecting their household”. Lauren is a member of the Asheville Area Professional Pet Sitters Association and as such is bonded and insured. Her website is whileyourawaypetsit.com.

Avery Griffin, owner of **Camp Bow Wow South Asheville** at 5 Airport Road, has been rescuing, rehabbing, transporting and fostering dogs for twenty years. She purchased a Camp Bow Wow franchise only partly because she disliked being a trial lawyer and mostly to have a place to facilitate rescue work. “The biggest problem in wanting to foster dogs is – where do you keep them?” she said. It was a foster that led her to the purchase. She would drop him at a Camp Bow Wow in her town, on her way to work. On her third visit she said to herself, “I want one of these!” “Because I was a customer I knew the quality of the facility and the care they took of the dogs”, she said. In September last year Avery moved to Asheville to begin site preparation and construction. “We had a getaway cabin in Nantahala”, she said, “but we spent all our time driving to Asheville.” In **October Camp Bow Wow** held its first adoption event, sponsored by WLOS. “We adopted

out 42 dogs at that event”, Avery said with a smile.”We want to get even more adopted at the next event this coming October.” Check out campbowwow.com or call the Camp for a tour at 828-676-0444.

Daniel Judson and Tom Healy created **Freedom Tether** from an idea at a picnic table through six years of design, modeling, fabrication and prototypes. “My wife and I were sitting at an outdoor lunch”, Daniel said, “watching a dog on a tether continue to get his leash tangled - And I thought, this is a problem. And it starts on the ground. The solution therefore was to keep the tether off the ground.” The inventor has solved many problems with patented safety solutions (“Brake Sentry”, for instance). “I saw this as a safety problem – dogs choking wrapped around trees – owners tripping on ground ropes – property damage -”. Enter friend Tom Healy, a Product Development Specialist who has worked in engineering for many years. It was a match made in heaven. “What we share in common is a strong and uncompromising commitment to safety and product integrity”, Daniel says. A longtime pet owner, Tom was all in. “It’s the longest project in my entire career”, he said (this from a man who worked on the Lunar Landing.) Together they developed the safe and effective new product they wanted:

The Freedom Tether provides a securely anchored and vertically mounted flexible post with an elevated swivel attaching hook that is used in conjunction with a

*Retractable Leash of your purchase. It allows your dog to move freely yet mimizes the risk of entanglement injury. The Freedom Tether is a brand new type of product, so it is best understood by one visit to their website – www.freedomtether.com. It is available in some local stores (please ask).

Laura Frohling, owner of **Kitty Kare**, is in her own words “in love with cats – I guess you could say a cat whisperer”. Therefore her petsitting business specializes in – you guessed it! Cats! But Laura points out that “pet sitting for cats actually entails more services than pet sitting for dogs. I actually care for your cats and your home during the day. It may seem obvious, but dogs bark, which can away potential burglars. So I always open or close the blinds for instance. Also it’s important to check the home for any kind of damage, maybe to the back door, maybe broken pipes.” Laura now has a total of nine year experience in taking care of others’ furry families in the Flat Rock – Hendersonville area. Like many, she found her vocation accidentally. “I had a different job”, she said, “then someone told me she was a pet sitter. I thought, ‘I want to do that! I hadn’t known it was a job.’” Laura’s email is kittykareofflatrock@gmail.com and the phone is 828-489-8069.

Do you have a new pet business and we left you out? Call Carol Marks, Publisher, on my cellphone 828-552-9112.



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26 Dogs, Five Cats, One Pig and One Horse

Rescue dog film shooting in Hendersonville

Production of the feature film “The Rescue Dogs of Western Carolina: A Christmas Caper” started in Hendersonville in late April. At least 25 percent of the profits from ticket and DVD sales will go to Western Carolina animal shelters and support groups.

The film follows the adventures of a rescue dog and her canine friends as they try to help Santa save Christmas after he has lost presents for Western Carolina while flying over the Smoky Mountains. Their efforts are hampered by a Scrooge dogcatcher and a host of unexpected events.

“The casting call in PetGazette yielded great results,” said Executive Producer Jan Sullivan. She said 36 dogs (most of them rescues), four cats, a pig and a horse will be making their cinematic debuts in the film.

The cast includes Flat Rock Playhouse actors Mark Warwick and Paige Posey of WTZQ’s The Breakfast Club; Scott Treadway; and Preston Dyer. “We were also fortunate to recruit local real estate attorney Page Collie for a key role,” writer-producer David Sullivan said.

