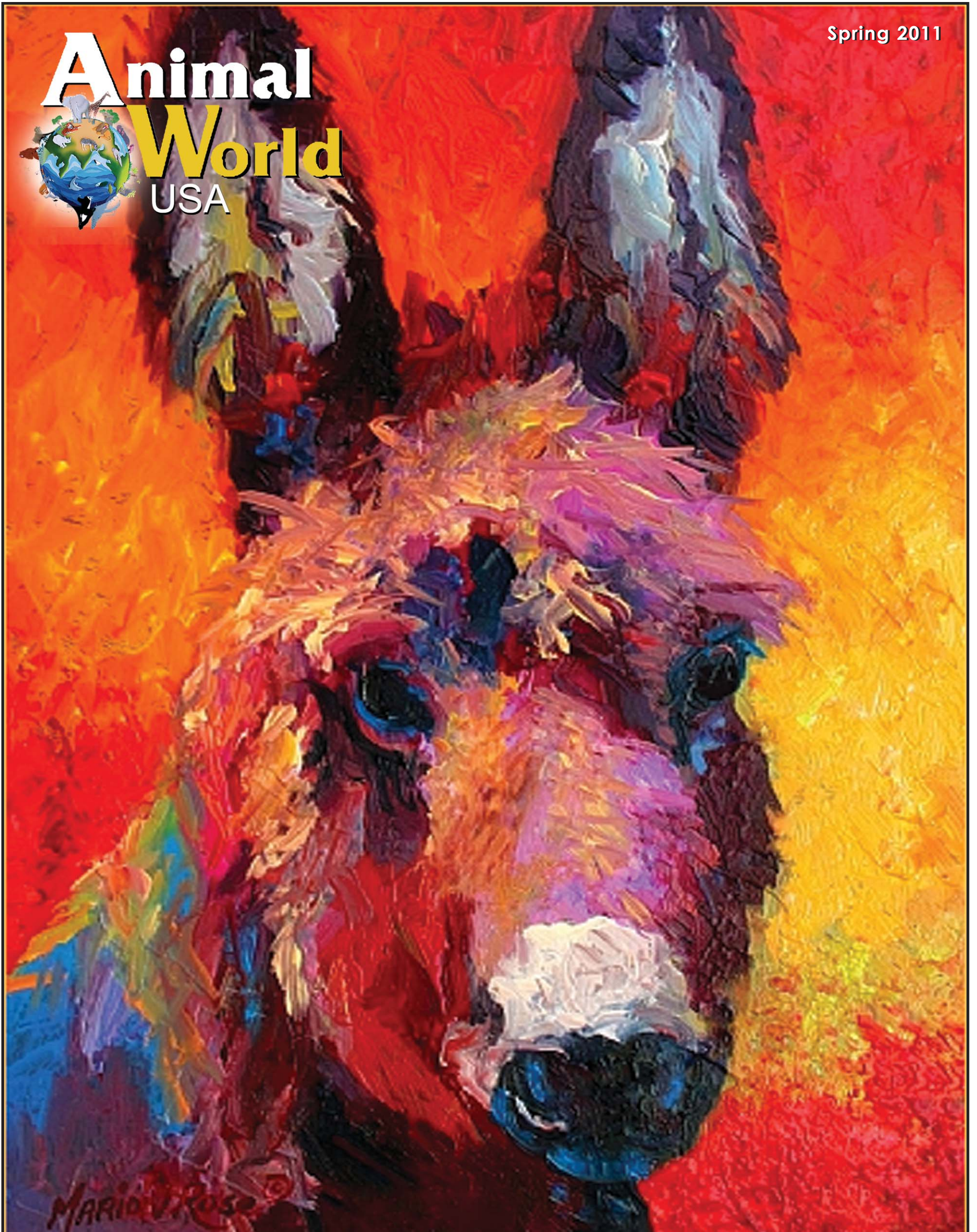
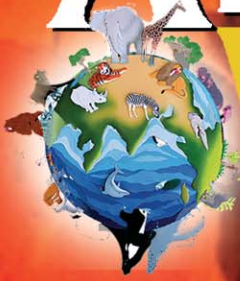


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Marion Rose

A Brilliant Canadian Artist Emerges in Color



Canadian artist Marion Rose is quickly gaining a solid reputation internationally as a recommended emerging artist to watch. Her trademark use of exciting color and strong expressive brushwork has even collectors coming back for more after they experience the joy of living with her original brilliant artwork. Her love and respect for the animal world began early.

Marion was born and raised on the beautiful and expansive Canadian prairies. This talented and spirited young lady spent a lot of time exploring nature with her father and brother while growing up. Her first 14 years as an adult were spent tending to 300 sheep,

herding 60 some cattle and chasing 72 horses all over the Moose Mountains of Saskatchewan. Marion says enthusiastically, "I am just simply crazy about all animals."

Marion now lives in British Columbia, Canada where she began her formal art training, raised a family and started her own successful commercial art business. She reflects, "After 10 years I began to paint full time, and haven't looked back since creating my web page and beginning to advertise. My love for travel and photography has made it possible to maintain a solid career with fresh material and new expressions continuously."

As for her preference in painting, Marion goes to say, "I love working in several mediums including oils, acrylics or pastels." She has just built a new home and has a beautiful new 1000 square foot studio about which she says "I have more

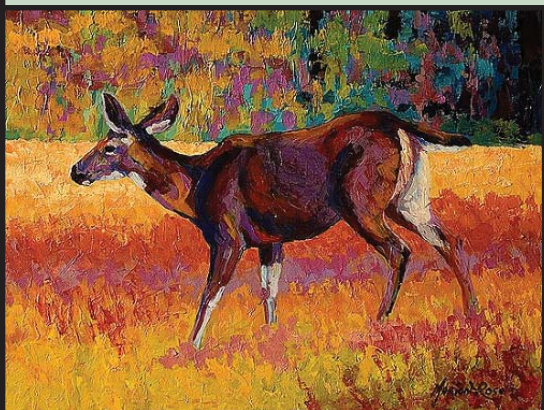
room. I find myself painting larger canvases. One of my most popular subjects has been large Bison paintings. I have shipped several around the world, and they hang in many corporate offices. My expressive colorful bears are very popular here in NA. This autumn I am taking a two week cruise/tour to Alaska to film bear, moose and the stunning scenery in full fall color."

She recently acquired her own 25' motor home that she drives around the country to paint or to photograph wildlife. Marion says, "I spend time on ranches filming Bison herds or the action of working with cattle and horses. And, I have a very keen interest in the plight of the Kermode Spirit Bear found only in one small area of British Columbia. Their numbers are dwindling down drastically as logging encroaches on the habitat surrounding them. The painting titled "Kindred Spirits" will be my first reproduction offered for sale as an open edition poster. I want this piece to be in every kid's room to help raise awareness within the

next generation of animal protectors. I will be donating 10% of the proceeds of this poster towards the Spirit Bear Youth Organization."

"My wish is that viewers connect to the spirit of my paintings, and that the viewer is drawn in to consider the work. Hopefully, I can create new compassion from some people towards the subject, or simply bring joy to those already crazy about animals. It's all about positive energy."

Marion's newest venture is having world class reproductions made of her new work. They will be available soon, and she will announce the launch of the initial offerings on her web page and in her newsletter as soon as they are available. Anyone interested in receiving her newsletter may request to be added through her web page. You must visit the website to discover even more of the brilliantly colored animals of Marion Rose!



Marion Rose
Email: artspirit@shaw.ca

Marion Rose Fine Art Painting All Day!!
www.marionrosefineart.blogspot.com
www.marionrose.com

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Welcome to the latest issue of the Animal World newsmagazine! We are pleased to increase the number of readers who will be accessing our publication online and hope you will share it with all your friends and family. The Animal World newsmagazine will be updated throughout the year and utilized increasingly in our A.S.T.R.O. educational program and Animal World USA-International Weeks for the Animals™ campaign.

Moving Forward With Joy for the Greater Good...

If you would like to be included, please contact us. We would be delighted to partner with you. We always seek to increase awareness for the animals, important issues facing them and build relationships on behalf of these mystical creatures. Our mission at Animal World USA-International is "Inspiring, educating and empowering communities to understand, love and protect the amazing animals of our world." Everyday we are joyfully working to do just that at every level possible.

Our Weeks for the Animals™ campaign is growing each year, and we encourage all of you to become involved in this life-changing movement in your community, state or country. We would be honored to team up with you as we continue advancing the greater good for animals, citizens and communities everywhere. Thank you for your loving encouragement and friendship. God Bless you and the mystical animals.



Michelle Buckalew
Editor

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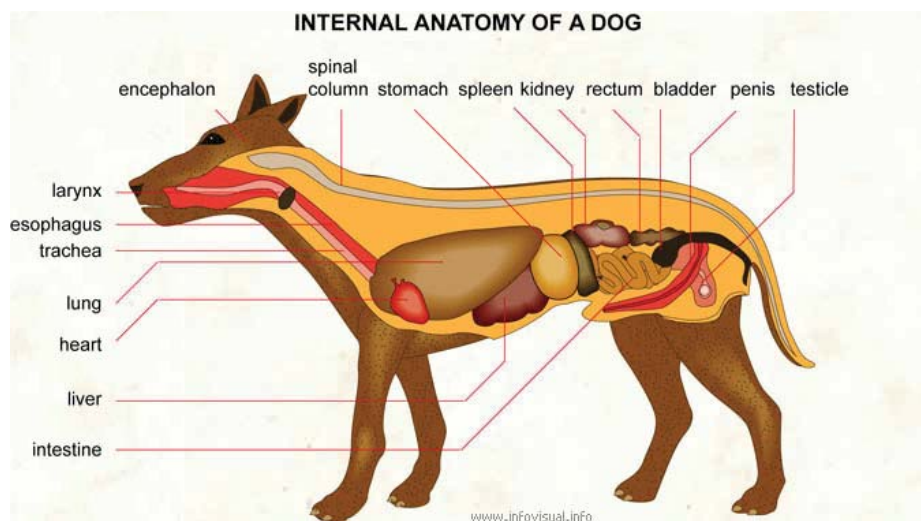
"It is far better to light one candle than to stand and curse the darkness."

~Ancient Proverb

Know Your Pet's Anatomy

**A little information can help save your pet's life.
This can also help you to communicate with your veterinarian easier.**

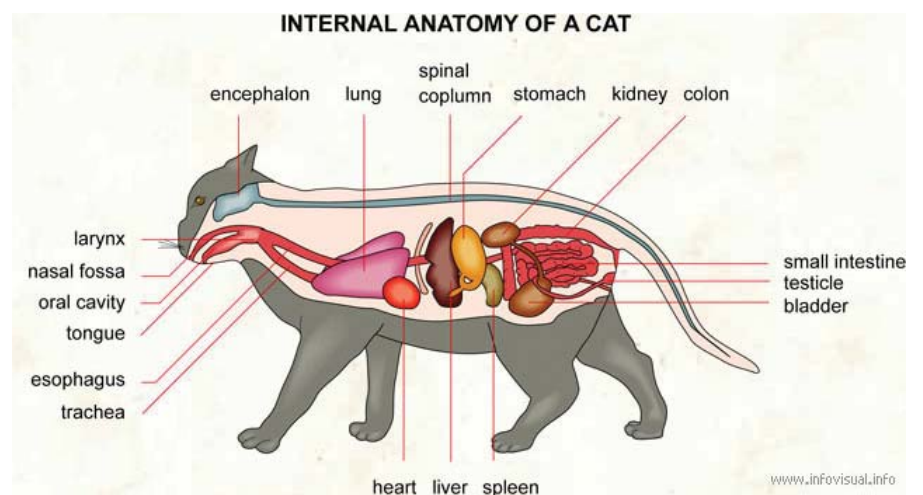
Internal anatomy of a dog:



Carnivorous mammal of the feline family, with retractile claws. There are both wild and domestic varieties.
 Encephalon: seat of the intellectual capacities of a cat.
 Lung: respiratory organ.
 Spinal column: important part of the nervous system.
 Stomach: part of the digestive tract between the esophagus and the small intestine.
 Kidney: blood-purifying organ.
 Colon: large intestine.
 Small intestine: last part of the digestive tract.
 Testicle: sperm producing sexual organ.
 Bladder: pocket in which urine collects before it is eliminated.
 Spleen: hematopoiesis organ that produces lymphocytes.
 Liver: bile-producing digestive gland.
 Heart: organ that pumps blood.
 Trachea: tube carrying the air to the lung.
 Esophagus: first part of the digestive tract.
 Tongue: taste organ of a cat.
 Oral cavity: chamber of the mouth.
 Nasal cavity: chamber of the nose.
 Larynx: part of a cat's throat that contains the vocal cords.

