

# PetGazette

Western North Carolina

March-April 2017

Volume 6 - Issue 2



## Events

Dine to be Kind  
Run for the Paws  
Haywood Dog Show  
Shelter Fundraising

## Health

Can cats eat fish?  
Can horses eat grass?  
Pet/Human Health

## Rescue News

## Pet Memorials

## Calendar

## And more...



**What is your dog telling you?**



March

Every day – Pet First Aid Awareness Month  
Every day – Prevention of Lyme Disease in Dogs Month

Fri. 3/3 – International Ear Care Day  
Sat. 3/4 - 12-3pm. BWAR Adoption Event at Petco, 825 Brevard Rd., Asheville. [bwar.org](#), 828 505-3440.  
Sun. 3/5 – 12-3pm. BWAR Adoption Event at New Balance Outlet, 800 Brevard Rd., Suite 728. [bwar.org](#), 828 505-3440  
Tu. 3/7 - All Day Long - Dine to Be Kind to benefit AHS. Dine or get take-out at any participating restaurant and 15% of your bill will be donated to AHS. Participating restaurants at [www.ashevillehumane.org](#), 828 761-2001  
Sat. 3/11 - 12-3pm. BWAR Adoption Event at Petsmart, 150 Bleachery Rd., Asheville. [bwar.org](#), 828 505-3440.  
Sun. 3/12 - 12-3pm. BWAR Adoption Event at Pet Supermarket, 244 Tunnel Rd., Asheville. [bwar.org](#), 828 505-3440.  
Mon. 3/13 – K-9 Veterans Day  
Fri. 3/17 – St. Patrick's Day  
Sat. 3/18 - 12-3pm. BWAR Adoption Event at Altar'd State, 19 Town Square Blvd., Suite 100, Biltmore Park. [bwar.org](#), 828 505-3440.  
Sat. 3/18 - 2-5pm. AHS low cost vaccine clinics and microchipping. Hall Fletcher Elementary School, 60 Ridgelnawn Rd., Asheville. [ashevillehumane.org](#) or 828 761-2001.  
Sat. 3/18 - 11am-4pm. AHS hosts blood drive

Calendar of Events March-April 2017

for humans. Education room, AHS head-quarters, 14 Forever Friend Lane, Asheville. [ashevillehumane.org](#) or 828 761-2001  
Sun. 3/19 - 12-3pm. BWAR Adoption Event at Bold Rock Hard Cider, 72 School House Rd. Mills River.  
Thur. 3/23 – National Puppy Day  
Sat. 3/25 - 1:30-2:30pm. Tour of Asheville Humane Society and the Buncombe County Animal Shelter! Free and open to the public to learn about AHS programs get a behind-the-scenes look at the Animal Care Campus! 14 Forever Friend Lane, Asheville. [ashevillehumane.org](#) or 828 761-2001.  
Sat. 3/25 - 9am-1pm. AHS will have an information booth at the LiveWell Expo at WNC AG Center (Davis Event Center). [ashevillehumane.org](#) or 828 761-2001  
Sat. 3/25 - BWAR brings adoptable dogs to Annual Food Truck Show, WNC Ag Center, Heritage Circle, 1301 Fanning Bridge Rd, Fletcher. [bwar.org](#), 828 505-3440.  
Tu. 3/28 – Respect Your Cat Day  
Thur. 3/30 - BWAR joins Bike Night at Regeneration Station, 26 Glendale Ave. B, Asheville. [bwar.org](#), 828 505-3440.

April

Sun. 4/2 – National Ferret Day  
Thur. 4/6 – National Siamese Cat Day  
Mon. 4/10 – Hug Your Dog Day  
Tu. 4/11 – National Pet Day

Tu. 4/11 – Dog Therapy Appreciation Day  
Sun. 4/16 – Easter Sunday  
Sun. 4/16 - Sat. 4/22. National Pet ID Week  
Sat. 4/22 - 8am-1:30pm. BWAR 5K Run for the Paws at New Belgium Brewery, 7 Craven Street, Asheville. Dogs invited, not just allowed. Chip-timed 5K, one mile stroll. Food. Music. Vendors. Registration necessary, in advance or at event. For details, see article on page 10, visit BWAR Event Director Leah Craig Feiser at [leahcraig@bwar.org](#). Or call 828 505-3440.  
Sat. & Sun. 4/22 & 4/23 - 8am-3pm both days. WCDFA show, rally, obedience at Haywood County Ag Center, Crabtree Rd. (NC 209). Admission free, parking isn't. Food vendors, dog specialty vendors. [wcdfa.org](#).  
Wed. 4/26 – National Kids and Pets Day  
Fri. 4/28 – National Hairball Awareness Day  
Sat. 4/29 - 11am-2pm. AHS low cost vaccine clinics and microchipping. Emma Elementary, 37 Brickyard Rd., Asheville. (Please note: Rabies tags will NOT be accepted as proof of immunization. Actual certificate needed.) . [ashevillehumane.org](#) or 828 761-2001.  
Sat. 4/29 - 1:30-2:30pm. Tour of AHS and Buncombe County Animal Shelter. See 3/25. [ashevillehumane.org](#) or 828 761-2001.

To get your group's event in the May-June issue, email info to [editor.petgazette@gmail.com](#) by April 15. Or call 828 633-1348.

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. Call 828 553-4085 to sign up, get directions.  
Every Wed., Sat., Sun. - 10am. BWAR. The Outward Hounds Hiking Club meets at the shelter to take dogs on hikes. Great 1½ hour enrichment activity. [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. Volunteers take shelter dogs for hikes. [ashevillehumane.org](#).  
Every First Sat. - 11:30am-1pm. Volunteer orientation at AHS, 14Forever Friends Lane, West Asheville. Details at [volunteer@ashevillehumane.org](#).  
Every First Sat. - 11:30am-1pm. Volunteer orientation at AHS, 14Forever Friends Lane, West Asheville. Details at [volunteer@ashevillehumane.org](#).

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PetGazette

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**PetGazette** focuses on the fun and care of pets in WNC. It is written by local experts for local pet lovers.

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

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On the Cover

Doesn't our cover subject look like she's deep in thought about something very specific? Wouldn't you like to know what that is? So would I.