“Many Hendersonville businesses have been kind enough to let us film in their facilities, adding to the film’s local flavor,” Sullivan said. “They include Skyland Barber Shop, Mast General Store, the Dancing Bears Toy Store, Wine Sage & Gourmet, and Renzo’s Ristorante.” Other locales seen in the film include The Charleston Inn and The First United Methodist Church of Hendersonville.

“Henderson County officials and the City of Hendersonville have been wonderful to work with,” Sullivan said. 🐾

BRHS hosting three FUNd-raising events

The Blue Ridge Humane Society will host three family-friendly, fun-filled fundraising events in May and June. The proceeds from the events will be used to continue the Society’s work on behalf of homeless companion animals.

The first event will be a benefit matinee performance of **Mutts Gone Nuts** at the Flat Rock Playhouse on Saturday, May 19 at 2pm. Mutts Gone Nuts is a comedy dog thrill show featuring some of the world’s most talented four-legged performers. Canines and comedy collide in a hit performance that’s been leaving audiences everywhere howling for more while promoting the adoption of rescue animals.

General admission tickets can be reserved with a donation of \$32 for adults and \$16 for children for this benefit performance only. Tickets can be reserved at blueridgehumane.org/mutts. The general seating tickets will be held in the purchaser’s name, and can be picked up on the day of the performance at the theater’s Will Call.

The second upcoming event will be the **15th Annual Golf Fore the Animals Tournament** at the Kenmure Country Club in Flat Rock on Monday, June 4. All proceeds from the tournament will help fund the BRHS medical expense budget for animals awaiting adoption.

The format for the tournament will be Four Man Captain’s Choice. The fee of \$125 per player includes a treat bag and an awards reception with heavy hors d’oeuvres following the tournament.

Registration on tournament day will begin at noon, followed by a shotgun start at 1pm. The event will be held rain or shine, and registration and payment are due by Monday, May 28. Teams can be registered at blueridgehumane.org/golf. Prizes will be awarded to the three top teams of ladies and gentlemen’s as well as to winner of the longest drive and closest to the pin contests.

The Kenmure Country Club course is a Joe Lee design covering 6,509 yards. The par 72 layout has a PGA course rating of 71.1 and a slope of 140. All players, volunteers and guests must adhere to the Rules and Regulations of Kenmure Country Club.

“Canines and comedy collide...”

The third BRHS May-June fundraising event will be the **Tails and Trails** hike up Bearwallow Mountain on Saturday, June 30 at 10am.

Hardy hikers are encouraged to bring their best two-legged or four-legged buddy, or both, to enjoy the one mile climb to the bald Bearwallow summit. They will be joined in the hike by other pets, pet lovers, and champions of land protection from Conserving Carolina.

Check-in for Tails and Trails will begin at 9:30am at the trailhead and all participants must sign in before the hike begins. The registration fee is \$20 and includes an event shirt.

For more details about Tails and Trails, or answers to questions, contact Angela at aprodrick@blueridgehumane.org or call 828 692-2639. 🐾

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Puppy or Kitten?

by Ryan Jo Summers

School is going to be out soon, the weather is nice, and the kids are pleading for a pet. If the adults agree this is a good moment for a pet – that questions of time, affordability and every other important consideration have been answered - the final question is: What pet should the family get? Puppy or kitten?

They are both so darn cute and cuddly, playful and laughable, and oh-so sweet. How can one possibly decide? Start by considering some basics.

Size. Both start out small. Kittens will grow into cats which will be roughly the size of a breadbox, give or take a few pounds. Puppies may grow into something along the size of a rat, a fawn, or a small pony, depending on breed(s). I wish I had a nickel for every time I heard either: “I swear I had no idea he’d get this large!”

Energy. Both fur babies have endless reserves of energy. It takes cats about 2-4 years to slow down and settle down. Kittens love to have middle-of-the-night romp-fests. Two siblings can keep each other entertained and you in stitches. Figuratively and literally - those kitten claws are as sharp as razors. Dogs are similar on energy, with some athletic breeds needing a regular outlet - aka a job - all their lives - and some who mature into furry carpets. My advice? Research your breed particulars to see what the end result will be before investing in a cute puppy. Ensure you have the space and time requirements both now and later.

Affordability. This is harder to determine due to the law of unknowns. Either species can be hale and hearty or develop medical conditions that

range from chronic to emergency, that require either long-term budgeting for steady expenses to immediate outlay of cash. There is also flea/tick/ heartworm prevention, vaccines, food, toys, bedding, collar & ID with microchipping, and assorted endless supply expenses. Cats also require litterboxes and of course, litter. Some dogs need wee-wee pads.