Internal anatomy of a cat:

Carnivorous domestic mammal raised to perform various tasks for humans.
 Encephalon: seat of the intellectual capacities of a dog.
 Spinal column: important part of the nervous system.
 Stomach: part of the digestive tract between the esophagus and the intestine.
 Spleen: hematopoiesis organ that produces lymphocytes.
 Kidney: blood-purifying organ.
 Rectum: last part of the intestine.
 Bladder: pocket in which urine collects before being eliminated.
 Penis: copulative male sexual organ.
 Testicle: sperm-producing male sexual organ.
 Intestine: last part of the digestive tract.
 Liver: bile-producing digestive gland.
 Heart: blood-pumping organ.
 Lung: respiratory organ.
 Trachea: tube that carries air to the lungs.
 Esophagus: last part of the digestive tract.
 Larynx: part of a dog's throat that contains the vocal cords.



A PRAYER FOR ANIMALS

Hear our humble prayer, O God, for our friends the animals, especially for animals who are suffering; for any that are hunted or lost or deserted or frightened or hungry; for all that will be put to death.
 We entreat for them all Thy mercy and pity, and for those who deal with them
 we ask a heart of compassion and gentle hands and kindly words.
 Make us, ourselves, to be true friends to animals and so to share the blessings of the merciful.

~Albert Schweitzer (1875-1965)



Animals Enjoy Healing Power of Music

by Maryann Mott

The healing power of music has long been established in people. Now a handful of harpists throughout the country are harnessing that power for animals. Alianna Boone is one of those musicians. "The structure of the harp is considered to be the most healing instruments next to human voice," said Boone, an Oregonian who plays for ill family pets and produced a CD "Harp Music to Soothe the Savage Beast."

While anecdotal reports abound, Boone conducted one of the few studies on harp music's effect on animals. In 2000, she performed for recently hospitalized canines at a Florida veterinary clinic. The hour-long sessions immediately began to lower heart rate, anxiety, and respiration in many cases, she said. (Animal shelters around the world are also piping music in their facilities with peaceful and positive results.)

Cow control

Dogs and cats aren't the only animals benefiting from the good vibrations. Cassie, a black and white cow, lives at the Maple Farm Sanctuary in Mendon, Mass., with about 80 other unwanted farm animals. She arrived there last year after jumping a 7-foot-high fence to escape from a slaughter house,

said volunteer Tracie Russell. Even though the cow is now living the good life, she has demonstrated anxiety-related behavior issues. On a recent morning, for example, Russell walked into the barn to find the 1,500 pound Holstein snorting and stomping.

"I was little bit afraid for my safety, I have to say, for the first time," said Russell. She's not sure what upset Cassie but decided to try calming her by playing a CD of harp songs. Within 20 minutes, Russell said, the bovine dozed off.

Rave gorilla reviews

At the Franklin Park Zoo in Boston, a gorilla group appreciated Sue Raimond's live harp performance a few years ago. The youngest member, named Little Joe, even blew her a kiss before falling asleep. Both wild and domestic animals can benefit from music therapy but not all of them respond to it. Diane Schneider produced "Harp of Hope: Animal Therapy Edition," the music that lulled Cassie. "For the animals for which it works, it works incredibly well."

Schneider trained at the University of Cincinnati's College-Conservatory of Music. Later, as a pastoral theologian and hospital

chaplain, she began to use the harp with hospitalized human patients.

"I use certain harp vibrations to resonate with, or entrain, a patient's own cellular rhythms to help release tense muscle tissue, calm anxiety, improve digestion, induce restful sleep, increase endorphins for pain management — to aid the body's own efforts to heal itself," Schneider said. The same holds true for animals, she said.

Animal CD

"Harp of Hope," a collection of 17 songs, was originally recorded for people but Schneider decided to release an animal edition last year after owners reported it helped their arthritic dogs fall asleep and calmed their agitated cats. Veterinary hospitals also

acknowledged the CD's success in soothing nervous pets and their humans.

She said every detail of the instrumentals — the tempos, rhythms, keys, note intervals, chord structures and plucking techniques — are carefully arranged to promote progressive peace and relaxation. Animals usually begin to relax after listening for just a few minutes. Schneider recommends playing the music on an as-needed basis or before a stressful situation, such as a veterinary or grooming appointment.

"I'm hopeful that there will be a great increase in the use of this benevolent therapy," said Schneider. "It is a very cost-effective, beneficial, soothing, calming intervention for animals and the people who love animals."

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Is This an Outside Dog?

by Michigan Humane Society

Many potential adopters ask "Is this an 'Outside' dog?" Our answer is, "Not anymore." We attempt to place dogs with people who understand the need of a dog to be a part of the family. Even thousands of years ago when man and all animals lived "outside", there was a cave or den for shelter, and man and dogs lived in small groups or "packs". The truth is, times have changed but we and the dogs haven't. Both humans and dogs are "pack" animals, we do not tend to be solitary.

Domesticated, companion dogs no longer have packs of other dogs to live with, so dogs now need to be members of human families or packs. Furthermore, both people and dogs are "den" animals. This is the reason that dogs can be housebroken. Dogs want shelter in a safe, secure den - your home - and they want their den to be clean.

Obviously dogs can be forced to live outside, alone and away from their families. But to force this kind of life on a dog is one of the worst things you can do to him. Such a life goes against a dog's two most basic instincts: the pack and the den. If you have any doubts about these ideas, think of all the whining, barking, clawing dogs you have seen tied up alone outside. Dogs trying desperately to get their human families' attention, and then just giving up to become hyper-active, listless, fearful, or vicious when the stress of enforced solitude becomes too much to cope with.

The rationale given by people who permanently keep their dogs outside is that they will spend time with the pet outside. Even the most well-meaning family of a pet does not spend significant time outside, particularly when it is raining or cold. Consequently, under



the best of circumstances for the outside dog, a bowl of food and water hastily shoved before him, a quick pat given, and his owner, his WORLD is gone, leaving the animal to spend another 22 or 23 hours alone.

A dog brings you the gifts of steadfast devotion, abiding love, and joyful companionship. Unless you can responsibly accept a dog's offer of these great gifts, please do not get a dog. If you already have a dog, perhaps this article will help you to see things from his point of view, and possibly motivate you to change your relationship with him. A sad, lonely, bewildered dog, kept outside, wondering why he cannot be with his family, brings only sadness and unhappiness to the world.

Please visit www.michiganhumane.org/

He Is Just My Dog

by Gene Hill

"He is my other eyes that can see above the clouds; my other ears that hear above the winds.

He is the part of me that can reach out into the sea

He has told me a thousand times over that I am his reason for being; by the way he rests against my leg; by the way he thumps his tail at my smallest smile; by the way he shows his hurt when I leave without taking him.

[I think it makes him sick with worry when he is not along to care for me.]

When I am wrong, he is delighted to forgive. When I am angry, he clowns to make me smile.

When I am happy, he is joy unbounded. When I am a fool, he ignores it. When I succeed, he brags.

Without him, I am only another man. With him, I am all-powerful.

He is loyalty itself. He has taught me the meaning of devotion. With him, I know a secret comfort and a private peace.

He has brought me understanding where before I was ignorant.

His head on my knee can heal my human hurts.

His presence by my side is protection against my fears of dark and unknown things.

He has promised to wait for me... whenever... wherever - in case I need him.

And I expect I will - as I always have. He is just my dog."

Reporting Animal Cruelty - What Caring Citizens Need to Know

Why it's important to learn about animal abuse:

- * Animals are creatures who deeply feel pain, physically and emotionally
- * They should never have to be victims of sadistically inflicted pain, injury, or death
- * Cruelty to animals often leads to cruelty to humans
- * Approximately 80% of spousal abusers abuse animals
- * 100% of serial killers abused animals before advancing to humans
- * Children who see animal abuse or exhibit tendencies towards abusing animals have a high probability of not learning to respect the rights of creatures, both animal and human, as well as carrying on the behavior toward animals and possibly to humans



Animal Fighting

- * Not just dog, but cock, dog versus hog or wild animal
- * Dog fighting is prevalent in many areas
- * Law addresses owning, training, implements used, and the act itself
- * Can be spontaneous in a park or alley
- * Most often organized local to worldwide networks
- * Often involve other crimes - gambling, weapons, drugs, gangs



Action...Are arrests in order?

- * Many don't end up with an arrest
- * Lack of caregiver education - people are not familiar with the general or proper care of animals
- * Psychological assistance - hoarders
- * Alleviating the burden in whole or part - removal of some of the animals to allow for a more manageable number to be cared for within a person's means

You care. What can you do?

- * Many complaints of cruelty are disgruntled neighbors or someone holding a grudge, thus they are not given much weight
- * You must be credible - remain objective and polite
- * Animals are sadly considered property - YOU CANNOT ENTER SOMEONE'S PROPERTY OR REMOVE THE ANIMAL
- * People who may be in the act of physically hitting an animal may turn their uncontrolled rage on you
- * Animals who you may try to rescue could injure you. They maybe in pain or trying to protect the very person at whose hand they are being abused.
- * No matter what is happening, Stay safe and legal !
- * If you see a suspected case of cruelty, take dated, timed notes, take pictures/videos. When you talk to the police on the phone or in person, get their name and notes of what they said. There is power in numbers; have others join your complaint IF they have seen actual acts and are willing to speak out.
- * If you feel safe with your neighbor, approach them respectfully. Depending on the type of activity, maybe the neighbor is ill or has a financial hardship; maybe you can help or seek out someone who can.
- * In the case of suspected dogfighting - DO NOT ATTEMPT TO TAKE PICTURES, ENTER THE AREA WHERE YOU THINK THE FIGHTS ARE, OR QUESTION ANYONE ABOUT WHAT YOU SUSPECT!
- * With the information you have, call your LOCAL police/law enforcement and shelter.
- * Still no response? Call the State Police or Sheriff's Department. If the local police have responded and the matter is being handled, remember the justice system is not a fast process; do not then call another agency. If after repeated calls to the local police and no subsequent response, then call another agency.
- * You may be asked to write a statement . That is why clarity and documentation are so important.

Your involvement may mean life or death to that defenseless animal.

- * It may open the doors for a better life for them
- * It may break a cycle of violence that escalates to humans
- * It may teach a child that an animal is a creature that not unlike themselves who wants to be loved, cared for, and feel safe. It may help get a young person out of a gang.
- * Animals speak and feel ... but without words. Thank you for caring. Together we can make a difference.



***Thanks in part to Sheila McGee, Animal Protective Foundation of Nova Scotia, New York.*

How Do I Prevent my Dog from Jumping on Others?



by Yvette Van Veen, certified animal behavior consultant

the punishment category.

It sounds simple. But there is a catch. Reinforcements and punishments are subjective. Watch young dogs play. They jump, run and mouth with a ferocity that frightens many inexperienced people who have pets. A soft kick is nothing compared to the rough and tumble play of muscular dogs. Some dogs treat physical contact as a fun game of wrestling. A strong push also fails to teach the dog what he should be doing.

For punishment to work, it needs to be relevant, immediate and severe enough to make the point. That brings moral and ethical dilemmas to the table. How hard does one knee or kick without doing harm? All this can be avoided by framing the problem differently. Ask yourself how you would like your dog to behave. Do you want a dog who sits calmly and ignores visitors? If so, the question becomes: "How do I get my dog to sit calmly and ignore distractions?"