Two of our contributors think we should know what our pets are thinking. Renee Takacs is an animal communicator. When we started Pet Gazette I didn't think there was much to it. But I wanted to know what my Rosie is thinking when she looks like she's moping, or why Hunter constantly licked his paw – physical or emotional? I'm embarrassed to say that her article on page 14 is a thinly-disguised expose of her conversation with them. Rosie and Hunter seem to be getting along better since we instituted the changes we were instructed by them to make, which, they said, was the problem under the problem. So now my thinking may change.

Then there is Kathryn Gubista, PhD. Her thoughts on training from the dog's point of view are on page 9. Strictly speaking she's not a communicator, but she does know what they're thinking, and how to approach them based on that, so yes, I think you'd have to say that's communicating.

We hope you enjoy these articles, and the rest of this issue. Please send us your thoughts, we'd love to hear them.

*Carol Marks*  
Publisher



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## WCDFFA dog show, obedience trial and rally at Haywood Ag Center

The Western Carolina Dog Fanciers Association will again hold its annual dog show at the Haywood County Agricultural and Activities Center on Crabtree Road (NC 209), the weekend of April 22-23.

The AKC licensed club will offer competitions in conformation, obedience and rally on both Saturday and Sunday. Each day's events will start at 8am and run until about 3pm.

Based on participation in prior years, the 2017 events might involve 650 to over 700 canines. Over 120 different breeds and varieties are expected to compete in the conformation event, while more than 50 dogs are expected for the obedience trials and over 20 dogs are anticipated to compete in rally.

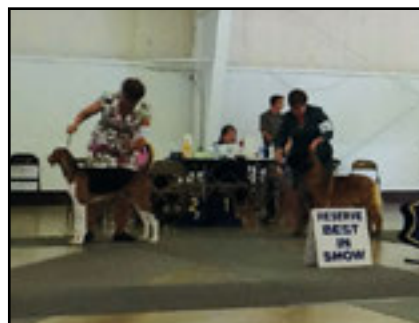
Unofficially, many dog lovers call rally "beginning obedience". Officially, according to the AKC web site, "AKC Rally® is a companion sport to AKC Obedience. It too requires teamwork between dog and handler

along with performance skills similar to obedience. Rally provides an excellent introduction to AKC events for new dogs and handlers, and can provide a challenging opportunity for competitors in other events to strengthen their skills. All dogs are eligible to compete in rally." And speaking of eligibility:

The public is welcome to view all the competitions, but their non-competing dogs are not eligible to attend. Admission to the events is free, but a small parking fee will be collected from visitors. Food concessions will be available for breakfast and lunch items and several dog supply vendors will be on site. The conformation events will provide an opportunity to see and learn about different breeds by watching the competitions and talking to breeders.

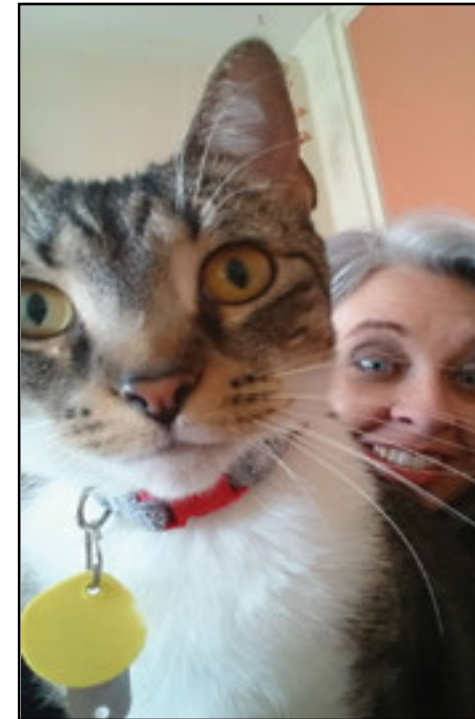
For more information about the 2017 show or the host club, please visit the club's website; [WCDFFA.org](http://WCDFFA.org) or [showentries.infodog.com](http://showentries.infodog.com).

*"AKC Rally® is a companion sport to AKC Obedience."*



## Moore Funeral Home, other businesses foster AHS animals

The Asheville Humane Society (AHS) Ambassador program places homeless pets with businesses that "have a heart for animals" according to AHS' Pam Burgess, Adoption Center Manager.



**Cordelia and Jennifer Duran, up close and personal.**

Recently, Moore Funeral Home at Forest Lawn, which includes Best Friends Pet Cemetery and Crematory, became a participant by taking in Cordelia, a two year old cat with hip dysplasia. She now freely roams the pet-friendly Moore offices and greets visitors of all species. When not on welcoming duty, Cordelia watches cat videos. Or when not watching cat videos, she keeps a sharp eye on the squirrels out the window. Or, when watching neither squirrels nor cat videos, Cordelia inspects boxes that need inspecting, which is, of course, all boxes.

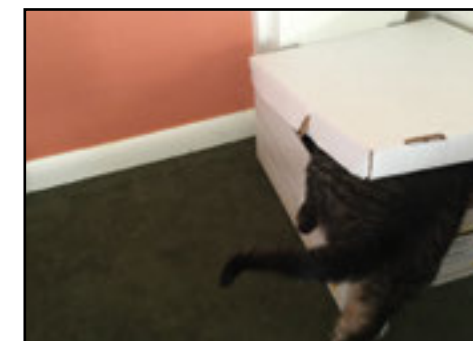
Cordelia came to Moore after Manager Jennifer Duran saw a Facebook post about the AHS Ambassador foster program. Duran has two cats and a dog of her own, (Mr. Jingles, Pickles and Herbie, respectively), and thought it would be a good idea to foster an animal at Moore. In her words, she "checked the OKness of fostering" with her staff, then contacted AHS. They, in turn, picked Cordelia to be fostered both because she had been passed over

for adoption and had been declawed.

Duran was then given the necessary training on AHS adoption policy and the filling-out of paperwork, a standard operating procedure for those fostering AHS animals. Now Duran spends part of every work day with Cordelia, and has mixed feelings about her feline friend finding a permanent adoptive home. Those mixed feelings are shared by Zane Rollins, the resident trainee funeral director who also has a growing love for Cordelia.