There will also be professional service expenses such as regular veterinarian visits and perhaps grooming. Puppies need training to learn manners, so you might need to hire a trainer or attend classes. If you plan to travel, there will be pet care for both species to consider, whether it be boarding or pet sitting.

Fun. Yes, pets are fun! A dog can be taken hiking, camping, to the park, on car

jaunts, and can be trained for agility, therapy or other events. Cats with the right attitude can be used as therapy felines. I’ve seen cats who like motor biking and even hanging ten on surf boards. So really, the sky is

the limit on how much fun you can have with your pet. Starting your furry bundle out when young might go miles toward having the mature pet being willing and able to go miles on adventures with you.

And there is always the option of having one of each—a puppy and a kitten to grow up together. If your space, time, and finances allow it, one of each species might be the best decision for you. 🐾

Ryan Jo Summers is a local author and animal advocate. She shares her home with a menagerie of assorted rescued species of various ages. In her words, the “fun never ends”. You can follow her writing and see pictures of her pets at www.ryanjosummers.com, <http://www.summersrye.wordpress.com>, and www.facebook.com/ryanjosummers/author



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Dietary Supplements for Pets – Part II

by Chip Bridges

The majority of dry skin, ear infections, hair loss, itchiness, and so forth probably result from an underlying allergy. In these cases, the cause isn't something the dog or cat isn't getting, but rather something it is getting (through diet, flea bites, contact, or inhalation) and has an intolerance or allergic reaction to.

Having recently adopted a dog with horrible skin problems, I am currently working with a veterinary dermatologist who has given me information I found surprising. For starters, none of the currently available blood, saliva, or hair tests for allergies have proven to be accurate. Only skin testing (intradermal allergy testing) has proven to reliably diagnose allergies. So if you suspect that you have an allergic pet, I'd forego a blood test and opt for skin testing.

Supplementation is also frequently used for digestive support. These supplements will typically contain pre- and pro-biotics and digestive enzymes. Up to 80% of your dog or cat's immune system is based in their gut. Because she's on a raw diet, I give these products to my own dog daily, plus goat's milk twice a week. Lots of my customers make kimchi, kefir, and a host of other fermented veggies for their pets. The theory is that these mimic the stomach contents of prey items pets would consume in the wild.

Just as in humans, no amount of supplementation can make up for a bad diet. Cats are obligate carnivores and require a meat-based diet to thrive. With dogs, it gets

a bit fuzzier. From a taxonomic viewpoint, dogs are in the same Order (carnivora) as cats and are descended from wolves (a predator). However, dogs can certainly benefit from added dietary vegetable matter. Many people argue whether dogs are carnivores or omnivores, but few experts would suggest that dogs don't do best with a meat-based diet.

Commercial dog food ingredients are listed by weight, so look for named meats first and a minimum of carbohydrates. And supplement not only with pet products, but also with items from your grocery store meat isle. Even adding a little raw meat to your pet's kibble can make a difference in the nutrients they get. For a dog, small amounts of raw fruits and vegetables can also be beneficial - just be sure that it's safe for them (avocados, grapes, onions and a few others are toxic to dogs, so look up anything you are unsure about). And don't be concerned about feeding fresh raw meat. These animals have been digesting raw meat since long before we domesticated them, and their bodies are designed for it.

The hardest part is predicting what your individual pet will like!

Chip Bridges is the owner of Blue Ridge Pet Supplies at 102 WNC Shopping Center Drive in Black Mountain. You can reach him at blueridgereef.com or (828) 669-0032.

Editor's Note: Part I was in the March-April 2018 issue, available online at petgazetteasheville.com.



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“Shocking” new therapy helps pets’ joint pain

by Janet Methvin

Is your dog or cat ‘old and lazy’, not interested in playing or interacting anymore? Just the inevitable aging process? Not likely.

More likely, your pet is suffering from debilitating joint pain due to degenerative osteoarthritis disease (DJD). Common symptoms in dogs include stiffness, limping, reluctance to jump or go up or down stairs, and irritability. Cats may choose places to sleep that are easier to access, have litter box accidents, or react painfully when petted. DJD is a lifelong and progressive disease.

Studies indicate that over 25% of adult dogs have some form of osteoarthritis, and older dogs have an almost 90% incidence of joint impairment. One study in cats found that over 90% of cats older than 12 had signs of joint changes on radiographs and 50% showed signs of joint pain. The joints most commonly affected are the hip, knee, elbow and shoulders.