Now you can create a training plan. The components are simple. "Sit" is fairly straightforward. To sit for a prolonged time is a "stay." Ignoring is usually taught as a "leave it" command. All of these actions are behaviors you can reinforce with fun things like kibble, treats, toys and attention. Initially, you must invest some time teaching the meaning of these commands. You cannot

expect a dog to comply if he does not understand what you want.

Most dogs benefit from some fun sessions at a training class to at least get a good understanding of these basic commands. Classes also allow you to practice in a group environment. Other people support your goals and help you achieve results. Companion dogs should learn to sit for everything they want in life. Dogs that sit and stay for visits are not jumping. "Sit-stay" in the kitchen keeps dogs off counters. "Leave it" keeps dogs from taking food or visiting at unwanted times. These commands are skills every dog needs to learn.

In the meantime, you must ensure that your dog does not self-reward. Never give up control over a situation and then try to get it back. Jumping has to stop working. Keep your dog on a leash. Ask for a sit before he even thinks about jumping. Calm, structured routines create solid behaviors. When you start with a good teaching strategy, your dog will understand what is expected. When your daily routine reinforces good behavior, it will motivate your dog to comply.

Q How do I stop my young dog from jumping on people and counters? She is getting too big and I am afraid she will knock someone down. I have tried the strong push when she starts to jump but it is not working. ~ from Karen~

A: Karen, most dog training is built on techniques that fall into categories called reinforcement and punishment. Reinforcement means you are strengthening a behavior. If you give a dog a cookie for sitting, sitting is reinforced, because you hope to get more sits in the future. Punishment means you are suppressing a behavior. Techniques such as swatting or pushing the dog fall into



Dental Health for Pets

Dr. Kirk Kothmann, DVM

Dental care is an area of pet health that often goes unattended. What starts as simply mild plaque, with time progresses to loose teeth, bad breath, heavy tartar, gum infection, and bone disease. Your pet can experience high levels of pain that is manifested by

decrease in appetite. Many times the diseased area is on only one side of the mouth. Consequently, the patient has been chewing only on the better side causing the pain to go unnoticed by the family.

Preventing dental disease is not difficult if you are observant and willing to intercede with home care and permit regular profession treatment, if needed. Proper home care can prolong the times between dental cleanings. Be sure to ask your vet to examine your pet's teeth frequently.

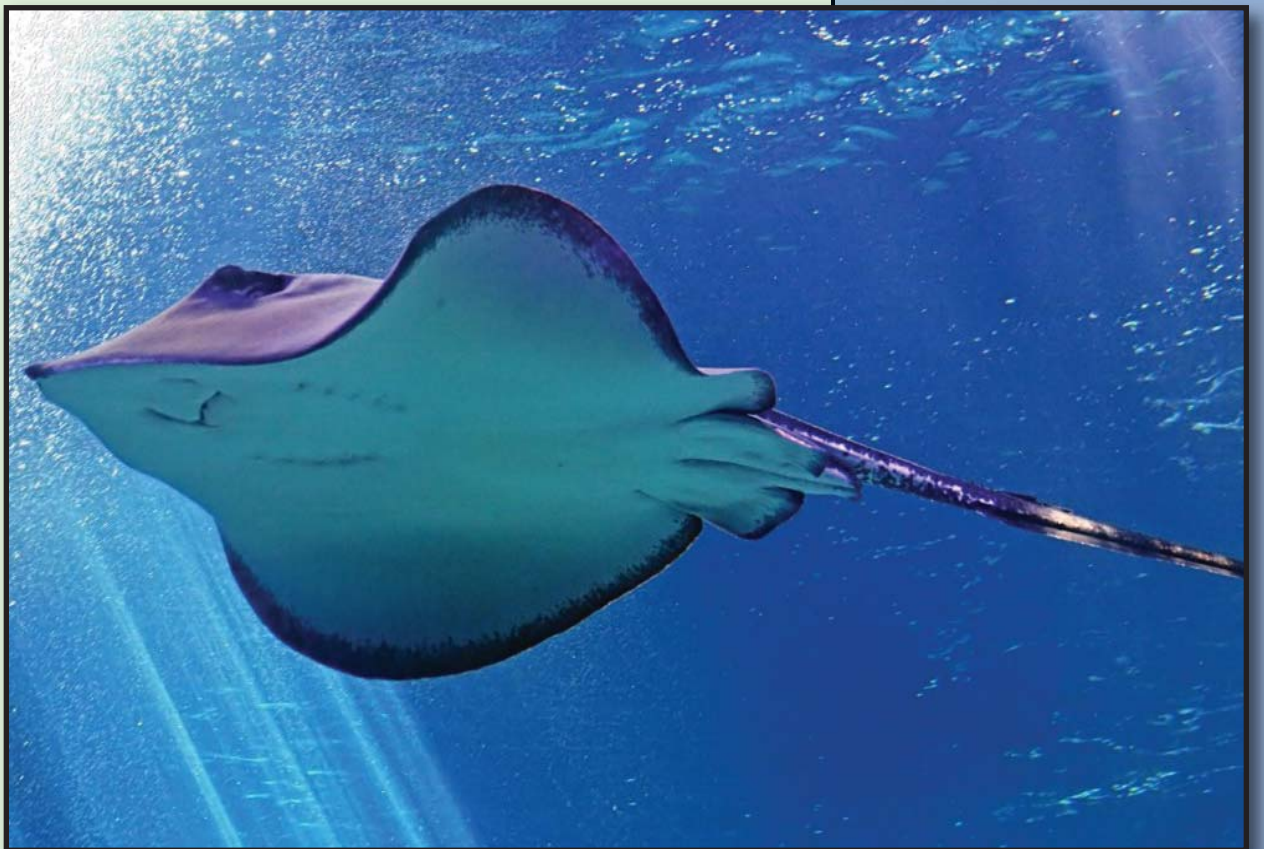
How Dangerous Are Sharks and Rays?



Sharks and rays are usually very wary of people and most sharks will swim away long before you see them. There are nearly 500 species of sharks but only a few are likely to be involved in an attack. Some of the more dangerous sharks include the Great White Shark, the Tiger Shark, and the Bull Shark.

Sharks do not normally treat humans as food. If they did, it would be very easy for them to eat all of the people who play in the water at the beach because they are much better swimmers than we are. Most scientists agree that attacks are usually the result of mistaken identity or the sharks feeling threatened because they are cornered. In places like California where there are a lot of White Shark attacks on surfers, scientists believe that the sharks think that the surfers look like seals or sea lions.

Most rays are completely harmless but stingrays have one or more barbs on their tails that they use to defend themselves. If they are caught by fishermen, cornered, or trodden on in the sand, they sometimes stab their barb into whoever is threatening them. The barb has a painful venom on it but stingray wounds are rarely fatal unless there is no medical attention available. A good way to avoid stingrays is to shuffle your feet when you are walking in water where stingrays live. (Elasmodiver.com)





Protect Pets from Fireworks and Noise

By Linda Trembl Hallam

Fireworks, thunderstorms and other loud noises are startling and frightening for most animals. So while you starting to make plans for the upcoming summer, make a note to protect your sensitive animal companions from the blaring and often deafening sounds of fireworks on Independence Day (and other celebrations.) Many people also continue to set off the fireworks throughout the year, so keep that in mind, as well.

As guardians to our pets, it is our responsibility to find means of protecting our dogs, cats, bunnies and other animals from the shock and stress of this constant barrage of sound. Animals, in general, have much more sensitive hearing than their human counterparts, enabling them to hear noises of a range impossible for humans to detect.

Sudden and unfamiliar sounds can cause anxiety and ear pain in some dogs. Cats become jumpy and will hide for long periods of time when exposed to sudden or unexpected sounds. If your neighborhood becomes noisy while celebrating this year, we advise you to please keep your pets indoors in a quiet area during the revelry. We certainly do not recommend you bring pets with you while attending fireworks or outdoor parties, as this will cause unnecessary discomfort to them. Protect your pets.

Repetitive Licking May Have Medical Cause

By Dr. Lee Pickett

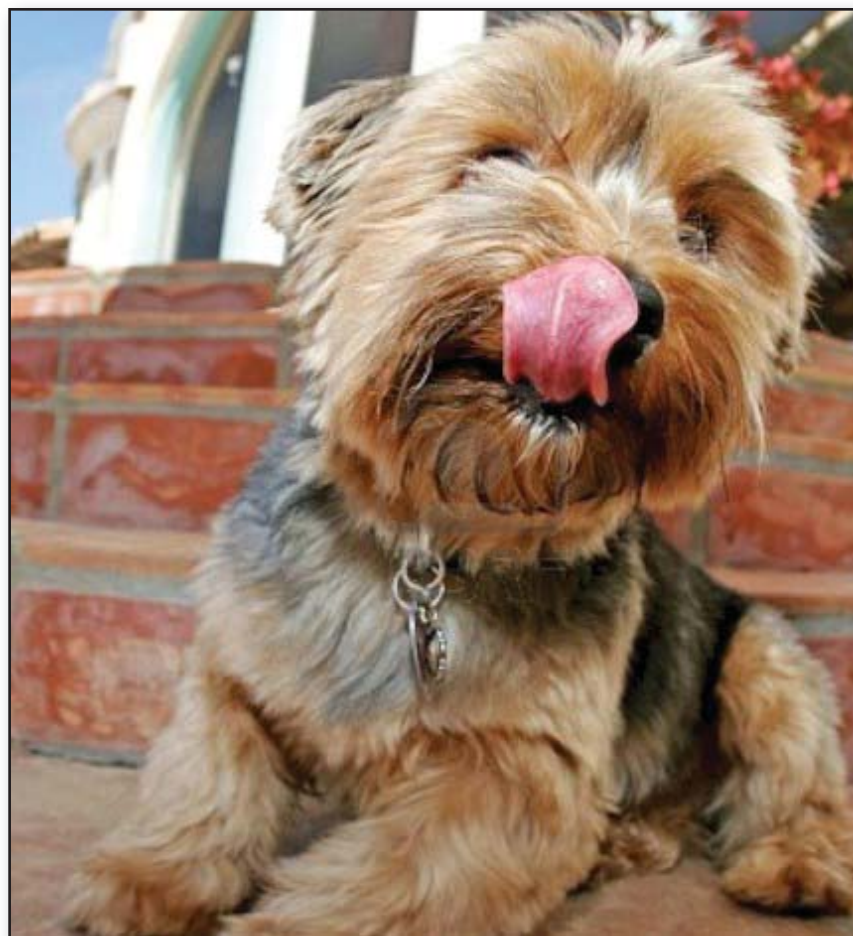
Dear Daisy Dog: Our dog licks every inanimate surface around: furniture, walls and even the floors and carpet. He does it for perhaps 15 minutes at a time, a few times every day. What can we do to discourage him?

Daisy Responds: Determining the cause will help you find a solution that works. It may be as simple as discovering your dog has learned to lick up food crumbs dropped by the children. If not, you'll need to rule out medical causes with the help of your veterinarian.

Dogs sometimes lick repetitively when they're experiencing abdominal discomfort, mouth pain, electrolyte abnormalities or a brain disorder. Nausea, a common cause of excessive licking, can be brought on by ingesting table scraps, supplements or even medications, such as antibiotics and pain relievers, especially when they're taken on an empty stomach.

If your dog's repetitive licking isn't traced to a medical problem, talk with your veterinarian about whether his behavior is a manifestation of anxiety, attention-seeking, compulsive disorder or cognitive dysfunction ("senility"). If no underlying medical or psychological condition is found, and your dog isn't ingesting enough carpet fibers to block his intestines, you can probably safely ignore his behavior.

On the other hand, if it irritates you, you can try behavior modification. Just as he's about to begin licking, interrupt the behavior by distracting him — ask him to come and sit, or toss a squeaky toy for him to chase — and then reward him. Enrich your dog's environment by adding interactive toys, taking daily walks and joining a doggie play



group or training group. Never punish his repetitive licking, as the resulting anxiety may worsen the behavior. (The animal authors of the column live with veterinarian Lee Pickett, V.M.D.)