Moore is not the only pet-related business that has joined the Ambassador program. Burgess told PetGazette that Patton Avenue Pet Company's downtown Asheville office is fostering two AHS bunnies. And Wild Birds Unlimited is fostering two cats that reportedly love watching bird videos.

Companies that would like to help AHS help homeless animals have many opportunities other than fostering to be involved. They can display a free cling in their window to showcase their ongoing support. They can empower staff to volunteer as individuals or as a team. They can offer a matching contribution program that would double the value of every staff member's gift to AHS. The possibilities are limited only by dedication and imagination.



**Cordelia inspects box as cat DNA demands.**

Businesses that would like to participate in the AHS Ambassador program should contact Adam Cotton, Manager of Community Alliances, Asheville Humane Society. He can be reached by email at [acotton@ashevillehumane.org](mailto:acotton@ashevillehumane.org), or by phone at 828 606-8428.

**This just in at press time:  
Cordelia adopted!  
New cat to be fostered  
at Moore Funeral Home!**

## AHS Dine to be Kind on Tuesday, March 7

The 14th Annual Dine to be Kind fundraiser of the Asheville Humane Society will be on **Tuesday, March 7, 2017**, not on Wednesday, March 8 as was mistakenly reported in the last issue of PetGazette.

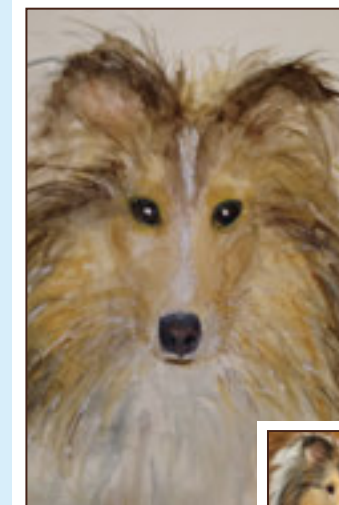
The 14th Annual Dine to be Kind, on **Tuesday, March 7**, is sponsored by Western Carolina Veterinary Surgery, which would love to see armies of WNC pet lovers participate. All they have to do is treat themselves to a wonderful breakfast, lunch or dinner – takeout included - at a participating restaurant on **Tuesday, March 7**. Once the pet loving diners tell their server that they are participating in the Dine to be Kind program, 15% of their bill will be set aside for AHS.

What could be easier and more rewarding than participating in Dine to be Kind on **Tuesday, March 7**? What could be a better way to entertain a client, re-pay a favor, or pay off a Super Bowl wager? Dine to be Kind on **Tuesday, March 7** will provide one of life's rare opportunities for a win-win-win.

AHS encourages WNC pet lovers and dining fans to inscribe their calendar for **Tuesday, March 7** and plan to eat out or take-out at one of the Dine to be Kind participating restaurants. For a complete list of those establishments, updated regularly right through **Tuesday, March 7**, see the AHS website: [ashevillehumane.org](http://ashevillehumane.org). Or call 828 761-2001.

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## Pets Help You Be Healthier

by Ryan Jo Summers

Several scientific studies have recently substantiated the popular theory that being around pets holds health benefits for us. Pets give us some incredible auto-immune benefits. And a healthy auto-immune system is the cornerstone of our physical and psychological health.

Children and infants raised with household pets have proven to be less likely to develop asthma and allergies later. Pets, especially furry mammals, provide unconditional love to an only child, a lonely child, or children experiencing emotional distress. Pets also offer a non-judgmental listening ear, which eases stress for a youngster.

Pets fulfill our basic human need to touch. Even hardened prisoners admit experiencing pleasure when they stroke or interact with a cuddly animal. Most pet owners admit talking to them. It's a way to safely voice feelings of sadness, disappointment, and other emotions, which in turn will lift our mood.

Cortisol is one stress hormone contributing to weight gain and disease. When we are pushed to 'flight or fight' thinking, cortisol is released into our bodies. The more stress we perceive, the more cortisol is released, affecting our auto-immune system. This could be why we seem to catch colds easier when we're tired and stressed. The University of Mississippi-Columbia is researching how simply petting an animal - even momentarily - releases "feel good" hormones and lowers cortisol levels. Other studies have shown that petting an animal can help lower blood pressure and cholesterol. (1)

Various studies have shown that people who

spend time with pets, (usually a dog or cat) will have increased cardiovascular, endocrine, and immune functions. They also typically have lower triglyceride and cholesterol levels compared to non-pet-owners.

The increased immune function in turn helps them to experience fewer illnesses, need fewer doctor visits, and recover quicker when sick. Overall, pet petters also had higher levels of life satisfaction and greater self-esteem. Even just playing with pets elevated serotonin and dopamine, which calm and relax us.

A 2002 study measured changes in heart rate and blood pressure among patients with a pet alongside and those without a pet. They put both groups under stress (a timed math test). Those with their pet scored better, had fewer spikes in blood pressure and returned to lower heart rates and blood pressure, indicating a quicker recovery from stressful stimuli. (2)

Many studies show that pet owners typically share a longer lifespan and increased immunity to depression. Pets give us a sense of love, security and a purpose. Pets also encourage us to laugh and play, both of which are mood lifters. Pets come with responsibilities, which force people out of a depressive funk to care for them. A dog's need to go outside encourages us to walk. So dog owners are more likely to reach the recommended 30-minute minimum of daily exercise.

We are also more likely to engage socially while walking the dog. Pets are a conversation starter, even with strangers. Mountains of documentation show people with social relationships tend to have less physical

and mental decline. This is especially good for seniors who might otherwise withdraw from society. (3) (4)

The University of Arizona's Department of Psychiatry has started a study called "Dogs as Probiotics for People". (5) It will explore the possibility of a biological bond that can improve the immune system of people and their pets. The idea is that dogs act as probiotics to enhance the health of human's gut bacteria, or 'microbiota', which has a recognized role in our mental and physical health.