So now that you know your dog or cat may not be just ‘old or lazy’, what should you do? Certainly, the first step is to take your pet to your veterinarian for a full exam. In addition to the regular health exam, your veterinarian will examine your pet for signs of lameness, painful joints and muscle wasting and may perform radiographs or other tests.

What can be done for our pets with DJD? Some conditions, such as cranial cruciate disease, will benefit from surgery. However, most DJD is managed conservatively through weight loss, controlled exercise, dietary supplements such as omega fatty acids, and non-steroidal anti-inflammatory (NSAIDs) drugs. Many pets see marked improvement and pain relief with just these four therapies. Unfortunately, there are no FDA approved NSAIDs for long term use in cats, and some dogs can't take NSAIDs because of side effects or medical conditions that make their use risky. Other patients may not respond fully to these treatments and still experience pain and poor mobility.

No one treatment modality helps every patient, and there are numerous alternative therapies available. Sometimes, other medications and supplements can be used. Some pets improve with acupuncture or therapeutic laser therapy. Professional rehabilitation therapy can also be very helpful. And now, there is a ‘shocking’ new treatment

available - Extracorporeal Shockwave Therapy (ESWT).

Many people hear the word ‘shockwave’ and immediately think of an electrical shock. But the ‘shockwaves’ used in ESWT are actually high-energy sound waves. The waves are directed at varying depths to provide precisely targeted mechanical energy to the damaged tissue. When the waves reach the treatment area; they trigger the body's own repair mechanisms to stimulate and speed up the healing process. As the damaged area returns to normal, pain is decreased, and function improves.

ESWT is FDA approved and has been used for over 20 years in human medicine for non-invasive treatment of urologic (e.g.: kidney stones) and orthopedic conditions. It has also been used extensively in horses. The earlier devices were very noisy and the treatments could be uncomfortable, so sedation was required for treatment of dogs and cats. Now, a new unit, the PiezoWave Vet, is available. It delivers an improved, highly focused energy wave that is quiet and non-painful, making sedation unnecessary. The ‘shockwaves’ travel through the body unnoticed until they reach the injured tissue, where a tingling sensation is felt. The therapist is then able to guide the treatment based on the pet's responses.

An individual treatment takes about 10-30 minutes to perform, depending on how many areas are treated. Treatments are performed every 3-7 days for an average of 3-5 treatments for best results. Some conditions, such as severe DJD, may require periodic treatments to maintain results. Often, some pain relief is noticed immediately after treatment, and improvement continues as the body heals.

DJD does not have to ruin your pet's quality of life. Even pets who don't get relief from the common therapies or can't tolerate the medications have options. ESWT is a ‘shocking’ new option now available in Asheville.

Dr. Methvin has practiced veterinary medicine for over 30 years and earned her CCRP (certification in canine physical rehab) in 2013. She is the owner of Asheville Pet Rehab Mobile Veterinary Clinic. She works with pets in their homes and at WagHab Rehab on Brevard Rd. Her contact is drmethvin@avilpetrehab.com.

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by Denise Henry, DVM

Parents often ask what type of pet they should get for their young child. I will typically ask many questions about how much the parent wants to be involved in the day to day or weekly care, but generally we arrive at the same answer – guinea pigs.

These little guys make such great pets because they have fewer health problems, live longer and are less likely to be seriously injured than many of the other popular pocket pets (rats, mice, gerbils and hamsters).

Guinea pigs are inquisitive, friendly companions that love to interact with their owners. In the wild they live in social groups, so it is always recommended to get a pair rather than just a single pig. This is especially important if they will be on their own a good portion of the day. Although they may initially be shy, with frequent, gentle handling and lots of fresh greens for treats they can be very social. Even the friendliest of pigs will need a place to retreat though, so having a hide box in their enclosure is very important.

Guinea pigs are herbivores with the unique trait of being unable to make their own vitamin C. So their diet needs to be full of vitamin-C-rich vegetables and fruits like bell peppers, lettuces and oranges. Guinea pigs also consume large amounts of timothy hay, which plays a very important role in digestive and oral health. The fibrous hay helps move food through the



timothy hay-based pellets. A pelleted guinea pig food, such as the Oxbow Essentials Cavy Cuisine is a great choice. However, pellets should only make up 10-15% of their total daily food intake.

The average guinea pig lives four to five years. Upper respiratory infections and skin mites are two of their most common health issues. Both are generally quite easy to treat and do not have long term impact on their

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Crate Training: The Good, The Bad & The Unexpected Consequences

by Kathryn R. Gubista

Crate training is training your puppy or dog to comfortably enter and remain in a crate for a period of time. Dogs should easily enter into the crate without being forced. Once in the crate they should relax and show no signs of anxiety.