As with most things in life, there are right and wrong ways to get things done. Rubbing a dog's nose in a mess is not the right way to houstrain. Using ample amounts of supervision and positive reinforcement is.

Getting On the Right Track

The first course of action in houstraining is to promote the desired behavior. You need to:

- Designate a potty area outdoors.
- Guide your dog there to do his business.
- Heartily praise him when he goes.
- By occasionally giving him a treat right after your dog finishes, you can encourage him to potty in the desired area. The odor left from previous visits to that area will quickly mark it as the place for the pup to do his business.

Timing Is Important!

An eight-week-old or very young puppy should be taken outdoors every one to three hours. Older dogs can generally wait longer between outings. To avoid spending a lot of time waiting for your pup to go, you may want to teach him to potty on command. Each time he is in the act of eliminating, simply repeat a unique command, such as "hurry up" or "potty," in an upbeat tone of voice. After a few weeks of training, you'll notice that when you say the command your pup will begin pre-potty sniffing, circling and then potty shortly after you give the command. Be sure to praise him for his accomplishments.

Feeding Schedules

Most pups will potty within an hour after eating. Once you set your puppy's feeding schedule, you will have some control over when he needs to go. Schedule your puppy's dinner times so that you will be available to let him out after eating.

Avoid giving your puppy a large meal just prior to confining him or he may have to go when you're not around to take him out. Schedule feeding two to three times daily on a consistent schedule. Have food available for only 30 to 40 minutes, then remove it.

The last feeding of the day should be done several hours before he's confined for the night. By controlling the feeding schedule, exercise sessions, confinement periods and trips outdoors to the potty area, your puppy will quickly develop a reliable schedule for potty-ing.

Crate Training

Training a puppy to be comfortable in a crate is a good way to keep him safe and confined during houstraining. Most dogs will quickly accept crate confinement when you make the introduction fun. Since it's important to associate favorable things with the area where your puppy is confined, it is a good idea to play with him there, or simply spend some time reading or watching television nearby as he relaxes with a favorite chew toy. If he is only in the area when you leave, it becomes a social isolation area that he eventually may resist entering. You should not use the crate for periods that exceed the

TIPS FOR HOUSTRAINING DOGS

from Iams

length of time the pet can actually control the urge to urinate or defecate. If you are gone for long periods each day, you will need to provide a larger confinement area. You may want to consider using an exercise pen or small room.

Expect Some Mistakes

Left on his own, the untrained dog is very likely to make a mistake. Close supervision is a very important part of training. Do not consider your puppy houstrained until he has gone at least four consecutive weeks without potty-ing in the house. For older dogs, this period should be even longer. Most young puppies will grow out of this behavior if you are calm, quiet and avoid reaching toward the head during greetings. Another helpful approach is to calmly ask your dog to sit for a very tasty treat each time someone greets him.

Don't Make Things Worse

It is a rare dog or puppy that can be houstrained without making an occasional mess, so you need to be ready to handle the inevitable problems. Do not rely on harsh punishment to correct mistakes. This approach usually does not work, and may actually delay training. An appropriate correction consists of simply providing a moderate, startling distraction. You should only do

this when you see your dog in the act of potty-ing in the wrong place. A sharp noise, such as a loud "No" or a quick stomp on the floor, is all that is usually needed to stop the behavior. Don't be too loud or your pet may learn to avoid going in front of you, even outdoors.

Practice Patience

Don't continue to scold or correct your dog after he has stopped soiling. When he stops, quickly take him outdoors so that he will finish in the appropriate area and be praised. Never rub your dog's nose in a mess. There is absolutely no way this will help training, and may actually make him afraid of you.

Success!

The basic principles of houstraining are pretty simple, but a fair amount of patience is required. The most challenging part is always keeping an eye on your active dog or pup. If you maintain control, take your dog outdoors frequently and consistently praise the desired behavior, soon you will have a house-trained canine companion.

Visit Yahoo Groups to interact with others who are training their pets at: pets.groups.yahoo.com/group/doghousbreaking/



A Federation statewide in scope, devoted to assisting, coordinating, and advancing the work of preventing cruelty to animals.

Wisconsin Federated Huane Societies, Inc. provides education, training, information, support and networking opportunities, agencies and individuals dedicted to promoting and advancing humane care, treatment and respect of all animals.

www.wisconsinfederatedhs.org

Spay & Neuter Your Pets!

It will lengthen their lives
and help save others.

CARING RESPONSIBLY FOR THE ANIMALS IN YOUR LIFE

Strengthen your capacity for providing deeply loving, responsible care for your pets, whose lives are quite literally resting in your hands and heart.



The Principle

The Pet's Right

Your Pledge that Supports the Right

Daily sustenance

Biological needs are met

My pets will receive appropriate amounts of good-quality food and continuous access to clean water.



Shelter is provided

My pets will have dry, wind-proof, shaded shelter, a soft clean bed, and sturdy fencing when needed.

Good Health is supported

My pets will receive annual checkups and year-around parasite control, and health issues will be promptly addressed with veterinarian support.

Exercise is provided

My pets will receive daily moderate exercise totalling at least one hour.

Elimination is enabled

My pets are allowed appropriate daily opportunities to eliminate body wastes. If my pets are having accidents, I will devote time to reward-based training activities and seeking out expert advice.

Security and safety

Training and guidance is provided

My pets will receive positive reinforcement training to become cooperative members of the household, as well as ongoing guidance that encourages good behavior.



Self and family protection is allowed

My pets may protect themselves and family members from harm under reasonable circumstances without risk of euthanasia.

Evacuation is guaranteed

In disasters, my pets will be evacuated with other members of the family.

Companionship

Affection is regularly offered

My pets will be dedicated a minimum of two daily 10-minute periods of affectionate one-on-one interaction with family members



Pet companions are provided

My pets will be provided with other pet companions if they are without human attention for long periods on a regular basis.

Comfort is freely offered

My pets will be comforted when frightened, have suffered a loss, or are suffering from health problems.

Fun is provided

My pets will be provided with the mental and emotional stimulation of toys, games, and playing with family members on a daily basis.

Respect

Divine life embodied in our pets is recognized

All pets will be considered worthy of our humble respect, because we share the divine energy of life. My pets won't be euthanized for any reason, except to avoid needless suffering.



Pet intelligence is appreciated

My pets will be respected for their special intelligences and unique talents that have cooperatively evolved with our own mental gifts.

Pet feelings are respected

My pets' feelings of exuberance, fear, affection, aggression, and other feelings, will be recognized and responded to with appropriate guidance, to support good citizenship in the family.

Pet diversity is appreciated

Each of my pets are unique in so many ways, and I will place equal values on all types of individuals.

Homemade Horse Treats

by Lynn Wenger



keep in mind there are some ingredients that are toxic to horses.

For example, tomatoes or chestnuts are toxic to horses and should not be used as ingredients. You may also want to take into consideration any dietary concerns for your horse. If you are monitoring weight control you may want to make something lighter in terms of sugar or other high calorie ingredients.

Horse cookies are an easy choice to make. They usually involve some combination of oatmeal, carrots, apples, sugar, and molasses. If you need to make a more healthy version you can choose recipes with lower amounts of sweet ingredients. When making healthy homemade horse treats you can substitute in ingredients such as unsweetened applesauce, oat bran cereal or oatmeal. Look for recipes with

lower calories ingredients. Below we have provided an example of a simple horse treat recipe:

Horse Cookies:

1c grated carrots
1 grated apple
2 Tbs corn oil
1/4c molasses
1 tsp salt
1c rolled oats
1c flour

Mix carrots, apple, corn oil and molasses in large mixing bowl. Fold in salt, oats and flour until well mixed. Spread dough as one piece on cookie sheet. Can use cookie cutters in dough for shapes before baking or pre-cut. Bake at 350 degrees for 15 minutes or until golden brown.

Homemade horse treats are actually quite simple and easy to do. Do you have a horse you love to spoil on a regular basis? If so you may want to take that love into the kitchen and whip up some treats straight from the heart. Horse treats made at home usually involve natural ingredients such as oatmeal, sugar, carrots or apples to name a few. However, you must also

Horse Care Basics You Should Know

Exercising, Pasture Maintenance, Bedding and More

Owning a horse is a great responsibility. Horses are, by nature, companionable animals designed to graze in open spaces with their herd. While they will learn to adapt to stable life, it is vital to exercise your horse to satisfy its physical needs. Also, a horse will become bored and discontented if it does not have the regular company of humans and other horses.

While there is no exact acreage requirement for horses, it is generally considered that one acre of pasture per horse is sufficient. Before pasturing your horse, check the pasture for trash, holes in the fencing, and other hazards.

You must check for poisonous plants in your pasture weekly, at the very least. The most harmful plants are yew, deadly nightshade, ragwort, foxglove, buttercups, oak leaves and acorns, bracken, laurel, privet, meadow saffron, castor bean, locoweed, horsetail, star thistle, and sorghum.

Your pasture must be fenced, of course, to prevent your horse from escaping or being injured. White rail fences look great, but are costly to install and maintain. Plain wire fencing is fine if it is well-secured to strong wooden posts. Barbed wire is not recommended for horse fencing!

Your horse will require shelter to protect them from wind, rain, and the sun. A natural grove of

trees provides good shade, but for shelter from the elements, a three-sided enclosure works the best. Make sure your shelter is large enough to enable all your horses to fit inside together, and build it so the back wall faces the prevailing wind.

Horses require a constant supply of fresh, clean water. If you plan to use a watering bucket, you must refill it at least twice daily and whenever it is empty. Putting the bucket inside a tire will keep it from being easily tipped over. A watering trough, supplied by a pipe, is better, but must be checked during winter weather to ensure the pipe and water surface have not frozen.

Proper bedding is vital for horses kept in a barn or stable. Horses should not stand all day on a hard floor, and they will lie down to sleep or rest. Straw is a popular bedding choice because it is inexpensive, warm, and comfortable. However, straw occasionally contains fungal spores, and the horse will occasionally eat straw bedding.

Dust-free wood shavings are clean and hygienic. You can also use rubber matting for a soft resting and standing surface, but you should put straw or wood shavings on top of it to provide warmth. Also, hemp has become a popular bedding choice recently.

The stable must be cleaned ('mucked out')



daily. If your horse is stabled all day (not a good idea), stable should be cleaned three times daily. To muck out the stable, you will remove any droppings with a shovel and wheelbarrow, and level the horse's bedding.

After you have removed the droppings, separate the soiled bedding from the still-clean bedding material. Sweep, and then clean the floor with a stable disinfectant (non-toxic). After the floor is dry, return the clean bedding to its place, then add fresh bedding material to make up for the removed soiled amount.

Your horse will require grooming daily to keep its coat healthy. However, don't over groom a horse that spends most or all of their time in the pasture. The natural oils in its coat help to keep your horse warm and dry.

African Elephants

from National Geographic



Elephants, largest of all land animals, are among the most recognizable and beloved creatures on Earth. Their ancestors once roamed most of the planet, but wild populations are now confined to decreasing swaths of land in Africa and Asia. Hunted mercilessly for their prized ivory tusks, they are under threat in most of their range from poaching, habitat loss, and human encroachment and are listed as threatened by the IUCN.

African elephants are the largest land animals on Earth. They are slightly larger than their Asian cousins and can be identified by their larger ears that look somewhat like the continent of Africa. (Asian elephants have smaller, rounded ears.) Elephant ears radiate heat to help keep these large animals cool, but sometimes the African heat is too much. Elephants are fond of water and enjoy showering by sucking water into their trunks and spraying it all over themselves. Afterwards, they often spray their skin with a protective coating of dust.

The elephant's trunk is actually a long nose used for smelling, breathing, trumpeting, drinking, and also for grabbing things—especially a meal. The trunk alone contains about 100,000 different muscles. African elephants have two fingerlike features on the end of their trunk that they can use to grab small items. (Asian elephants have one.)

