



# CSDR NEWS

CHIHUAHUA & SMALL DOG RESCUE, INC.

## Cathy & Izzy: An Adoption Success Story



Izzy is the love of my life! As you can see, she's one of the cutest dogs ever. She is my first dog as an adult. I adopted her from CSDR April 6th, 2006.

I think Izzy is a Yellow Lab/Jack Russell Terrier mix, but it's up for debate. She's loving, energetic, and as cute and playful as can be. She makes me

laugh every day. Snow is her favorite thing—she loves digging and jumping through it like a kangaroo.

Honestly, when I first adopted Izzy, I thought, "What have I gotten myself into??" She was a puppy and there was a lot of potty training to do, a lot of chewing that went on, and a lot of walking and exercising that needed to be done (and there still is!). It was a full-time job, and even after 10 months, she still wakes me up most nights for a potty break. But, it's worth it. She is perfectly potty trained, well

mannered most of the time (still haven't cured her of jumping when she's excited), and she's so much a part of me, I can't remember a life before her.

I do warn folks who want a dog and have never had one, that their lives will be forever changed. Your freedom is lessened, your guilt is increased, separation is so difficult and if you are doing right by the dog, your daily mission becomes, How do I wear her out today? Dog parks are the best thing ever invented. We take long power walks at Cherry

*(Continued on page 5)*

### Inside this issue:

Feeding without Guilt	2
Top 10 Reasons	2
Talking to Applicants	3
Rescue Rainbow Bridge	4



## Jennifer and Lucy: Another Success Story

As a family we were ready to bring a pet into our home. Afraid of buying a pet from the pet stores, we found out about rescues. After looking into the different rescues we came across Chihuahua & Small Dog Rescue from a family member. We loved the idea that the dogs were not kept in

kennels and that the foster homes reported what the dogs were like. Because I had four kids at home we really needed the perfect match. I filled out my application online and my home visit was set up. Finding the right dog was not immediate because of my special needs in a dog. The

wait was worth it. Lucy came into our lives and stole our hearts from the first time we met her.

Lucy was the perfect dog for my family. She loves the kids and loves to be outside with them. Lucy has learned to pick up the balls my son uses for baseball practice. Lucy enjoys a tea party or two with



my daughters. Our experience was so extremely positive we decided to get involved in anyway we could. I was approved for home visits and fostering and just love to be a part in such a wonderful rescue.

Jennifer

## Feeding without Guilt

By Jeanne Stroh ([jeanne.stroh@ccd.edu](mailto:jeanne.stroh@ccd.edu))



Research on canine nutrition has come a long way in 30 years. Back then, a brand name food was considered the best food available for pet dogs, so I fed that brand canned and dry to my dogs. A year or so ago, I started feeding vitamins on a whim and was amazed at the difference. The dogs' coats started shining, and their energy levels improved. I started wondering why I was paying so much for premium dog food. A few months ago, I subscribed to "The Whole Dog Journal," which comes with a free copy of their report called "Top Dog Foods for Total Wellness." I was horrified to learn that the food I have been feeding all those years appears on their Not Recommended list. In fact, most foods produced by conglomerate food makers appear

on the Not Recommended list.

Although dogs are omnivores, eating both meat and vegetable matter, their bodies need high quality meat protein to function at their best. The best way to identify high quality foods is to read the ingredients on the label. Dog food ingredients should list meat as the first or second ingredient. Avoid any food that contains "by products". Beef by products include tendons and innards. Poultry by products can include heads and feet. These are not high quality protein sources and may not have been handled as carefully as high quality foods. Check the labels on treats too. There are lots of high quality treats on the market these days.

Canned food is in. For years I felt guilty for feed-

ing canned food to my dogs because experts acted like canned food was only for spoiled little fru-fru dogs, but I fed it anyway. Processing dry food limits the amount of fresh meat that can be included because fresh meat gums up the machinery. Canned food tends to include more high quality meat as a percentage of dry weight. Calculate dry weight by subtracting the moisture from 100 to get the dry matter and divide the percentage of protein by the amount of dry matter. For example, if a food says it is 80% moisture and 8% protein, the amount of protein as dry matter would be 40%. Dry foods are more likely to be 20-30% protein or less.

The recommended foods can be hard to find and are usually expensive.

Using the recommendations in the report, I studied labels and settled on a store brand canned and baked dry food. The store brand is less expensive than name brand foods, and yet the ingredients compare well to the recommended brands in the report. I feed about half the recommended amount of canned food and leave dry food down all the time. I'm still working on switching to healthier treats. Some good choices for treats include freeze dried lamb and beef lung, chicken jerky (Costco has 2.5 lb. bags for around \$11 and Dog Cookies for about the same price).