Signs of anxiety include excessive barking, whining, licking, panting, salivating or thrashing around. Crating dogs is a natural activity because dogs are natural denners. They like being in small, quiet caves, holes or enclosures. Dogs den for safety, security and comfort. We humans should take advantage of their denning behavior to teach dogs to crate. Unfortunately, some believe putting a dog in a crate is cruel and avoid teaching their dogs this incredibly important skill.

The Good

There are many advantages to crate training. First and foremost, the most important benefit to crating is expediting the process of potty training. If your puppy is crate trained from the very beginning, they should learn potty training very quickly. My new puppy was potty trained within 2 weeks because of crate training.

In addition to potty training, crates provide significant protection for

your dog; this is especially true for traveling. Puppies and dogs uncrated or unrestrained in a moving vehicle are accidents waiting to happen. If an accident occurs, they become unguided missiles that sail right through the windshield. Seat belts are known to protect humans in vehicular accidents; similarly, crates and barriers protect dogs in car accidents.

Along with potty training a n d protection w h i l e traveling, crate training your pup avoids many unwanted behaviors. Crate training has a calming effect on dogs. In general, crate trained dogs are much less likely to show signs of separation anxiety. When provided with toys and bones, dogs learn to be comfortable in the crate and play by themselves.

The Bad

Crate training is an important skill

for puppies and dogs, but crating dogs for excessive periods can be extremely detrimental to their behavior and development. This is especially true for young puppies. Many puppies are crated overnight at 8-hour stretches, which is expected. Aside from overnight s l e e p i n g , p u p p i e s should not spend long stretches in a crate. Crating a puppy during an 8-hour workday is not recommended. This is a lonely existence that is extremely h a r m f u l to their developing personalities.



In addition, crates should never be used to punish a dog. Crates should be viewed by dogs as happy places, not sad places.

The Unexpected Consequences

I have worked with many dogs with some level of separation anxiety. Inevitably, these dogs were not crate-trained and protested being in a crate by whining, barking and carrying on. On the other hand, dogs that have spent

inordinate amounts of time in a crate will lack in personality. One of the worst cases I have ever worked with was a gorgeous Shiba Inu who was retired from the show ring. Because of his continual confinement in a crate, he had precious little personality. He really did not know how to interact with others – humans or dogs. These are very sad situations and very difficult to reverse when the dogs are older.

Need Help?

Is your dog crate trained? Do you need help with anxiety issues? These two issues are often related. We are developing an online puppy training course that will include a section on crate training. We hope to have it completed and available during the summer. But if you can't wait that long, please contact us. Life with your pup should be fun and stress-free.

Kathryn R. Gubista, PhD is an evolutionary biologist, college biology instructor, former zookeeper, author, certified professional dog trainer with Lucky Dog Training Asheville with over 30 years of dog training and human teaching experience. The Dog's Perspective is a training philosophy based on how dogs think, the title of the book series and our blog. For more information visit TrainingLuckyDogs@gmail.com or call 828-423-9635. 🐾

Area canine clubs again host May, June events

The Blue Ridge Agility Club (BRAC) will combine with the Hendersonville Kennel Club (HKC) and the Spartanburg Kennel Club (SKC) to again host the Blue Ridge Classic of the Carolinas on Friday, May 25 through Monday, May 28, Memorial Day weekend.

Two weeks later, June 9 - 10, the Asheville Kennel Club (AKC) will host two separate all-breed dog shows on Saturday and Sunday. All the events are licensed by the American Kennel Club and will draw competitors from around the United States.

Both weekend's events will start about 8am and end about 5pm, except for the final day of agility trials on

Monday, May 28. Those events will end about 3pm. Spectators are welcome at all events both weekends. Event entry is free, but there is an Ag Center parking fee of \$5. Spectators are asked to leave their own dogs at home since dogs that are not competing cause a distraction for competitors.

HKC and SKC will both hold their all-breed conformation competitions at the Davis arena. HKC show entrants will compete on Friday, May 25 and Saturday, May 26. SKC competitors will take the floor on Sunday, May 27 and Monday, May 28 in the Davis Event Center. Obedience and Rally competitions will be in the Expo Center May 25-27.

Both venues are air-conditioned. Agility trials on May 28 will be run in the spacious, enclosed McGough Arena, which provides plenty of good Carolina air.

“Vendors will offer all things dog.”

The AKC conformation competitions will be in the Davis Event Center. Visitors will get to

see many of the American Kennel Club's 189 recognized breeds and talk to owners, handlers and breeders. They will also get to stroll past the dozens of vendors offering all things dog – from fancy collars to specialty food to DNA tests to veterinary insurance to portraits in almost every medium known to art.