Finally, having pets usually adds structure and routine to everyday. Children and seniors greatly benefit from organization and predictable schedules. Just the simple act of having such guidelines can be helpful to anyone, with the clear expectations reducing stressors and maintaining a calm flow in the everyday. Example, if you always leave your keys in the same place, you never race frantically about trying to find them. Pets inheritably encourage us to maintain a predictable routine.

1. *The Journal of the American Board of Family Medicine* 2015
2. *Psychosom Med* 2002
3. *British Journal of Psychology* 2000
4. *Journal of American Geriatrics* 1999
5. *Pet360* 2015

Ryan Jo Summers is a Hendersonville author and long-time animal advocate. She writes with the help of her furry, finned, and feathered menagerie of rescued pets. To find out more about Ryan Jo's writing and pets, see her website at [www.ryanjosummers.com](http://www.ryanjosummers.com) and her blog at [www.summersrye.wordpress.com](http://www.summersrye.wordpress.com).

## Book Review

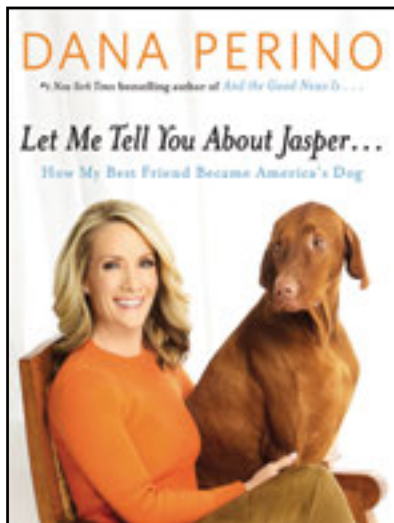
Author Perino says that Jasper is "sillier, funnier, and sadder" than any dog she has ever known. He is also goofy, and has a black belt in separation anxiety.

Jasper has become famous because of Perino's constant stories about him on TV, where she is a co-host of *The Five* on Fox News channel. Perino was press secretary for George W. Bush, but this book is apolitical. It does, however, show how a shared love of dogs can bring together people of all political persuasions, or none at all. Even on the *uber* liberal upper west side of Manhattan, where author Perino, husband Peter and dog Jasper live, dogs trump politics.

Vizslas are a sporting breed originally from Hungary. They are known for their gentlemanly, loyalty and highly affectionate behavior. Jasper exhibits all those traits big-time, as Perino describes. She admits to pretty much letting him make the household rules. He gets to use chairs and sofas and even join her in bed. And he has convinced her that he shouldn't be left alone, so she hires a sitter or walker for him when she and her husband will both be away.

Every dog parent will identify with Perino's forgiving and amused reactions to Jasper's familiar doggie actions: Equal opportunity begging in hopes of treats from friends and total strangers alike. Anticipating their people's exit, and getting to the door first. Greeting family returnees with stuffed toy stuffed in mouth. Sleeping contentedly on back, paws in air.

The wonderfully familiar doggie activities Perino relates are complimented by a great



### Let Me Tell You About Jasper...: How My Best Friend Became America's Dog

By Dana Perino  
Hardcover 272 pages  
Grand Central Publishing \$27

series of photo shopped photos of Jasper in very unfamiliar activities. There's Jasper as quarterback, Jasper as king, Jasper as Indiana Jones, etc., etc. etc. There are about 120 photos in all, each one poster-worthy.

*Let Me Tell You About Jasper...* is a great read for dog lovers, and a great gift for National Pet Day, April 11. And if you read it before gifting it on, you'll be forgiven.

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Buncombe and Madison counties

## New BRHS Shelter Update

The Blue Ridge Humane Society (BRHS) is moving forward towards its goal of a new shelter closer to downtown Hendersonville than the current facility at 88 Centipede Lane.

When completed, the new shelter will be on the three acre property of the former Heritage Hall School. The property was acquired in 2016 after a three year long search led by Lutrelle O'Cain, BRHS Executive Director. She said the organization was able to pay for the property in full, so there will be no outstanding debt on it.

Permits have been obtained for asbestos abatement and demolition to begin on March 1. The first issue to be addressed will be the removal of asbestos from the main building, one of four left on the property. Eventually, all but one will be

demolished. The one remaining building - the former gymnasium - will be used for storage at first, then for an education center and community programs once the new shelter is built.

Neither plans for the building nor a budget for the entire project have yet been completed. But O'Cain feels sure of community support going forward. A Hendersonville native, her confidence is based on past support by a high number of volunteers and help from area businesses. She cited local breweries, which have hosted adoption and fundraising events, as evidence of the kind of support that makes her certain the new shelter will be built.

For more about progress toward a new shelter and lifesaving work already being done, visit [blueridgehumane.org](http://blueridgehumane.org).

## Fences: Electric or Physical?

Dog owners with property have options. They can let their dog run loose, which is illegal. They can chain their dog, which is frowned upon and cruel. They can walk the dog on a leash, never letting it outside alone.

Or they can fence their yard. But should their fence be electric or real? There are pluses and minuses to both kinds.

An electric fence is usually cheaper, sometimes significantly. And unlike a physical fence, it is invisible. (Electric fences use a buried wire and a shock box that can deliver a serious jolt to a unit on the dog's neck.) The system also emits a beep when the dog gets too close, warning it that it will get shocked if it keeps going.

Dogs aren't stupid. Once they get shocked a few times after ignoring the warning beep, they put two and two together. "H'mm. Every time I hear that beep and keep going, I get a hell of a shock. Maybe I'll just turn around when I hear that beep and avoid the shock altogether." So electric fences can work. But do you really want to shock your best friend?

There's also the question of reliability. Some dogs simply run through the shock, even after they hear the warning beep that goes with the system. In the newsletter of the Cummings School of Veterinary Medicine at Tufts University, Dr. Nicholas Dodman reports that "Not all dogs are contained by an invisible fence." Dodman, who is the Director of the Tufts Animal Behavior Clinic, believes an industry estimate that 2% of dogs won't be deterred by the threat of shock, "may well be an underestimate."

Then, too, electric fences may be so traumatic to some dogs that once they get shocked they won't go in the yard again. They become porch sitters, or four-legged couch potatoes.