Both male and female African elephants have tusks they use to dig for food and water and strip bark from trees. Males use the tusks to battle one another, but the ivory has also attracted violence of a far more dangerous sort. Thousands of elephants have been killed for their ivory tusks. This trade is illegal today, but it has not been completely eliminated, and some African elephant populations remain endangered.

Elephants eat roots, grasses, fruit, and bark. An adult elephant can consume up to 300 pounds of food in a single day. These hungry animals do not sleep much, and they roam over great distances while foraging for the large quantities of food that they require to sustain their massive bodies. African elephants, unlike their Asian relatives, are not easily domesticated.

National Geographic has been promoting elephant research and conservation since 1922. You can make an impact by your support to the National Geographic Society. You can also contact your local government representative and your country's CITES representative to express your support of the international ban on the trade of ivory. People in the United States can get in touch with their congressional representative and the U.S. Fish and Wildlife Service. Visit Animals.NationalGeographic.com (Photo by Beverly Joubert.)



Living With Lions

Until recently scientists believed there were 100-200,000 lions living in Africa, but a recent survey has found that the number has dropped dramatically to approximately 23,000, and most of these are living in protected National Parks. But outside these parks lions are being killed at an alarming rate, and unless urgent action is taken, they may be completely wiped out from these unprotected areas. Though lions used to live in most parts of Africa, they are now found only in the south Sahara desert and in parts of southern and eastern Africa.

Living with Lions is a research and conservation group, whose projects work in unprotected areas of Kenya to save the remaining wild lions and other animals outside National Parks. Learn more about our organization, Living with Lions, and how you can help make a difference as to the fate of African lions. Visit www.lionconservation.org



African Grey Parrot

The African Grey Parrot is a medium-sized parrot endemic to primary and secondary rainforest of West and Central Africa. Experts regard it as one of the most intelligent birds on the planet. They feed primarily on palm nuts, seeds, fruits, leafy matter, and have even been observed eating snails. Their extraordinary high intelligence, overall gentle nature and their inclination and ability to mimic speech have made them very popular animals. This has led many to be captured from the wild and sadly sold into the pet trade.

(pictured: Congo African Grey Parrot)

THE QUALITY OF MERCY

by Bianca Rothschild, World War II.
concentration camp survivor



Those many years ago, an animal befriended me in an insane world of human hatred. I am alive today because a dog disobeyed the command to destroy me and instead showed compassion. Was it fate? Was he an angel? I will never know. But till today I have never forgotten the dog's act of mercy. For the rest of my life I have done whatever I could to save all living creatures.

About Bianca Rothschild

Bianca is a wife, mother, and grandmother who loves animals, nature, and music. She used to speak before many audiences about her experiences as a concentration camp survivor. The story she shares above shows an angel animal who went beyond training to show wisdom and love.

What you can do:

Visit Allen and Linda's wonderful website, Angel Animals, where they share inspirational and spiritual inspiration about animals and people. Their book, *Angel Animals: Divine Messengers of Miracles*, from where this story is published, can be ordered.

www.angelanimals.net

Animals have always been part of my life. I love them with a passion. But one special "angel animal" will remain in my heart forever.

I am a lady in my mid-seventies who has an amazing story to tell. It's recorded in my testimony for Steven Spielberg's collection of Holocaust stories. He's recorded testimonies of survivors and liberators and righteous gentiles who, at great risk to themselves, helped people in need during those terrible times.

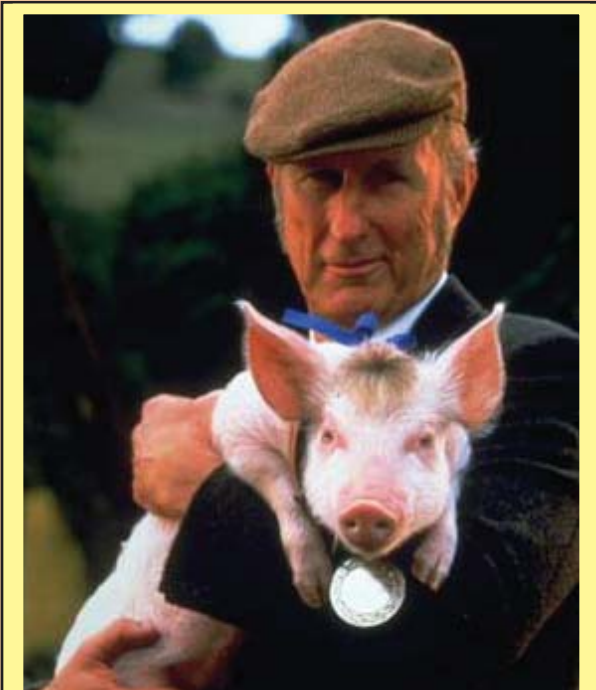
These stories come from all over the world and bear witness to man's inhumanity to man as well as the capacity for great courage and honor. Another collection of these stories can be found at the Holocaust Museum in Washington, D.C. which has exhibits, including a boat from Denmark used by Danes to smuggle people to Sweden from Poland and a cattle wagon like the one which transported me with fellow prisoners to Germany.

Born in Poland, I was a teenager when World War II. began. My family always had pets. All of us loved them dearly. When the Nazis forced us to leave our home to be put into prison, we entrusted the animals to friends for safekeeping.

By 1945 I was separated from my family and imprisoned in the Ravensbruck, Germany concentration camp. Starving, dressed in only a flimsy uniform, I had to work in the bitter cold. Every day prisoners at the camp congregated in early morning and waited outside to be counted. One day exhaustion and cold overwhelmed me and I fainted. Although my two friends stood in the long row on either side, they couldn't help me.

When the Nazi soldiers saw me lying on the ground, they took one of their large German shepherd dogs off of his leash, removed the dog's muzzle, and commanded him to attack. As the dog ran toward me, the prisoners looked in horror, fully expecting the animal to rip me apart. But something miraculous happened in that moment. When the huge dog reached me, he stopped in his tracks. Then he smelled me. To everyone's amazement, the dog, instead of attacking me, licked my face until I revived.

Everyone in the line stood frozen with fear. The soldier who had sent the dog to kill me looked incredibly puzzled. After a minute, I staggered to my feet. Shocked that the dog had allowed me to live, the soldier called the animal back to him.



If any kid (or anyone) ever realized what was involved in factory farming they would never touch meat again. I was so moved by the intelligence, sense of fun and personalities of the animals I worked with on Babe that by the end of the film I was a vegetarian.

~ James Cromwell, Human Actor/Star of Babe

The Adoption Center



Olive Branch, MS Humane Society
7140 Hwy 178
Olive Branch, MS 38654
(662) 895-5328
www.petfinder.com/shelters/MS18.html



Delaware Humane Association
701 A. Street
Wilmington, DE 19801
(302) 511-0111
www.dehumane.org



AC&C — Manhattan Animal Care Center
326 East 110th Street
New York, NY 10029
(between 1st and 2nd Avenues)
(212) 788 4000

FOSTERING . . .

There's no better feeling than to open your home to an animal who needs you.

Homeless animals need foster homes for various reasons. Small kittens and puppies too young for adoption need "fattening up" and lots of love and attention. Animals with easily treatable illnesses recover more quickly in a warm and loving home environment and benefit greatly from the careful attention of a foster "parent."

When space is tight in the shelter, dogs, cats and bunnies need a place to call home until they have more room. Some animals may need behavior training, and occasionally cats or dogs may need just a little kind and patient attention to teach them to trust. And animals who have been waiting for a home for a long time really benefit from a "cage break." Your love can begin to save homeless animals in your community immediately.

For some it's a full family affair where parents and children get hands-on experience in

caring for orphaned animals and develop an understanding of pet overpopulation and its consequences. Others may not be able to commit to a full-time pet, but enjoy the benefits of sharing their life with an animal for a short period of time. Some people just love animals and wish to give an orphaned animal the same chance for a lifelong home that their pet was fortunate enough to receive. Others love the energy and entertainment animals bring into their lives. Whatever the reason, there's one thing for sure . . . fostering saves lives.

What will I need to provide?

Lots of love, attention and care is of the utmost importance to your foster animals. They will need a warm, clean space of their own, separate from any family pets. Foster homes are usually asked to provide appropriate food, water, bowls, kitty litter, bedding and toys for their foster animals. Foster dogs need regular

outdoor exercise and, in some cases, potty training. Experienced foster parents may be called upon to provide training or behavior modification techniques to help an animal become more adoptable. Bottom line is please share your love and save a life. They deserve each and every one of us stepping up to help.

Community leaders/officials must learn it is not acceptable to be killing healthy, loving animals. There are communities who are controlling pet overpopulation without the killing. We see more and more each day how these miraculous animals are essential to our lives. Landfills, gas chambers and incinerators should not be the way we attempt to solve a problem. Until we come together under compassionate leadership, fostering can buy them precious time. Please contact *The Animal World* for more information on how to become a foster for an animal in your community at 877-454-0807. Thank you.



Kentucky Humane Society
241 Steedly Dr.
Louisville, KY 40214
(502) 366-3355
www.kyhumane.org



Memphis Animal Services
3456 Tchulahoma,
Memphis, TN 38118
(901) 362-5310
www.memphisanimalshelter.org



Arizona Humane Society
9226 N 13th Ave.
Phoenix, AZ 85021
(602) 997-7585
www.azhumane.org

Animal World USA-International Year in Review



Animal World USA-International Mission:

Inspiring, educating and empowering communities to understand, love and protect the amazing animals of our world. Join the AWUSA Weeks for the Animals™ campaign and become a part of the movement that is moving across America and around the world.



Animal World USA is a 501(c)3 non-profit organization dedicated to the welfare of animals... working with organizations, decision makers and the public-at-large to bring about awareness as to the plight of the animals of our world. Our mission is to create a better understanding and importance for all the planet's precious animals.

Animal World USA, established in 2003, publishes a free monthly publication dedicated to improving the lives of animals and people through advocacy, education, and community support. Animal World USA-International is committed to a world in which animals are treated with compassion and respect and where resources are readily available to those who require support for the animals in their lives.



Animal World USA developed the State Weeks Campaign in 2005 bringing communities together on behalf of animals. Working with educational institutions, shelters, humane societies, rescue groups, nursing homes, hospitals, legislators and animal advocates, the AWUSA State Weeks Campaign has demonstrated that it is leading the future of animal welfare.

Animal World USA-International provides local, regional and national education and training that supports the public, community groups, rescue groups, shelters and other animal welfare organizations. The newsmagazine sponsors festivals, educational programs and adoption events that are a valuable resource and destination for communities. The magazine actively advocates for animal welfare through community outreach and coalition building.

Animal World USA-International sets an example of care, compassion, and respect for all living beings, promotion of the human-animal bond, collaboration with others in pursuit of our vision, accountability for the resources entrusted to us, recognition of staff and volunteers as a vital resource, and humane interaction with people and animals.

Education as to the importance of the biodiversity of our planet is also of utmost importance to AWUSA. It is our goal to recruit and retain quality and diverse staff and volunteers. Animal World USA-International is committed to helping all animals in need.



Highlights of the 2010 Animal World USA Weeks for the Animals Campaign

1. AWUSA-International worked with approximately 1500 humane organizations and community groups in fourteen states and the District of Columbia, Africa, India and the United Kingdom.
2. AWUSA-International worked with 14 military bases thus far in saluting and/or working with schools to honor them.
3. Over 1000 events were scheduled in the AWUSA-International 2010 Weeks for the Animals™.
4. AWUSA-International established a Youth Leadership Award which is recognizing and connecting youth around the world.
5. AWUSA-International obtained governor proclamations/letters of support in 13 states as well as from the District of Columbia.
6. AWUSA-International worked with publishing houses to enable the distribution of award-winning children's books to libraries in all states. Our profound gratitude to The Gryphon Press as our primary partner in this endeavor.
7. AWUSA-International worked with pet therapy groups involved with each state celebration.
8. AWUSA-International newsmagazines were distributed at events, libraries and shelters.
9. AWUSA-International worked with organizations to help them coordinate promotions with restaurants and other businesses in each state.
10. AWUSA-International worked with spay-neuter organizations to have spay- neuter events scheduled at no or low cost during state celebrations.
11. NY Week for the Animals kicked off with a highly successful Fall Fiesta event in Central Park which featured spay/neuters and microchips, vaccinations, and many adoptions.
12. AWUSA-International brought community leaders and humane groups together in an unprecedented and unifying manner which has now reached globally to include Africa, India and the United Kingdom.
13. AWUSA-International co-organized and promoted scores of adoption events resulting in saving of hundreds of precious shelter animals lives.