Contact information for the participating clubs follows. AKC at ashevillekennelclub.com. Show chairman Moshe Reshef at 828 774-9826. BRAC at blueridgeagility.com. HKC at hendersonvillekc.org, 828 388-2565. SKC at spartanburgkc.org. 🐾



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by Shannon Knapp

What do horses have to do with PTSD? It's simple. We can support veterans living and responding from the impact of trauma on their brain the same way we help horses become partners with humans.

Horses are the original "trauma brain," prey animals wired less for well-thought out responses than for quick reactions to stimulus and potential threat. That's how they have survived for centuries in the wild.

Horses, like humans, have fight-flight-freeze impulses in the face of danger. Horse psychology and the horse's brain structure are built first and foremost for survival in a predator-heavy world. The survival pathways of their brain saying "Run first and ask questions later" are the strongest. Those neural pathways look like super-highways rather than dirt roads.

And yet, horses are part of the fabric of daily life in humanville. They are incorporated into all kinds of regular activities for people, from high-level Olympic competition to backyard pony rides. And they are doing it with a grace and ease that belies their "prey animal" status. But it takes time, flexibility and repetition for them to learn to adapt to life in the midst of the human predator herd. It's the same with veterans. Adaptation and integration into a civilian world don't happen instantly.

Two key elements in fostering adaptation are flexibility and having a broad timeline. If we want to get a horse into a trailer in 15 minutes and that horse hasn't been in a trailer in five years, we are likely going to have to be flexible about our timeline. So we say we are in charge of the goal (getting in the trailer) and the horse is in charge of the timeline. We ask for small, simple efforts in the direction of the trailer, and reward the slightest try. Yelling at a horse or whipping a horse into a trailer just because the horse "shouldn't" be scared or because the horse has done this many times in his past without incident rarely creates a stronger, more mentally-balanced horse. Progress, not perfection, is the key.

Similarly, insisting that a veteran with PTSD go to the mall, say, or someplace else with a lot of stimulus and noise, might be asking too much too fast. But going to a small coffee-shop might be a start, and might allow for plenty of challenges internally. Once those smaller challenges are met and addressed, moving forward to bigger and bigger challenges is possible. Breaking the big things down into smaller chunks is a great way to work through any challenge.

At some of our facilities that provide equine therapy for veterans and at-risk youth, the horses often come with some kind of trauma experience themselves, either from abuse or neglect or both.

Some have been significantly traumatized by humans; others have been worn down by lack of care, attention and food. But when veterans come to Heart of Horse Sense funded farms for the first time, that's



not how we introduce these horses. Over time, our vets might learn that one horse was hog-tied and beaten by a human, and another was on the brink of starvation, but these experiences don't define that horse

and his/her world. To pigeonhole these horses as "broken" or otherwise "less than" is, in our opinion, insulting and demeaning. They are so much more than that moment or that time in their lives!

Similarly, although our veterans may have significant challenges as a result of trauma they experienced, they are still much more than that moment or moments in their lives. Remembering that the trauma is a part of them, but not all of them, is empowering for all involved.

Horses have a wonderful way of reflecting and normalizing the erratic and sometimes scary human responses to PTSD. When people are given an opportunity to work with this part of themselves not as a flaw but as a normal response to potential danger, and given an opportunity to shape their own behavior in the face of that danger, the results are overwhelmingly positive. 🐾

Shannon Knapp is Executive Director of Heart of Horse Sense and President of Horse Sense of the Carolinas, Inc., both based in Marshall, NC. Comments and inquiries? Email shannon@heartofhorsesense.org.

Editor's Note: Readers can help support programs for Veterans and At-Risk Youth by becoming a Legacy Club member, and/or by attending The Mane Event on Saturday, June 9, from 1-5pm. Details at HeartOfHorseSense.org.

Haywood Spay/Neuter Yappy Hour Fundraiser

The inaugural Yappy Hour fundraiser for the 42 year old Haywood Spay/Neuter organization will be held on Friday, June 8 at the Maggie Valley Country Club and Resort, starting at 5:30pm.

The festivities will include a dog/cat trivia contest, a wine pull, and a live auction of original art by Margaret Roberts and golf and entertainment packages. Attending friends of dogs and cats will also enjoy exquisite hors d'oeuvres while pondering their trivia answers and auction bids.

"I know the community will want to support our efforts as they learn more about all the important work we do," said Nancye Buelow, Yappy Hour chair and Haywood Spay/Neuter board member.

