



MILESTONES

In 2015, Chihuahua & Small Dog rescue saw the celebration of our ten year anniversary of rescuing the abused, neglected and abandoned little ones from Colorado high kill shelters. In honor of the more than 1300 furry friends we have helped to a new life, we were able to raise almost \$10,000 at our fundraiser in October and claim it as a huge success. We thank all of you who have adopted, fostered, volunteered, donated and supported us in so many ways. We also thank the shelters for working with us to help give these little ones a second chance.

ANYONE HUNGRY FOR HAM?

Check out our Facebook page and find out how buying a gift certificate from the Honey Baked Ham Company can get you not only a delicious ham, turkey, pie or other delicious goodies, but can help out with the medical expenses of some of our little dogs.

COLORADO GIVES DAY

Since this is the season of giving, consider giving on Colorado Gives Day to Chihuahua & Small Dog Rescue. We are one of the organizations participating on this wonderful day. When you make a donation to us on December 8, 2015 through the Colorado Gives Day website, your donation will be increased by a percentage determined by Community First Foundation and First Bank.and remember, your donation is tax deductible! Click on graphic to donate



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HOLIDAY REMINDERS from Heloise

IN A PET'S PAW, WE BECOME.....
from Prevention Magazine

During this holiday season, let us remember all that our pets can do for us. They make us more buoyant. A pet can foster hope during tough times. In one experiment, when participants experienced the sting of social rejection and then were asked to think about their pets, their spirits lifted. Our animal companions remind us of our ability to make a positive impact on the life of another, and that is therapeutic. The unconditional acceptance of a pet can ease the effects of stress and can protect us by providing the reserve needed for emotional resilience.

Our pets make us more agreeable. Aggressiveness and other problem behaviors among Alzheimer's patients drop significantly when a dog is around. Petting a dog or cat for just 15 minutes lowers the stress hormone cortisol and causes the brain to release the calming hormone oxytocin.

Especially at this time of year, our pets can make us more relaxed. It may sound weird, but it works: Pia Salk, a psychologist and spokesperson for Adopt-a-Pet.com suggests making eye contact, matching your breathing to your pet's, and listening to his or her heartbeat as you speak. Maybe even whisper your worries. And when you later find yourself open to a connection with the near stranger down the block, remember how you gained that gift. That's worth at least one treat, right?

As we prepare for the holidays, with Christmas trees and decorations, we need to remember that this can be a dangerous time for dogs and cats. Here are a few important reminders:

- Don't let animals drink the water that the tree is sitting in.
- A real tree can be hazardous. Needles from real trees aren't digested and may be mildly toxic or could even puncture the intestine.
- If you have a cat, you know how it loves to play! Keep lights and ornaments off the lower branches where a cat can reach them. If a pet bites the light cord, it can be shocked or its mouth burned. Broken ornaments can cause choking hazards or cuts.
- Keep wrapped gifts with bows or ribbons out of reach for the same reason. Pets may be tempted to chew paper, ribbons or the gift itself. They may also decide to "mark" the presents as their own.



TRETT TIME

Here's a treat that is sure to please, and nothing is in these that you can't pronounce. Safe for humans, too.

Healthy Homemade Doggie Treats

By Cassie Johnson

MAKES about 3 dozen

PREP TIME 10 min.

COOK TIME 30 min

INGREDIENTS

- Cooking Spray
- 2-1/2 cups whole wheat flour
- 1/2 cup ground flax seed
- 1 tablespoon honey
- 3 eggs
- 1/2 cup olive oil
- 1 cup water
- 1/2 cup applesauce
- 1/2 cup pumpkin puree

DIRECTIONS

1. Preheat oven to 350° F. Coat a baking sheet with cooking spray and set aside.
2. In a large mixing bowl, combine flour, wheat germ and flax seed. Set aside.
3. In another mixing bowl, combine honey, eggs, oil, water, applesauce and pumpkin puree until well combined. Pour into dry ingredients and stir until well-mixed.
4. Form into a disc and roll out on a well-floured surface until about 1/4" thick. Using a cookie cutter, cut out shapes and place on prepared baking sheet about 1" apart.
5. Bake in preheated oven 25-30 minutes or until treats are very brown and very hard.
6. Let cool completely before giving them to your dog. Store in an airtight container.