Our profound gratitude is extended to Governor Mike Beebe of Arkansas, Governor Bobby Jindal of Louisiana, Governor Beverley Perdue of North Carolina, Governor Jack Markell of Delaware, Mayor Adrian Fenty of the District of Columbia, Governor Steve Beshears of Kentucky, Governor Jim Doyle of Wisconsin, Governor Ed Rendell of Pennsylvania, Governor Phil Bredesen of Tennessee, Governor David Paterson of New York, Governor Jan Brewer of Arizona, Governor Bob Riley of Alabama and Governor Linda Lingle of Hawaii. Please visit WeeksfortheAnimals.org for links to read each of these important proclamations.

The relationships that have been forged with humane organizations, shelters, community leaders and educators in each participating state and country are providing new opportunities to save precious lives and raise social consciousness on behalf of the amazing animals.

Making a donation to Animal World USA-International is simple and appreciated. You can make a donation to ensure this movement advances with greater speed and into more communities worldwide. If you have any questions, please call 877-454-0807 or email to info@animalworldusa.org. If you would prefer to donate by mail, please send your gift to Animal World USA, 5255 Brantford Drive, Memphis, TN 38120.

When you donate, you join a movement of like-minded animal lovers who are standing up together and mobilizing in communities like never before for the animals. Your donation will help in our mission for once and for all to bring together animal lovers, advocates and community leaders building a more caring, unified and just world for our animal friends.

Tips for Educators to Help Animals Increase Empathy and Compassion for Animals



1. Start at the "Feelings" level. Never refer to an animal as "it." Always use "she" or "he." It is important to emphasize that animals are sentient beings, not "things."

2. Teach children that all animals have feelings just as people do. There are a variety of good books and movies for every age level that underscore this point. Do not view movies that exploit live animals. Encourage children to think about how animals might feel in different situations.

3. Ask them to tell stories about animals they've encountered and afterwards ask the class what the animal was probably feeling at different points of the story.

4. Have younger children draw pictures and older children write stories

about animals they have known. Have them answer "How is (the animal) feeling when (event/circumstance) happened?" Encourage them to connect animals' feelings to events that occur and circumstances that they are in, underscoring the relationships between events and feelings. Ask them, "How would you feel if this happened to you?"

5. Encourage children to act with kindness toward animals. Ask them to tell/write stories about times they have helped an animal (i.e., the dog was lonely and child played with him; the cat had no food or water and child gave them a can of food and bowl of water). Make sure to focus on how each child made a difference for the animal, how their individual actions can have a positive impact.

6. Continue these discussions and writing themes throughout the year. Integrate the theme of animals' feelings into other subjects, such as Reading, Writing, Spelling, and Social Studies. Keep asking children to think about what various animals are feeling in different situations that come up.

Please visit: www.theanimalspirit.com

A.S.T.R.O.

Animals. Students. Teaching. Reaching Others.



This new groundbreaking program A.S.T.R.O. includes collaborating with educators, building relationships with schools along with youth clubs, coordinating presentations from community leaders and partnering community animal welfare organizations about responsible pet care, the benefits of animal-assisted therapies, pet safety, healthy pets,

adopting pets from shelters, spay-neuter programs, protecting animals, search and rescue and bringing animal welfare into communities to build relationships on their behalf.

The purpose and heart of this program is to help build awareness as to the roles that all animals play in our lives, as well as underscoring the unqualified love and joy they bring to all of us in our communities. We will be posting photos and spotlighting the fun on the website.

For more information, to become a sponsor or animal welfare partner, please contact Animal World USA at info@animalworldusa.org and/or call 877-454-0807.

The Cats are Talking...About Chronic Disease

by Will Falconer, DVM, Certified Veterinary Homeopath

Having watched animals and their illnesses for the last twenty-odd years of practice, I am seeing a disturbing trend. Have you noticed it, too? When illness strikes our pets, it is long term, chronic, and difficult to cure. The best that conventional medicine seems able to do is to (barely or briefly) control symptoms, but these poor creatures never get back to a normal, enthusiastic level of health.

We've all seen these animals: they are allergic to something and itch a lot; they have thyroid problems and lose their hair or their body weight (depending on whether they have too little or too much thyroid function); they have stiffness and pain in their joints; or their teeth get filthy regularly, and they don't stay clean with our best efforts at dental hygiene.

Why is this becoming so common? When I look at it carefully, it's apparent that we are not raising healthy pets. Oh, we try, we follow the veterinary line that says we should vaccinate every one every year, we should feed only one kind of food from a bag or can, we should brush teeth regularly, control fleas with the latest

chemicals, but where is this getting us and our four-footed companions? The cats are telling a story about this that I want to share with you.

Back twenty some years ago, dogs were the most popular pet in America. Cats were less popular, and, therefore, had less likelihood of being brought to the vet. As the years went on, more people lived in smaller spaces, led busier lives, and had less time to care for a dog, but wanted that special companionship that a pet can bring, so cats grew in popularity, until, by the mid-80's, they overtook dogs in numbers owned per capita.

And where did the conscientious pet owners get their advice on raising the healthiest cats they could? From their local veterinarian, of course. What was the definition of giving the best care? Vaccinating annually, feeding certain kind of food, brushing teeth, treating for fleas, etc. Just like it had been for years before with the canine population.

Interestingly enough, the diseases that are quite common in cats now were virtually unknown in the late 70's when I was in vet-



erinary school. We had two donated diabetic beagle siblings who lived in the hospital and taught us about this strange disease. It was something we never saw in cats, and it was pretty uncommon in dogs for that matter. We learned of hypothyroidism from several canine cases, but cats didn't have thyroid problems, and hyperthyroidism was not in the books or the exam rooms. We saw horrible skin allergies in dogs, with crusts and scabs and red feet and unending itchiness, but we didn't see cats with this disease, either.

Well, if you've been observant in recent years, you know that these chronic diseases are fairly commonplace now in the feline population. As are heartworm (again, a dog disease originally), asthma, kidney failure, inflammatory bowel disease, dental calculus and decay, heart disease, and cancer. Why? Could it be that the cat is now following the same road that the dog has gone down? I think so, and what's more, I think we need to redefine what is the best way to raise a healthy animal.

More veterinary care in the usual preventative way has back-

fired, and I think we are actually causing these chronic diseases to become more prevalent. While prevention is still most important, it's not best done by annual vaccines, toxic food, and topical flea poisons that warn us not to get them on our skin.

And guess what? Wild cats like the lynx and bobcat are not experiencing these chronic degenerative diseases. Wolves don't die of heartworm disease or have dirty teeth. And nobody is dropping them heartworm pills monthly nor brushing their teeth. Might we do better to follow their example (fresh, healthy food, no/minimal vaccines, no toxic chemicals)?

I think we will all be happier and see less disease in all species when we do. I know this approach works. Experience has borne it out in daily practice on hundreds of animals. Question the norm! Don't raise an average animal in the common way. The cats are talking. Are you listening?

Will Falconer, DVM is a Certified Veterinary Homeopath. He practices at the Alternatives for Animal Health clinic in Austin, Texas



Susan Carter's Homemade Avi-Cakes

From Holistic Birds

A fantastic recipe for your pet birds. Mix: 2 cups crushed cereal. (Cheerios or Shredded Wheat.) 2 cups crushed pellets if you use them. (I use instant oatmeal or the two types of cereal I don't like pellets but lots of people do.) 2 cups assorted seeds and 1 and a quarter cups of Honey.... add and stir until dry mixture is wet but not dripping.

You may need to adjust the honey. You can also use corn syrup if you don't like the honey. Then pour it onto a cookie sheet, spread it out and bake at very low.... like 200 - 225 for about 45 minutes. About halfway through cooking, I usually score them. It makes it easier to cut them when done. You can also shape these around craft sticks with a hole drilled at one end for a hanging treat in the cage. These make terrific stocking stuffers or birthday gifts for the birds. My birds go crazy for these Avi-cakes. Visit holisticbird.org



Honoring Our Elders

Lessons from Kindred Spirits

by *Randi Bildner*

A magical force must have led Ulla Pedersen (pictured) to the place of peace and beauty she now calls home. Kindred Sprits is a haven for the weary, the old, the sick; those who may never have known love. It is a hospice and eldercare rest home – for animals – a place where magic is very much alive. Ms. Pedersen’s piercing blue eyes are filled with love, warmth, and much wisdom. For more than 10 years she has been providing refuge to animals in need. Pedersen is the sole founder, director and driving force behind the sanctuary, where she continues to make beautiful things happen.

The assortment of kind souls who inhabit Kindred Spirits include dogs, two horses, and a variety of colorful fowl. Located in the beautiful foothills of New Mexico's Cerrillos Mountains, Kindred Spirits could not be more appropriately named. Each animal is just that to Pedersen: a Kindred Spirit. Each soul an individual, with their own needs that are always attended to. Some of the colorful inhabitants both past and present included: Tico, a 23 year old Chihuahua; Monty, a neurologically impaired Corgi mix; and Andrea, a squawking gander who loved to “tell his story.”

Kindred Sprits Animal Sanctuary is a 501 (c) (3) non-profit organization that runs entirely on donations from generous individuals and local businesses. The never-ending workload is accomplished each day by Pedersen, herself, along with the help of a group of dedicated volunteers. The emphasis on learning is ever-present at Kindred Spirits as several workshops covering a variety of related topics are offered throughout the year.

Visiting Kindred Spirits and getting to know the inhabitants is not only an inspiration, but can be a life-changing experience. In our unfortunate “throwaway” society this organization is doing is an invaluable service. Most of the animals arrive from difficult situations, wounded both physically and psychologically. The impeccable care they receive often leads to a rebirth of their weary souls. At Kindred Spirits the residents experience kindness, respect and a true feeling of safety; it is at this point where wondrous things happen.

The essence of Salvador (my first visit to Kindred Spirits)



Salvador (pictured), an elderly yellow pit bull, arrived at Kindred Sprits by way of The Santa Fe Humane Society; his badly mangled legs indicate severe abuse and made it difficult for him to walk. The bite marks on his head suggest he may have been used as a bait dog for fighting. The challenges this “little man” faced are beyond what any being should endure; but, thankfully they failed to break Salvador’s spirit.

Upon meeting Salvador one cannot help but be captivated by this dog. He literally beams with joy, his friendliness is simply infectious. As I listened to the heartbreaking story of his life, which included having his legs and tail broken, I became angry and appalled, thinking about “the monster” that hurt this sweet creature. Looking down at the boy, I could not stay this way; I did not want to think about the past. I wanted to enjoy his company – be in the moment - in the here and now, with Salvador.

As Pedersen continued to lead me through her wonderful sanctuary, I personally became witness to the magic of Kindred Spirits. Traveling down a path, I turned toward a sound; it was Salvador, his wobbly legs working hard to follow us. I was delighted to the point of tears, thrilled to see this brave soul, his smile as wide as the sun, walk in our direction. Salvador refused to be left out. He escorted us throughout the rest of the tour—through this place of miracles.

Pedersen explained the care and therapy Salvador received to get him to the point where he could walk independently. His treatments (many continue to this day) include Reiki massage, acupuncture, a healthy diet with supplements and perhaps, most important, an understanding that he was safe. In the true nature of the dog, Salvador does not harbor any bitterness; his pure heart and consummate trust are the embodiment of his species. Through Salvador and the other residents of Kindred Spirits we learn that all life should be revered; we learn about the power of love and kindness, and how it affects all beings, showing us undeniably—that life can be lived to the fullest at any age.