Senior dogs need more

*(Continued on page 5)*

## The Top Reasons Dogs are Given to Rescue/Shelters

1. Owners moving; too much trouble to take the dog too; we'll just get a new one.
2. Owners are having a baby.
3. Owners bought the dog for the kids, and the kids have lost interest.
4. The dog got too big (i.e., the owners didn't
5. Owners are getting divorced.
6. Owner is getting married.
7. Owner had children, and the kids are allergic to the dog.
8. Owner bought a new
9. The dog sheds too much (again, didn't research the breed).
10. It keeps getting pregnant (ever hear of spaying?).
11. Owners can't afford basic vet care or the expense of treating an illness or injury.
12. Owner dies or goes into a nursing home.
13. Owner is moving to an apartment that doesn't allow dogs.
14. Owner doesn't have time for the dog.
15. Dog doesn't fit lifestyle.



## Home Visit Overview: Talking with Applicants

Last month we talked about the details of touring the home. This month we will explore talking with the applicant during the home visit.

When you arrive at the home, introduce yourself and briefly explain the function of the home visit. Tell them that you are visiting to meet them and to evaluate the appropriateness and safety of their home for a dog. It is usually easy to start off a conversation after that by saying, "So, you're thinking about adopting a Chihuahua," and then pause for a reaction. Let them talk and volunteer information.

Note: If you are not comfortable with the applicant as a dog owner or are in any other way uncomfortable, simply end the interview on a nice note and leave.

Don't make this a formal interview! Engage the applicants in conversation about the dog they want to

adopt. Observe their behavior. Get a sense of how they would be as dog owners.

How do they interact with each other?

Do they express basic considerations and caring to spouses, children and other pets?

Do the children seem like they would be respectful to pets?

Will the adults monitor the children's behavior with the dog?

Do the applicants have a basic understanding of the dog's needs and behaviors?

How will they introduce the new dog to the other pets?

Do they understand that sometimes rescues go through a period of adjustment?

How will they handle this?

If we are considering their

application for a specific dog, you might find that they would be better suited for another dog. Please let us know if you think this. Perhaps they have applied for a young dog but might not be able to handle the exercise requirements, so they should consider an older dog.

When the meeting is over, don't tell the person whether or not they are approved. The information is relayed to a committee of three people who make the final decisions on all adoptions. Not every home is right for every dog, so even great people can be wrong for a specific dog.

If a dog tolerates gentle handling between its toes, it probably is suited for children.

If you want to be friends with somebody else's dog, let the dog make the first move, and don't be too quick to respond.



## Web sites

Check out Sewing @ Circle of Crafters web site for a free pattern for a well-designed doggy coat. They provide 8 patterns to accommodate different sized dogs.

<http://www.sewing.circleofcrafters.com/>

They also provide a dress pattern that looks cute.



Check out Healthy Pet for an abundance of health related articles. [Healthypet.com](http://www.healthypet.com)

See article on Chihuahua breed-related concerns,

[http://www.healthypet.com/library\\_view.aspx?ID=162&sid=1](http://www.healthypet.com/library_view.aspx?ID=162&sid=1)

Two of my dogs experience tracheal collapse. I've found that rubbing the back of their necks can relax them enough for their breathing to return to normal. Rubbing the front of their necks makes symptoms worse. Feeding glucosamine and chondroitin (used to treat arthritis) may help strengthen the cartilage in the trachea.

## Rescue Rainbow Bridge Poem

Author Unknown

Create a virtual memorial at  
<http://www.rainbowbridge.com/hello.htm>



Unlike most days at Rainbow Bridge, this day dawned cold and gray, damp as a swamp  
 And as dismal as could be imagined. All of the recent arrivals had no idea what to  
 Think, as they had never experienced a day like this before. But the animals who had  
 Been waiting for their beloved people knew exactly what was going on and started to  
 Gather at the pathway leading to The Bridge to watch.

It wasn't long before an elderly animal came into view, head hung low and tail  
 Dragging. The other animals, the ones who had been there for a while, knew what his  
 Story was right away, for they had seen this happen far too often.

He approached slowly, obviously in great emotional pain, but with no sign of injury or  
 Illness. Unlike all of the other animals waiting at The Bridge, this animal had not been  
 Restored to youth and made healthy and vigorous again. As he walked toward The  
 Bridge, he watched all of the other animals watching him. He knew he was out of place  
 Here and the sooner he could cross over, the happier he would be.

But, alas, as he approached The Bridge, his way was barred by the appearance of an  
 Angel who apologized, but told him that he would not be able to pass. Only those  
 Animals who were with their people could pass over Rainbow Bridge.

With no place else to turn to, the elderly animal turned towards the fields before The  
 Bridge and saw a group of other animals like himself, also elderly and infirm. They  
 Weren't playing, but rather simply lying on the green grass, forlornly staring out at the  
 Pathway leading to The Bridge. And so, he took his place among them, watching the  
 Pathway and waiting.

One of the newest arrivals at The Bridge didn't understand what he had just witnessed  
 And asked one of the animals that had been there for a while to explain it to him.

You see, that poor animal was a rescue. He was turned in to rescue just as you see him  
 Now, an older animal with his fur graying and his eyes clouding. He never made it out  
 Of rescue and passed on with only the love of his rescuer to comfort him as he left his  
 Earthly existence. Because he had no family to give his love to, he has no one to escort  
 Him across The Bridge.