While electric fences can keep over 90% of dogs in, electric fences don't keep others out. Other dogs, cats, squirrels, children and adults can wander in as they choose. In one Buncombe County case a child went through an electric fence, harassed a normally mild-mannered dog and was bitten, though not

seriously. Nevertheless, the law said the dog was at fault and the owner responsible. The fact that the dog was on his own property and the child was trespassing made no legal difference. So the family ended up with major expenses and a legal requirement to install a physical fence.

David Ogburn knows about fences. He once had a black Labrador that simply ran through an electric fence when he wanted, ignoring the shock. Now Ogburn has

his own physical fence, and works as Sales Manager for Asheville Fence. He spends his time planning new fences, both commercial and residential. "The number one reason people want to fence

their yard," he says, "is for pet security - keeping their pets in, intruders out."

Ogburn currently has five crews installing fences from Burnsville to the South Carolina border, and Black Mountain to Brevard. "We put up all kinds of fencing," he said. "Everything from basic chain link to more decorative split rail or fancy picket. We do it all."

When Ogburn gets a call from a homeowner about fencing his yard, he visits in person and considers several factors. What kind of fence does the homeowner want? How many gates will there be? What is the terrain like? (Important because sloping terrain is more difficult to fence than a flat yard.) How many feet of fence will be needed? He also considers what kind of dog will be kept in the yard. "A four foot fence is the norm," he said. "But for bigger, athletic dogs, like German Shepherds, we recommend a six foot fence." Once an estimate is calculated and approved by the homeowner, a contract is signed and the work is scheduled.

While the majority of Asheville Fence's residential work is about dogs, the firm also completes board fences for horses as well as farm fencing.

So what's the best kind of fence for you? Cost and appearance might lead you to go electric. But, as Dr. Dodman said, "The gold standard is a real fence." 🐾

## Leash Reactive Dogs

by Kathryn R. Gubista, PhD

### Is Your Dog Leash Reactive?

If your dog pulls, lunges, barks and/or snarls at dogs or people while on leash, your dog is leash reactive.

This is one of the most common complaints about dog companions, and potentially one of the most dangerous. Leash reactivity is a serious problem and often involves multiple people and/or dogs. Human and dog injuries from reactive dogs include sprained, torn and broken arms, legs, wrists, ankles, fingers, tendons, ligaments along with the all too frequent and yet completely avoidable dog bites.

### What Causes Leash Reactivity?

Dogs are leash reactive for a combination of reasons, including inadequate training techniques and improper training equipment.

Harnesses, no matter the style, are inappropriate obedience training gear. To control a harnessed dog, brute force is required. Small, four-legged animals are considerably stronger than their larger, two-legged companions are and easily pull a human twice their size. If you have ever been on the other end of a leash attached to a focused, incensed and determined

dog pulling on a harness, you know the result is not positive by any stretch of the imagination.

### Can Leash Reactivity Be Cured?

Yes, leash reactivity is curable with the proper training approach and equipment. In fact, leash reactivity is a manifestation of improper dog gear and subsequent lack of coping skills of both dogs and their human companions.



Leash reactive dogs are a serious problem.

Many training approaches do not teach skills the dog can learn and repeat in future situations. Instead, many trainers choose avoidance techniques. Rather than allow dogs to see and acclimate to human-perceived stressful situations, trainers remove dogs from challenging situations without teaching any behavioral skills. Why? They run out of training options to

solve leash reactive problems.

### What Can You Do?

Dogs should be able to be in the same vicinity as other humans and dogs without being reactive. Dogs and humans have been companions for tens of thousands of years. Dogs have been our partners and assistants for a very long time. Leash reactivity is a relatively recent phenomenon, so one must question the source of this problem.

Do not avoid challenging situations. Embrace these situations as learning opportunities and teach your dog reliable coping skills. Both you and your dog will be grateful and you will enjoy the freedom to go anywhere with your beloved companion.

*Kathryn R. Gubista, PhD is an evolutionary biologist, college biology instructor, former zookeeper, author, and certified professional dog trainer with Lucky Dog Training Asheville. She has*

*over 30 years of dog training and human teaching experience.*

*Her book and blog, both titled The Dog's Perspective, explain her training philosophy based on how dogs think. To learn more, or to get her help with a leash reactive dog, email [LuckydogtrainingAsheville.com](mailto:LuckydogtrainingAsheville.com). Or call 828 423-9635.* 🐾

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## 5K Run for the Paws Moving to New Belgium Brewery

The 2017 edition of the 5K Run for the Paws will be held Saturday, April 22. It will be the 7th Annual iteration of the event, with all money raised going to the life-saving work of Brother Wolf Animal Rescue (BWAR).

*“Dogs aren’t just allowed. They’re Invited.”*

The event, formerly held at Fletcher Park, will have a new venue: the New Belgium Brewery at 21 Craven Street, Asheville. That’s on the west side of the French Broad River across from Asheville’s River Arts district.

The Run for the Paws venue will be different in 2017, but it will still be the only 5K in Western North Carolina where dogs aren’t just allowed, they’re invited to join the fun. There will be both a chip-timed 5K and a non-competitive one mile stroll. The 5K race will start at 10am, the one mile walk at 10:15am.

Food vendors, pet-things vendors,

music and fun activities for kids of all ages will be there for the duration of the event, which will run until 1:30pm. In addition, loveable dogs and puppies available for adoption will be introduced to all by BWAR volunteers.

Kids and non-competing dogs are welcome to join in. Those kids seven years old and older must register to participate. Those under seven don’t have to register, but will not be given an event T-shirt, nor will they be timed.

All registrants will receive an event T-shirt, whether they register the day of the event or in advance. Registration will be available the day of the event, but at increased cost. Early registration through March 25 is \$30. Standard registration is \$45. And registration the day of the event is \$55.

Event participants are not required to fundraise, but are certainly encouraged to do so. BWAR urges all runners and walkers alike to ask at least three people for a \$15 donation to support their run/walk to help animals in need. Individual fundraisers will have a chance to

win a zipline adventure for four with French Broad Adventures.

Teams can win prizes, too. All kinds of teams are welcome to register and try for the Grand Prize for team fundraisers. That prize is a puppy party for up to 20 people at the



Team crosses 2016 finish line

location and time of the winners’ choosing. The party includes a litter of adorable rescued puppies and two dozen delicious cupcakes.