<http://www.kindredspiritsnm.org/>

Secondhand Smoke Is a Health Threat to Pets

by Dr.Carolynn MacAllister



It has been in the news for years about how secondhand smoke is a health threat to nonsmokers. The Center for Disease Control and Prevention indicates that secondhand smoke is attributed with killing thousands of adult nonsmokers annually. If smoking is that harmful to human beings, it would make sense that secondhand smoke would have an adverse effect on pets that live in the homes of smokers, said Dr. Carolynn MacAllister, Oklahoma State University Cooperative Extension Service veterinarian.

"There have been a number of scientific papers recently that have reported the significant health threat secondhand smoke poses to pets," MacAllister said.

"Secondhand smoke has been associated with oral cancer and lymphoma in cats, lung and nasal cancer in dogs, as well as lung cancer in birds."

She said a study conducted recently at Tuft College of Veterinary Medicine found a strong correlation between secondhand smoke and certain forms of cancer in cats. The number of cats with mouth cancer, also known as squamous cell carcinoma, was higher for those animals living in smoking environments versus those felines living in a smoke-free home. In addition, cats that lived with smokers for five or more years had an even higher incidence of this type of oral cancer.

"One reason cats are so susceptible to secondhand smoke is because of their grooming habits. Cats constantly lick themselves while grooming, therefore they lick up the cancer-causing carcinogens that accumulate on their fur," MacAllister said. "This grooming behavior exposes the mucous membrane of their mouth to the cancer-causing carcinogens."

MacAllister also pointed out that secondhand smoke is greatly associated with the increased occurrence of cancer in the nose and sinus area among dogs. Research also indicates a slight association with lung cancer. "A recent study conducted at Colorado State University shows that there is a higher incidence of nasal tumors in dogs living in a home with secondhand smoke compared to dogs living in a smoke free environment," she said. "The increased incidence was specifically found among the long nosed breed of dogs. Shorter or medium nosed dogs showed higher rates for lung cancer."

MacAllister said the longer nosed breeds of dogs have a great surface area in their noses that is exposed to the carcinogens. The carcinogens tend to build up on the mucous membranes of long nosed dogs so not as much reaches the lungs. Unfortunately, dogs affected with nasal cancer normally do not

survive more than one year.

Pet birds also are victims of secondhand smoke. A bird's respiratory system is hypersensitive to any type of pollutant in the air. MacAllister said the most serious consequences of secondhand smoke exposure in birds are pneumonia or lung cancer. Other health risks include eye, skin, heart and fertility problems.

It is important, both for the health of pets and others living in the household, that the smoker has a designated area in which to smoke that is physically separated from the home. In addition, always keep cigarettes, cigarette butts and other tobacco products put away. "A better choice that could enhance your chances of enjoying a healthier life with your family and pets would be to stop smoking altogether," MacAllister said.

PLEASE

Remember your pet's heartworm preventative



Help Your Pet Fight Mosquitoes

from Partnership for Animal Welfare

- Remember to use heartworm preventive. Heartworms are transmitted by mosquitoes, which are present nearly year-round in our area and throughout the country. Dogs and cats can both get heartworms.
- While there have been very few cases of West Nile Virus reported in canines, it's still wise to observe the following precautions suggested by the ASPCA Animal Poison Control Center (APCC). These tips can help safeguard human family members too.
- Keep pets indoors at dawn, dusk and early evening when mosquitoes are most active.
- Eliminate areas of standing water that can serve as breeding grounds for mosquitoes. remember to recheck after each rainfall.
- Change any outdoor water bowls a couple times a day to prevent mosquitoes from using them to lay their eggs.
- The APCC does not recommend the use of mosquito control products that contain DEET. Dogs and cats are extremely sensitive to DEET and may develop neurological problems if a product formulated with DEET is applied to them.
- Some topical flea and tick control products for dogs such as Frontline and K9 Advantix contain mosquito repellent.
- Avoid using pest control products with concentrated essential oils such as tea tree, pennyroyal and d-limonine. These concentrates have caused weakness, paralysis, liver problems and seizures.





Help Us Generate a Universal Energy Field of Compassion

~It takes less than a minute each day~

by Judy Carman and Will Tuttle

“Compassion encircles the earth for all beings everywhere.”

This is a phrase, a vision, a “prayer circle for animals” being repeated around the world every day by a growing number of people. As more of us join this unique project, more power will be generated by it.

Those of us who saw the film *What the Bleep Do We Know?* learned, or probably already knew, that our thoughts create energy fields that can affect matter in powerful ways. One of the experiments described in the film was Masaru Emoto’s work with water. He found a way to photograph crystals of frozen water after people had either blessed the water or sent critical or violent thoughts to the water. The amazing result was that the water crystals that were blessed showed beautiful, harmonious structures, while the water crystals that had received negative thoughts or labels were chaotic in form. Our bodies, the bodies of our animal kin, and the Earth herself are composed primarily of water, making Emoto’s work highly relevant to our work of bringing harmony and peace to all beings.

This gives us tremendous hope as we work to create a world of peace and non-violence for everyone, because it assures us that we are creating on more than just the material level of existence. We are also creating—with every thought—on the spiritual, metaphysical level. What we focus our thoughts on expands. Therefore, it is essential that we take time to imagine compassion encircling the earth and that we have faith that we have the power to make it so. As activists and as awakening beings, we bear witness to atrocities toward people, animals, and the earth on a daily basis. This makes it all the more important that we hold in our hearts this powerful vision and keep our minds focused on it like a marathon runner who keeps her eyes on her path.

Because we are confronted so continually by the violence in the world, it is supremely important to refrain from feeding it with personal thoughts and feelings of rage. Anger actually has the effect of giving violence more energy, and reinforces the mentality of exclusion that underlies all violence. It is possible with patience and practice to bear witness to the violence and make a plan of action while at the same time hold-

ing our hearts in a place of peace and loving gratitude for the beauty of life. If we harness this power of love together, we will see miracles.

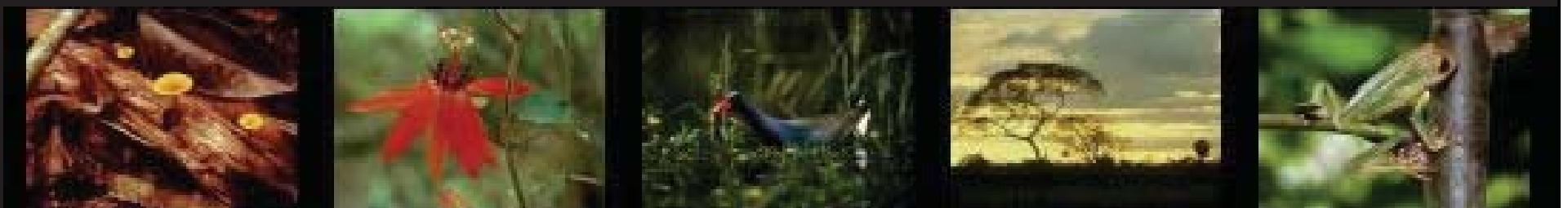
This makes more sense when we remember that everything is intimately interconnected. There is nothing and no one to whom we are not connected. Science is demonstrating what spiritual teachers have been saying for centuries, that our thoughts travel far beyond our own brains and bodies, affecting the universe in ways that we can barely fathom.

Many of us who have experienced the truth of our interconnection with all beings understand this. Our thoughts, prayers, and visions—when shaped by love, peace, and compassion for all life—have a measurable impact on the world and help to steer our species away from violence and toward ahimsa—the way of kindness and respect for others.

The progress of animal rights that has been made in the last 20 to 30 years is astounding. Advertisements, undercover videos, demonstrations, marches, animal rescues, legal victories, availability of vegan food and products—all of these physical actions have been monumental in their effects. And everyday, more events and actions take place, raising consciousness all over the world.

What we are proposing is that we all increase the power of these actions exponentially by uniting our focused thoughts on this single phrase at least once a day: “Compassion encircles the earth for all beings everywhere.” Imagine this phrase—this vision—being brought into the minds and hearts of millions of people each and everyday and thus generating an energy field of compassion around the world.

Love and compassion are what move us all to do what we do for the innocents of this earth, and love is the ultimate and only reality. In its presence, with enough of us boldly carrying its energy in our hearts, indifference and violence must dissolve. Together we are creating a new world, a compassionate world, a world of peace for all beings. Please visit <http://www.circleofcompassion.org/>





HOW HORSES THINK AND LEARN

by Scot Hansen

and fast, dragging their owner with them, or just leaving their owner behind. They may also whirl, kick, strike, pull back, buck, dance sideways, rear and a host of other “fun” and “exciting” reactions.

I have taught numerous clinics and given countless hours of private lessons. And in every instance, when I purposefully begin to push someone into that area known as the “stress zone,” they begin to shut-down and become less effective. We need to change how we think horses learn and open our minds to understand that we need to teach more and do less “training”. And we need to provide an environment in

Every horse is different in how it learns and reacts to outside stimuli. Just because training can be accomplished using certain methods for some horses, this doesn’t mean that those techniques will work just as well on every horse. We don’t teach all children the same way, and all horses don’t learn exactly the same way either. In each case, there are issues past and present that we need to bear in mind, as they may impact the effectiveness of our training.

The first thing that we must take into account is that no animal or human learns well when they are stressed. Take a test, or try to meet the deadline at work while your teacher/boss stands over you with a whip, yelling and screaming, and occasionally prodding you with a sharp spur to get his point across, and I think you will see the challenge. Your horse is different, you say. No, he isn’t. The only difference between horses and humans is the reaction we get when the teaching method breaks down.

Both human and horse will shut down under stress, both sometimes leave the area to reduce the stress, both resist against stress, and still others will fight if the stress is great enough. Humans may yell at each other, but horses can’t talk and, therefore, often resort to a more physical response. Sometimes they run away hard

which the horse can learn on its own. By doing this, we will progress farther and faster and enjoy the trip more. And so will the horse. Enjoying ourselves is what owning and riding a horse is supposed to be about. None of us enjoys being bucked off or having our horses run away with us.

Working with our horses shouldn’t be a struggle on a regular basis, and it should never involve trying to force our will upon our horses. It SHOULD involve teaching ourselves to understand our horses, and allowing them to understand us. It should involve teaching them that we can be a trusted and effective leader in our relationship with them. Horses are a herd animal and learn very well by imitating the leaders of the herd.

Can you be a leader for your horse instead of a follower? You certainly can. Here are a few things to consider to help you get there: Horses are learning all the time. As their human partners, we are teaching them good things as well as bad things. It isn’t that we WANT to teach them something bad, but since the horse has no concept of good or bad, he assumes anything we teach him must be the right thing. We don’t mean to teach those bad lessons, but we sometimes do it out of not understanding how the

horse learns. There is no difference between a good lesson and a bad lesson to the horse.

As we work with our horses, they can’t discern between the two. Only we know if it was wrong or right, the horse only knows that he did something in response to what we asked of him. If we discourage a particular behavior, the horse simply learns to do something else. We as owners need to learn how to make that “something else” the RIGHT thing - the RIGHT answer. We must make the right thing ! easy and the wrong thing difficult.

Every horse knows more about being a horse than most people know about being human. Unlike humans the horse has no motivation to get ahead, think badly of another horse, gossip, or hold grudges because of words said or deeds done. Many behavioral scientists believe that all babies babble and cry in the same language at birth. Their language and behaviors are altered later by their cultural surroundings and the manner in which they are nurtured. But all horses talk in the same language regardless of what country they are from, and no amount of our training ever changes that. They are horses and still speak horse -- they do not learn to speak or believe differently than their cousins in Mexico, Europe, South Africa or Brazil. And no matter how we influence them, they will still speak “horse”.

When we learn how to “speak” to our horses in a way that the horse comprehends, less with words and more with body language, we get better results. Most important, understand that you are always “speaking” to your horse. The messages you have conveyed, however, may not have been what you intended, resulting in confusion and perhaps negative behaviors in the horse and frustration for you. Taking the time to learn a better way to “speak” to your horse will make your horse/human relationship a more rewarding one.