Since 2003, Haywood Spay/Neuter has helped over 23,000 dogs and cats with low cost spay/neuter services that make it affordable for pet owners to fix their pets. The organization started a serious Trap-Neuter-Return (TNR) program in 2009 to help reduce Haywood's free roaming cat population. The results have been a

downturn in the number of unwanted cats in the Haywood shelter, and a happy reduction in the cat euthanasia rate from 75% in 2008 to only 5% in 2017.

Bonnie Grumka, Haywood Spay/Neuter treasurer, said, "Yappy Hour should be a fun time and a good way to help prevent unplanned litters of puppies and kittens." She also said, "With the new tax law, we have no idea how charitable contributions will continue to support animal welfare. Thus the need for a fundraiser such as Yappy Hour."

Sponsorships for Yappy Hour are available at four levels: Top Dog for \$1000; Meow Mad for \$750; Best in Show for \$500; and Purrfect Partner for \$250. Each sponsorship

includes an appropriate number of tickets and level of recognition. Individual Yappy Hour admission is \$50. Sponsorships and tickets can be purchased, or wine donated for the wine pull, by calling Scarlett Heatherly at 828 452-1329. Supporters can also opt to visit the Haywood Spay/Neuter office at 182 Richland Street in Waynesville. The office is open Tuesday through Friday from 11am to 5pm. 🐾



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Handling Unexpected Pet Additions

by Renee Takacs

The shock of dealing with a loved one's sudden, unexpected health crisis sets a tone of general distress. This stress may amplify when you need to attend to their pet(s). This leads to the decision to integrate *their* pet(s) into *your* household, temporarily or permanently. This can be further complicated if your household already has pets. Let's explore a positive resolution.

Judy contacted me to communicate with her father's cat, Minnie Pearl. Judy's father lived by himself and fell. He required hospital care and months of rehabilitation. Judy felt uncertain what was best for everyone. Was it best to bring his cat into her home or leave his cat at its home alone?

When we communicated with Minnie Pearl, she indicated that she preferred to be with other humans rather than being left alone. Feeling more at ease and confident with this information, Judy decided to relocate Minnie Pearl.

The next step was for Judy and me to communicate this decision to everyone involved. Judy and her husband already enjoyed the companionship of their cat, Daisy and their dog, Ruutu. I let both pets know in advance of this newcomer. Our connection with each pet allowed Judy the insight to learn that her cat was a bit resistant to the idea while her dog was 'all in' and excited to welcome Minnie Pearl into the family.

Judy did a beautiful job integrating the new cat into her home. She described her experience as follows: "Minnie Pearl was very upset, growling and hissing when I arrived, with a carrier, for the move. She cried the whole way to my home. I set up accommodations in our game room. I brought her bed, litter box and food so that she would have familiar smells. I played the CD, *Thru a Cat's Ear*, which is classical music. I started anti-anxiety drops and misted the air with them as well. After several days, she let me touch her ears, so I massaged the anti-anxiety drops into one of her ears. One night while watching TV, she crawled onto my lap! We were making progress. After about a week, I introduced Minnie Pearl to Daisy and Ruutu. I was surprised there was no hissing, growling or barking. The next day my cat hissed at Minnie Pearl once and left the room. The next day after dinner, Daisy and Minnie Pearl were about five feet apart just looking at each other. Ruutu doesn't seem to be bothered."

When I checked in some time later, each pet had adapted to the new scenario. Judy's dad is still recovering. Whether this pet integration is temporary or permanent is unknown. However, due to preparing everyone through communication sessions, and Judy's patience and loving care, harmony seems to have become the rule of the day.

Animal Communicator Renee Takacs lives in Hendersonville. She blogs about pets at www.intuitguide.com and can be reached at 828-685-3231.

AHS Pet Photo Contest Online Fundraiser May 1-31

Throughout May, National Pet Month, the Asheville Humane Society (AHS) will be accepting entries into its online photo contest for the pets and pet lovers of Western North Carolina.

Meredith Riddick Pitcairn, AHS Communications and Fundraising Manager, said, "This contest is a fun opportunity to show off your own adorable pet while supporting the care of animals still waiting for forever homes."

Photo entries should be accompanied by a story about the pet. The pet with the most online votes by June 1st will win the title "WNC's Pet of the Year" as well as many other prizes. Entrants can ask friends and family to vote for their pet not once, not twice, but many times. Each vote will represent a \$1 contribution to the lifesaving work of the AHS. There will also be prizes for the first and second runners up, and all contestants will be eligible for "PAWsome prizes."