Parking at New Belgium will be limited, so participants are asked to carpool,

arrange drop-offs, or walk/run/bike to the event. Those who drive will have to park a good distance from the event and plan accordingly.



Four happy 2016 participants

For more details about the 7th Annual SKRun for the Paws, contact Brother Wolf Event Director Leah Craig Feiser at [leahcraig@bwar.org](mailto:leahcraig@bwar.org). Or call 828 505-3440. And tell her PetGazette sent you.



Two happy 2016 winners

## Aloft/CAAR partnership finds new homes for 80 rescued dogs.

Charlie’s Angels Animal Rescue (CAAR) has worked since the summer of 2014 with the management and staff of the Aloft Downtown Asheville in a creative program having the hotel foster animals available for adoption by its guests.

In 30 months, 80 dogs have been adopted. Aloft General Manager David McCartney said that roughly 60% of the adopters come from out of town, with the remaining 40% coming from Western North Carolina and other areas. He added that dogs have even been placed with families in Florida, New York and Connecticut.

All adopters must be vetted by CAAR, either directly or with the help of other rescue groups in the adopters’ home towns.

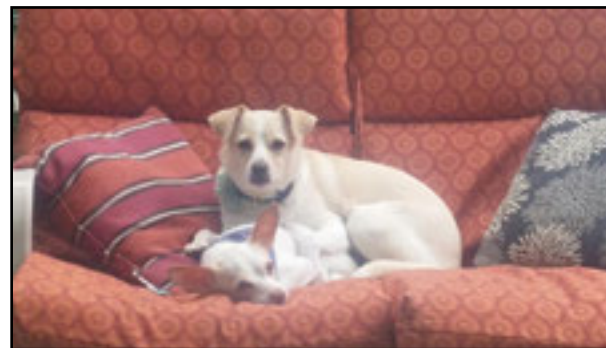
The dogs fostered at Aloft all spend their first 24 hours in a quiet room away from the noise and activity of public spaces. That helps them acclimate to what McCartney describes as “a big family with a big home

that has a lot of visitors.” Then they get to meet guests in the lobby or the XYZ bar.

McCartney said most of the fostered dogs are adopted within two weeks or less. He thinks the speed record, though, is about five minutes. A newly arrived guest saw the dog in the lobby and said, “That’s the dog I’ve been looking for all my life!” McCartney also volunteered that “the happiest dogs he had seen adopted,” a closely bonded brother-sister pair, went to a family in St. Louis.

Aloft Downtown Asheville has been pet friendly since it opened in the late summer of

2012. McCartney and the Aloft staff are proud of their work with CAAR and that the success of their program has encouraged other hotels to incorporate the foster program. be pet friendly. One new corporate relative, AC Hotel by Marriot, will be opening on Broadway in late spring. It, too, will offer a pet program and hopes to emulate the Aloft’s pet friendliness.



Adoptees Summer and Spencer relax at their new St. Louis home.



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## Why is fish dangerous to cats? Cats love tuna fish!

by Karel Carnohan, DVM

It's true. There are very few cats who don't love tuna. So why is fish, as a staple diet for cats, dangerous? It's dangerous because fish contains an enzyme called Thiaminase, which breaks down Thiamine, an essential vitamin also known as B-1.

If cats are fed mainly fish, either as tuna or in pet food that is not supplemented with Thiamine, they can become very sick. Vitamin B-1/Thiamine is essential for neural health.... it feeds and protects neurons. If a cat is thiamine deficient, it will develop neurological symptoms and eventually die if its diet is not corrected. Fortunately, cats can recover from this if they get proper care and a well-balanced diet.

Recently, several pet food companies have recalled their cat food because it was deficient in Thiamine. Pet food companies must add Thiamine to their fish formulas to compensate for the enzyme and ensure cats get enough Thiamine. It is likely their food was tested and found to have inadequate levels. I like to give the pet food companies credit for doing the right thing by recalling their foods; it shows they are testing and following through.


Along those lines, a pet peeve of mine is pet food companies who market "cat food", mostly canned food, that is "all tuna" or "100% Natural Chicken". If shoppers are not careful and aware, they often assume this is a complete diet for their cat. IT IS

NOT! Many companies do not make it clear that this is designed to be a TREAT and not be the cat's main diet.

The words to look for on the label are the following:

**"FORMULATED IN ACCORDANCE  
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or variations on that statement. Even better, a pet food company will test its food via feeding trials to ensure they are healthy, as shown on this label. For growing kittens, it is best to find a diet formulated for their age and that should be stated in the AAFCO statement.

AAFCO guidelines aren't perfect and are in need of updating, but they are the best we have at the moment. So please read labels and be aware that there are many companies jumping on the pet food band wagon who neither have the expertise nor the resources to ensure that their products they are producing/marketing are healthy and complete for your pet. Good nutrition is important for your cat's long term health. 

*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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## Horses can't eat grass?

by Thom Willis

Most people look forward to spring. But many horse owners fear it, particularly if they have ever found a beloved equine friend swaying uncomfortably back and forth in the pasture or worse, in lying in their stall unable to get up.

Mention the all too well-known terms founder, laminitis, unsoundness, lameness, and the culprit, "Spring Grass," immediately comes to mind. But, we have always been told that horses are supposed to eat grass. So how can grass be the culprit causing this condition? These problems are almost exclusively seen in domesticated horses, and tend to increase the further from the wild model our horses exist. Let's look at how wild free-ranging horses live for some explanations and solutions.

Wild horses encounter the same rich

grasses as domesticated horses, but without the onset of hoof maladies. Why doesn't spring grass affect them in the same way? Wild horses are constantly on the move, whether escaping predators or competition from other bands of wild horses. Most wild horses move up to 30 miles a day, constantly nibbling grass and other plants as they go. Their stomachs never get too full or too empty, but rather stay in a balanced state all the time.

On the other hand, many domesticated horses spend much of their time confined to stalls and are turned out on grass only for short periods of time, ironically often out of fear of spring grass. When this occurs they gorge themselves and then return to their stalls to digest it. The problem is that once the grass has passed out of their stomachs, it leaves behind chemicals and bacteria looking for something else to digest.