The first animal thought about this for a minute and then asked, "So what will happen  
 Now?" As he was about to receive his answer, the clouds suddenly parted and the  
 Gloom lifted. Approaching The Bridge could be seen a single person and among the  
 Older animals, a whole group was suddenly bathed in a golden light and they were all  
 Young and healthy again, just as they were in the prime of life.

"Watch, and see" said the second animal. A second group of animals from those  
 Waiting came to the pathway and bowed low as the person neared. At each bowed  
 Head, the person offered a pat on the head or a scratch behind the ears. The newly  
 Restored animals fell into line and followed him towards The Bridge. They all crossed  
 The Bridge together.

"What happened?"

"That was a rescuer." The animals you saw bowing in respect were those who found  
 New homes because of his work. They will cross when their new families arrive.  
 Those you saw restored were those who never found homes. When a rescuer arrives,  
 They are allowed to perform one, final act of rescue. They are allowed to escort those  
 Poor animals that they couldn't place on earth, across The Rainbow Bridge.

"I think I like rescuers," said the first animal.

"So does GOD," was the reply.

## Rescuing little ones across Colorado

Chihuahua & Small Dog Rescue, Inc.  
53 Monk Street  
Colorado Springs, CO 80911

Phone: 719-291-3536  
Fax: 719-392-4355  
E-mail: [info@chihuahua-smalldogrescue.org](mailto:info@chihuahua-smalldogrescue.org)  
Web: [www.chihuahua-smalldogrescue.org](http://www.chihuahua-smalldogrescue.org)

CSDR News  
Editor, Jeanne Stroh  
[cldrnews@yahoo.com](mailto:cldrnews@yahoo.com)

Send letters to the editor to  
[cldrnews@yahoo.com](mailto:cldrnews@yahoo.com)

### Cathy and Izzy continued

Creek State Park twice a week, weather permitting, go to Stapleton Dog Park twice a week, and I've hired a dog walker to walk her twice a week on my long days. Luckily, I'm now able to work at home on Fridays, so that's one less day I have to leave her alone. Separation is hard for both of us, but I'm lucky—Izzy just sleeps while I'm gone. I go home to let her out at lunch the two days the dog walker doesn't come, so she's got life pretty good, I'd say.

Thank you for helping bring her and I together. We love each other so much!

Cathy

Send your adoption stories to  
[cldrnews@yahoo.com](mailto:cldrnews@yahoo.com)

### Feeding without Guilt continued

protein, not less as previously thought. According to Mary Straus, "Dogs have no nutritional need for carbohydrates" (p. 7). Ms. Straus goes on to say that "diets high in carbohydrates contribute to inflammation, which increases arthritis pain, and can cause medical problems, including obesity and maldigestion." The current recommendation is that senior dogs continue to be fed adult dog food, possibly supplemented with fresh foods "such as eggs and meat (raw or cooked), canned fish with bones (jack mackerel, pink salmon, sardines), dairy (yogurt, kefir, cottage cheese), and healthy leftovers" (p. 9). ACK! I always fed senior foods to my older dogs. Fortunately, I also feed a little cooked chicken regularly so maybe that helped compensate for the senior food. Currently, I only feed adult food to the adult and senior dogs, and I've stopped feeling guilty about the cooked chicken.

Timothy Brill emphasizes the value of high-quality meat protein for dogs, stating that "Feeding your dog a diet with primarily animal-based protein sources helps to do the following: maintain your dog's muscle mass, reverse some age-related changes in skeletal muscles in senior dogs, enhance the long-term health and well-being of adult and senior dogs." Brill also states that dogs fed less meat protein and more corn gluten meal had "decreased lean tissue, increased body fat, decreased levels of blood proteins routinely used as markers of superior nutritional status."

My senior dog, Sadie, a spaniel mix, has become much more active since I switched to the store brand adult food, and my overweight gate barker, Misty, is joining Sadie and a couple of the other dogs in chasing the squirrel that visits the back yard. I bribe that squirrel to exercise my dogs by putting out wild bird seed laced with sunflower seeds. Misty has also returned to being ornery, coaxing me into chasing her around the yard, usually at midnight when I want to go to bed. All in all, I'm pleased with the results of the changes I've made so far, and I think the dogs are benefiting.

Brill, T. (nd). The Importance of Protein, The Dog Daily.  
[http://www.thedogdaily/Dish/importance\\_protein/index.html](http://www.thedogdaily/Dish/importance_protein/index.html).  
<http://www.thedogdaily.com/home.html>.

Straus, M. (2006). Diet and the Older Dog, The Whole Dog Journal, 9(12), 6-10.

The Whole Dog Journal: A monthly guide to natural dog care and training. [www.whole-dog-journal.com](http://www.whole-dog-journal.com)

**Tell your friends how to sign up for the newsletter on the Our Furry Friends page on the web site.**