In addition to the "WNC's Pet of the Year" title, the contest winner will be featured in a Prestige Subaru ad campaign and get a private photo session with one of the AHS volunteer professional photographers - Carren Harris, Pamela Yvonne and Courtney Hall. The winner will also get a \$100 gift certificate to Patton Avenue Pet Company, two VIP tickets worth \$250 to the 2018 AHS Charity Gala "Taste of Compassion", and several other prizes.

The top three winners will be notified via email on June 2. Winners must be available to pose for a photo session with one of the AHS volunteer professional photographers. Each of the three winners will have an 8"x8" tile with the pet's photo and name permanently mounted on a wall at the AHS Adoption Center - a \$500 value.

Full details and entry forms for the AHS Pet Photo Contest are available at ashevillehumane.org.



Pet Obituaries From Sarge's Animal Rescue in Waynesville

Sophia
She always had a smile on her face and that's how we will always remember her. RIP Sophia. Thank you for being a friend. Travel down the road and back again. Your heart is true; you're a pal and confidant.

Foster parents Brent Ernest and Heather Fulp

Zeus
Max, Zeus - You spun your way into our lives just barely over one and half years ago and weaved your wormy self into our hearts. You were a stubborn cuddle bug that never took no for an answer. Although you could not jump up on the couch, your fierce determination to succeed always cracked us up. You will always be remembered, loved, and missed terribly.

Rick & Candi Dragonetti

Toby
Toby Rubley-Smith was born 12 1/2 years ago. He was adopted from the HCAS by Travis Smith when he was only a few weeks old. Toby who was a Golden Lab/Rhodesian Ridge-back mix, was a gentle giant weighing over 100lbs in adulthood. He had 4 furry siblings, CoCa, BoBa, Tango & Anna and 2 human siblings Arich & Lilly. He and Lilly were the best of friends and she would call him her "Goodest Boy". He passed unexpectedly from a brain tumor on 04/06/2018. Toby will always be remembered for his loving, patient way, his whip tail and his wiggle butt. We are better for knowing him & he will always hold a special place in our hearts.

Stefanie, Travis, Arich & Lilly



Zeus



Toby beneath brother Tango

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Pet Sitters do more than sit

by Julie Davis

Pet sitters can often help with pet needs beyond their most common services - visiting your pets in your home or staying overnight when you're away.

For example, pet sitters provide a variety of dog walking and exercising services. If you work long hours and your dog needs a bathroom break, a pet sitter can take him for a walk mid-way through your work day or let the dog out in your backyard to romp, play and relieve himself. This is especially helpful for older dogs and puppies, which need more frequent bathroom breaks.

A client's Golden Retriever puppy, whose humans work full-time, needs exercise and a bathroom break during the day. So I take him for mid-day walks and playtime. Another client had knee surgery and couldn't walk her dog while she recovering from knee surgery, so I took him for walks. Pet sitters can help also help exercise your dog(s) by taking them to the dog park, which helps with socialization as well, or on a hike when your schedule or your health doesn't allow you to do so.

When a family is traveling, what is best for their pets varies depending on their pets' temperaments, personalities, and their pets' needs. Some pets do better and are happier when they're around people and other animals, but become stressed in a noisy kennel environment. A pet sitter who will keep your pet(s) in their home when you're away can give the animal(s) lots of attention and affection.

With many pet owners' busy lives, it can be challenging to schedule grooming or vet appointments. A pet sitter will take your pets to these appointments for you as well as pick up pet medication, food or pet supplies like kitty litter. One client couldn't drive for medical reasons, so I took her dog to vet appointments and picked up dog food for her.

Pet sitters may offer other helpful services, too. They can pick up dog waste or change kitty litter. A couple of clients were unable to scoop and clean their cats' litter boxes due to back or knee problems. So, I went to their homes and did it for

them. They appreciated it. And so did their cats!

Additionally, a pet sitter may offer beneficial health and well-being services. Some are veterinary technicians and have training and experience that can be especially helpful for pets with medical issues. Other pet sitters are trained in complementary healing modalities, such as Reiki energy healing or animal massage. Some are also dog trainers. And others still are also animal



Julie Davis walks energetic Golden Retriever puppy, Packer, while his humans are at work.
Photo by Meghan Helbert

communicators who can connect with pets telepathically.

Pet sitting is a multi-faceted service that offers pet owners many options for help with their pets' care. Each pet's needs are unique and, luckily, a variety of services are available from pet sitters to meet those individual and diverse needs.

Julie Davis is a pet sitter with Family Pet Care of Asheville. She can be reached at familypetcareofasheville.com.



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