A steady flow of food would regulate these chemicals, but an empty gut allows

them to be reabsorbed into the blood stream where they are concentrated in the feet. There they act as toxins to the robust yet delicate connective tissue known as laminae. This causes inflammation, further blocking the flow of blood, and generating pain. Depending on the level of toxicity, the result can be catastrophic. Laminitis is inflammation of the laminae and results in varying degrees of separation of the hoof wall from the inner structures of the hoof.


What can horse owners do? In the spring if you see any of the above symptoms, immediately call your veterinarian. Encourage movement by your horse where possible. Regulate all her food consumption to mimic the examples set by wild horses. Allow for multiple feedings of shorter duration. If horses must be stalled, be sure they have adequate hay and water to ensure



that their stomachs are never completely empty. Recovery is greatly enhanced by ensuring your horse's feet are properly trimmed, as

overgrown toes will increase the pain the horse is experiencing.

If your horse has ever foundered, it should not be freely turned out on grass at any time of the year without some form of regulation (Example: Grazing muzzle).

Not all horses respond to spring grass in the same way, even horses kept on the same property. There are more details to consider, such as the rate at which the horses consume the grass, and their ability to deal with systemic overloads of toxins. We will deal with these additional considerations in a future article. 

*Thom Willis is owner of Wild Ways Natural Equine Care in Old Fort. He is a natural hoof care and wild ways natural equine care professional. Contact information is FB: [wildways.equine](https://www.wildways-equine.com), <https://www.wildways-equine.com>, 828-273-4643.*

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## Animal Communicating Reveals Underlying Causes of Behavior

by Renee Takacs

### Underlying Causes of Pet Behavior

One of the many benefits of an animal communication session is to gain an understanding of a pet's behavior. Once the information surfaces, people feel empowered with a broader range of choices and positive actions they could take to shift undesirable behavior.

Common questions clients ask include: Why is my dog licking his paw obsessively? Why is he having separation anxiety? What can I do about it? These are a few of the concerns clients Kate and John recently asked about their rescue dogs, Hank and Rosetta.

### Concerns and Connection

When I initially connect with a pet, I ask two questions: "May I speak with you?" and "Is there anything you want to tell me or your people?" I believe that gives pets a *voice* and honors their messages. I also listen to the client's voice and help both pet and client move from confusion and distress to clarity and comfort. *Connection* means being heard, seen or understood without judgment.

### Anxious and Uncomfortable

When I *connected* with Hank, a Golden Retriever, his first comment was about his frustration with Rosetta, a terrier. Her aggressive behavior causes him to feel anxious and threatened. He also felt uncomfortable in his body, with sensations of achiness and stiffness. I could intuitively see inflammation. He drew me to his stomach and upper intestinal

area where the root of his physical imbalance seemed to be.

Hank's person Kate exclaimed, "Hank just let out one of those big dog sighs!" Hank was feeling 'heard.' Hank also told us he hasn't felt 100% safe emotionally since he was a puppy. I intuitively felt he was taken from his mother and siblings too soon, a common underlying first cause of separation anxiety. Kate verified that Hank had terrible separation anxiety when he came to live with them, but has made improvements.

Hank told us that otherwise, he was happy in the home, loves his people and loves being outside. I did energy work on him and talked about his paw licking. From what I could intuit about his physical body, his digestive system was not breaking down the food in a way his body could absorb it. I suggested asking their vet about digestive enzymes for his stomach and probiotics for his intestines. It also felt helpful for Hank to visit a chiropractor. I followed the irritation from his paw up his leg through his nervous system into the area between his shoulder blades. It felt tight and constricted there.

### Nervous and Untrusting

Rosetta also had issues needing attention. She snaps when someone tries to take her toy. She ate John's wallet, then pooped on the floor. This was obviously creating concerns for Kate and John.

When Rosetta communicated with me, she felt nervous, anxious and hesitant to connect,

even at a distance. She was chewing on things to discharge her nervousness. Her areas of weakness included bladder, kidneys, adrenals and nervous system. She also indicated some lung or breathing difficulty, which Kate verified.

Rosetta conveyed an intense concern that Hank or someone might take her food. I assured her that her bowl of food would always be available and sent her the feelings of being calm, relaxed, trusting and safe while simultaneously imaging a full bowl of food.

Rosetta showed me that Kate and John correct her on occasion for being aggressive with Hank, yet the corrections weren't consistent. Kate and John both verified this and realized that consistent reinforcement is necessary to imprint the preferred behavior.

Kate asked, "Is Rosetta mad at us?" Rosetta conveyed that she is not mad, just anxious and stressed. Kate also asked if more bones and exercise would be helpful. "Yes!" Rosetta enthusiastically responded!

After our hour-long phone visit, Hank and Rosetta felt seen, heard and understood, as did Kate and John. There were more choices available and suggested actions. Everyone felt lighter and comforted with a clearer understanding of the *underlying causes*. We all agreed to follow up in the next few months. Look forward to hearing the results.

Renee Takacs recently moved to WNC from the Pittsburgh, PA area. She blogs about pets at [www.intuitguide.com](http://www.intuitguide.com), and can be reached at 828 685-3231.

## Pet Obituaries

by Pet Cremations of Western Carolina

**Rosie** was an adorable Brindle terrier who was a delight in A.J. and Jeanne Vandvord's lives. Her life was short, but she packed a lot of loving and fun into her brief six years. She crossed over to the Rainbow Bridge on November 8<sup>th</sup>.

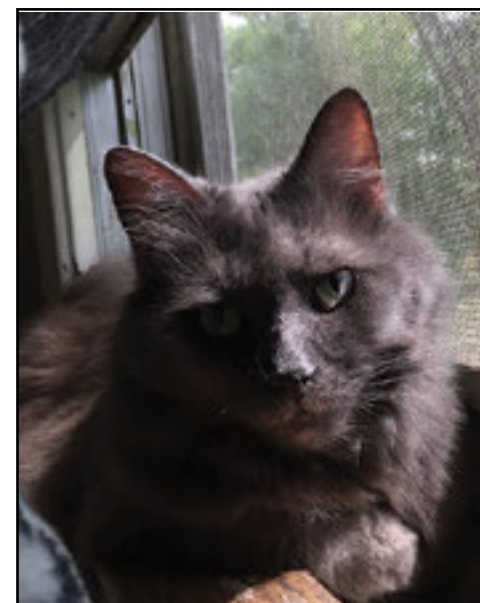
**Baily** lived for more than 17 years. Paige Wetzel misses her cat-child, but she is grateful to have had him in her life.

**Chase** said goodbye to William and Susan Bailey on December the 18<sup>th</sup>. The loving Sheltie was loved and showered with happiness and care in his life. Now he runs freely with his Sheltie-Brother, Robby who crossed Rainbow Bridge in December of 2015. William and Susan miss both of their canine-boys.

**Maxie** passed away at home on January 8<sup>th</sup> with him mom, Faye Kessler, at his side. He was a handsome miniature schnauzer who lived a very happy life in his twelve years.

Tiny little **Maxamillion** joined his family fifteen years ago, when he was only four weeks old. Max passed away on January 25<sup>th</sup>. On February 13<sup>th</sup>, his best buddy and canine-brother, **Sebastian**, also passed away. Their canine-brothers Peanut and Buddy as well as their human parents Lee and Gay Barrett and people-siblings Auburn and Daniel are devastated by the sudden loss of both. For full obituary go to [www.PetCremationsWC.com](http://www.PetCremationsWC.com).

**Dixie** joined the Ballou family when she was only a year old. Sick with heartworms, she had been abandoned on the roadside. Her people took her in and Dixie's life changed forever. She is survived by Tom and Trish Ballou as well as her very best friend ever and canine-brother, Shadow. For full obituary go to [www.PetCremationsWC.com](http://www.PetCremationsWC.com).



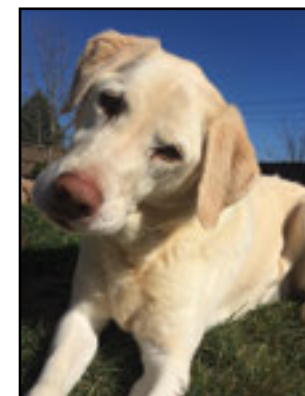
Ragnar

Twelve-year-old **Ragnar** was a devoted and sensitive cat. He greeted his human at the door every day and watched over him when he was sick. Ragnar will be missed by one surviving cat, Dagny, and his human Phil McCanless. Ragnar passed over to the Rainbow Bridge on January the 14<sup>th</sup>. For full obituary go to [www.PetCremationsWC.com](http://www.PetCremationsWC.com).



Dixie Ballou

**Hudson** was an English White Lab with a big block head. He was very loyal and extremely intelligent dog who loved the family children, Emmylou and Porter. His people-parents, Ben and Courtney Hale, along with canine-sister, Ila, miss him very much. For full obituary go to [www.PetCremationsWC.com](http://www.PetCremationsWC.com).



Hudson

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## FoHCAS Offers Naming Rights for New Haywood Shelter

The Friends of the Haywood County Animal Shelter (FoHCAS) organization is offering naming rights to various parts of the new shelter now under construction. The shelter was approved by the Haywood County Board of Commissioners in November 2016.

The naming rights are offered in six categories: Customer Service Areas, Animal Care Facilities, Adopt a Kennel, Common and Campus Areas, Outdoor Memorials and Tribute Bricks. Prices range from a high of \$250,000 for the right to name the adoption lobby, all the way down to \$100 for a tribute brick in an outdoor walkway. Between those extremes are the rights to name an examination room (\$25,000), an indoor-outdoor dog kennel (\$5,000), or a cat housing unit (\$1,000).

Doyle Teague, Director of Haywood County Animal Services said that the new shelter is scheduled to open in November 2017. When completed it will double

the capacity for sheltering cats from the current 32 up to 64. The new facility will also accommodate 48 dogs at a time compared to the current 32 dogs, a 50% increase. Teague said that ground had been broken for the new shelter this past December, and that the footings have all been put in place. Work on the under-slab plumbing was underway at PetGazette press time.

The new facility is being built with a combination of private and public funds, but with no increase in local property taxes. Sales tax dollars to fund the shelter will cost about \$2.30 per year per Haywood County resident.

FoHCAS has an overall fundraising goal of one million dollars, the amount needed to supply the new shelter with furnishings

and equipment. It had raised a bit over \$200,000 as of November 2016 and still has about \$800,000 to raise by October 31, 2017 to meet its commitment. Potential donors or purchasers of naming rights can see a complete list of naming opportunities at [hcasfriends.org](http://hcasfriends.org).



**Doyle Teague, director of Haywood County Animal Services, checking on a rescued dog at current shelter.**

Photo by Nancy Bullock

## Sarge's Annual Meeting to be March 15

Sarge's Animal Rescue Foundation will hold its annual meeting at 6pm Wednesday, March 15 at the Shelton House barn, 49 Shelton St. in Waynesville.

Social activities start with refreshments at 5:30pm and the meeting itself will start at 6pm. Attendees will hear an update from board president Gary Smith on Sarge's 2016 progress in saving dogs and cats in Haywood County. There will also be a report on Sarge's financials and a preview of events planned for 2017. The meeting will include the election of Sarge's board members to new terms.

The guest speaker for the evening will be Doyle Teague, Haywood County Director of Animal Services. Teague has been instrumental in increasing the save rate of animals in the overcrowded existing county shelter. He is also well-known for organizing the effort to rescue 140 dogs in the hoarding case last fall. Teague will give an update on the new Haywood County Animal Shelter, currently under construction. (Story page 16)

Sarge's was opened in 2005. Its mission statement reads: "Sarge's mission is to end the euthanasia of healthy, adoptable dogs and cats in the Haywood County Animal Shelter." Its shelter and adoption facility is at 256 Industrial Park Rd., Waynesville. It is open Tuesday through Friday from 12 noon until 5pm, and Saturday from 10am until 3pm.

For information on adopting, donating or volunteering, call 828-246-9050 or visit [www.sargeanimals.org](http://www.sargeanimals.org).



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