Please visit www.horsethink.com

Helping People Help Animals

www.giveshelter.org

I.D. Your Pets

So They Have a Ticket Home if they Become Lost

Wolf Trivia



There are three species of wolves in the world: the gray wolf (*Canis lupus*), the red wolf (*Canis rufus*) and the Ethiopian (or Abyssinian) wolf, (*Canis simensis*). Some researchers believe the Ethiopian wolf is not a wolf, but actually a jackal. Pack size is highly variable because of birth of pups, dispersal, and mortality. Generally, a gray wolf pack has from six to eight wolves, but in Alaska and northwestern Canada some packs have over 30 members. Red wolf packs are generally smaller than gray wolf packs and usually have 2 to 8 members. In Tennessee there are approximately 10 red wolves located in the Smokies. There is a Wolf Cam that is located at the Bays Mountain Park in Kingsport, Tennessee that lets you watch the wolves in that area. This cam is on 24 hours a day and updates every 3 minutes. www.baysmountain.com/

- It is said that wolves howl at the moon. This is a misconception, as wolves howl for many reasons when they are most active, which is often at night, thus the correlation of howling at the moon was made.
- Wolves howl to greet one another, to indicate their location, to define their territorial boundaries, and to call the pack together.
- Wolves are endangered in the lower 48 states, and threatened in Minnesota.
- They can reach up to 45 mph in short sprints and can run 25 mph for several miles. Their normal trot is at about 5 mph.
- The mating season for the wolf occurs in February and March.
- The gestation period for the wolf is roughly 60 days.
- The average litter size for the wolf is 4 to 7 pups.
- Wolves will attack intruders (animals, and other wolves) to protect their territory.
- The main threat to wolf populations is loss of habitat.
- The hair of the wolf is shed in the spring and summer and sheds out in sheets unlike most dogs.
- The wolf's sense of smell is more than 100 times greater than a human.
- The hierarchy in a wolf pack neutralizes aggression, reduces conflict and promotes social order.
- There are two hierarchies in a wolf pack, one for females and one for males.
- In the winter, the wolf's tail helps keep the face warm.
- A wolf may spend as much as a third of its time on the move.
- The wolf is generally a docile animal with a strong aversion to fighting.
- All members of a wolf pack take part in caring for the young.



Ask the experimenters why they experiment on animals, and the answer is: "Because the animals are like us." Ask the experimenters why it is morally okay to experiment on animals, and the answer is: "Because the animals are not like us." Animal experimentation rests on a logical contradiction.

~Charles R. Magel



Animal Cruelty is a Crime. Please Report it!

If you witness abuse, contact your local humane society, animal shelter and/or law enforcement agency.

Visit:
www.pet-abuse.com for a comprehensive animal abuse database.

Save the Animals...Save the Planet

Submitted by Kathy Sumpter, President of West Tennessee Animal Coalition

Americans need to know that what we eat has a huge impact on the environment - and changing our diet can make a difference. Temperatures are rising around the world, ice caps are melting, and storms are becoming more severe. Even the Chesapeake Bay and its surrounding island communities are at risk. Death tolls from the increasing heat are also rising, according to a new study from the Harvard School of Public Health's department of environmental health.



It's time for action. Sensational headlines may leave many people feeling overwhelmed about climate change. But global warming can be slowed - and many Americans are trying to do just that. We're getting "greener": Recycling, energy-saving light bulbs and fuel-efficient hybrid cars are now a part of our culture and economy.

But most people are neglecting one of the most important steps toward stopping global warming: adopting a vegetarian diet. Americans need to know that what we eat has a huge impact on the environment - and changing our diet can make a difference. Animal agriculture, a major source of water pollution and deforestation, has become one of the biggest culprits in global warming. The Food and Agriculture Organization of the United Nations released a report this year showing that farmed animals are a top contributor to today's serious environmental problems, including greenhouse gases.

The report found that livestock produced 35 percent to 40 percent of all methane emissions (which have 23 times the global warming potential of carbon dioxide), 65 percent of nitrous oxide (which is 320 times as warming as carbon dioxide) and 64 percent of ammonia, which contributes to acid rain.

Nearly 30 percent of the Earth's land surface is used for grazing animals, and that number is expected to increase with the global livestock sector growing faster

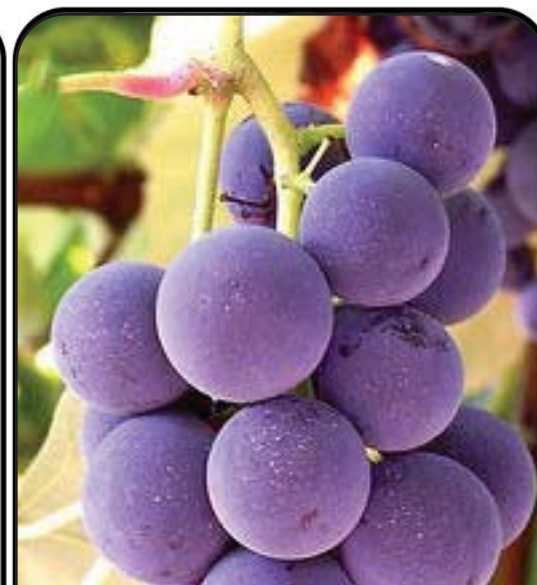
than any other agricultural subsector. That's because in almost every region of the world, consumption of animal products is on the rise. This trend has another disturbing consequence. The global increase in meat consumption has caused rates of obesity, diabetes, heart disease and other diet-related illnesses to soar.

If we're going to reverse the damage we've done to our health and the environment, we have to begin now. Eliminating or reducing meat and other animal products is easier than most people think. I've seen this firsthand among my patients in Baltimore: They experience improvements in their weight, blood pressure and cholesterol levels after making healthful dietary changes, and they stick with their new diet because they enjoy the food and feel better.

It's time to go beyond greening our cars, light bulbs and cleaning products. By piling more leafy green vegetables on our plates, we can literally green our diets - and reduce environmental damage to the planet. Studies have shown that people who follow a plant-based diet are slimmer and have less risk of chronic, diet-related diseases than people on high-fat, meat-based diets. In fact, America could begin to reverse its diabetes and obesity epidemics by turning to a high-fiber, low-fat vegetarian diet consisting primarily of vegetables and fruits, whole grains, and beans, lentils and peas.

Other side effects of a meatless diet include lower cholesterol, lower blood pressure and increased energy. Staying healthy and fighting global warming can go hand in hand. By greening our diets, we just might be able to save ourselves - and the planet. (Dr. Patrice Green, a primary care physician in Baltimore, is a member of the Physicians Committee for Responsible Medicine, which promotes vegetarianism and alternatives to animal experiments. She may be reached at info@pcrm.org)

-Article By Patrice Green



Color Your Plate Healthy

from Tess Bear, LMT, NHC
Healing Hands of Memphis

Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals your body uses to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease. Many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. That is why it's essential to sample the complete color spectrum every day to get the full preventative benefits of fruits and vegetables. Blue/Purple; Blue and purple fruits and vegetables contain varying amounts of antioxidants and anti-aging benefits. By including some of these in your daily diet you can lower the risk of some cancers, lower the risk of urinary tract infections, improve memory function and age gracefully. These foods include:

FRUITS/VEGETABLES

- Blackberries/Purple Asparagus
- Blueberries/Purple Cabbage
- Black Currants/Purple Carrots
- Dried Plums/Eggplant
- Elderberries/Belgian Endive
- Purple Figs/Purple Peppers
- Purple Grapes/Purple Potatoes
- Raisins



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Pets Help Kids Grow Up to Become Caring Adults

by Jim Johnson



son died in January. Nellie was experiencing grief and went through some rough times with us at first, exhibiting depression and melancholy for a while.

I decided a few weeks ago to take her to Robert L. Perry Juvenile Justice Center for a visit, and since that first visit, she has blossomed into a vibrant, secure 17-year-old. Even with significant hearing loss and cataracts, Nellie walks with the security and determination of a young pup, leading the way wherever we go.

We arrived a little early and went into the school office, with Nellie guiding me all the way. It's always funny how a dog can attract so much attention, especially from children - they seem to be innately attracted to animals. In preparing to speak to these middle schoolers, I did some research and found out that young people raised with animals as pets were 90 percent to 95 percent more empathetic and kind.

What do we hope for in a best friend for our children? We want to surround them with others who play well, listen without judging, love unconditionally and stay close. A pet seems to fit that bill. Don't just take my word for it. A professor at Kansas State University doing research in this area found that children with pets develop higher levels of empathy, learn responsibility earlier and might even have higher IQ scores than children who do not have pets.

Toddlers 3 to 4 years old with pets were better able to understand the feelings of other children than those without pets. Life lessons can be learned from taking responsibility for a pet, even if those pets don't always do what we want them to do.

That gives children the ability to see other

perspectives and ways to look at things. It is particularly the involvement with the pet that has a positive effect on the child's life. Other research has shown even adolescents with pets in the home are much more empathetic and caring individuals.

The students knew all that already. Their teacher had prepared them. What a wonderful audience they were: respectful, considerate, attentive, courteous and polite. They had all the right questions as well as the right answers. There seems to have been a correlation here as well. When I asked for a show of hands of who had a pet, I believe every hand went up. Bingo!

I was raised with pets, my three children were raised with pets, and their children are being raised with pets. And, may I say without partiality, nowhere could you find three more caring, compassionate and wonderful people than my three. They are all in the human service industry, and we have our family dog to thank for that!

The brood of young ones whom I met have a tremendous asset in their midst -their teacher , Ms. Kleveland-Meyer! I can't think of a better way to spend an afternoon than with a dog and 100 fifth-graders!

I must admit that 100 percent of pet therapy work is fulfilling, but there certainly are parts that are more enjoyable than others. Paperwork is not my forte, to which many would certainly attest. The hands-on parts of what we do as in pet therapy are what I take pleasure in the most. Other favorites are the many educational programs Happy Tails provides. I had one of those experiences recently.

Becky Kleveland-Meyer, a fifth-grade teacher was teaching empathy in her rotation of their exploratory block. She was kind enough to invite me to speak to the students on that subject. I took Nellie, one of our dogs who has become somewhat of a Happy Tails ambassador. Nellie came to us after her per-

**Adopt a shelter pet
Save a precious life
Become their hero**



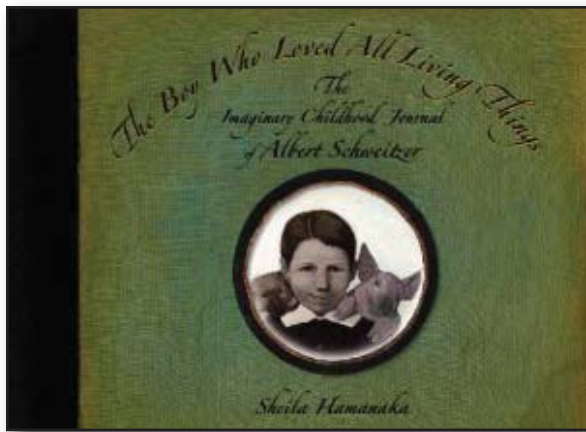
Animal Law Coalition

Advocating for animals to live and live free of cruelty and neglect

www.animallawcoalition.com

CHILDREN'S BOOK ON BOYHOOD OF ALBERT SCHWEITZER

by Tracy Basile



A new children's book on the boyhood of Albert Schweitzer is now available and free to librarians and teachers in grades K - 4. Sheila Hamanaka, a children's book author and illustrator, has just had published a remarkable picture book for young children about the boyhood of the Nobel prize winner Dr. Albert Schweitzer. The book instills in young children the courage to be kind to all living beings and relates true events in young Albert's life that helped him recognize his mistakes, stand by his convictions, and eventually develop his burgeoning ethic "reverence for life." This truly is the perfect cross-over book as it teaches humane education to children on many different levels.

The collaboration of an award-winning author/illustrator and an animal welfare nonprofit to produce a high-quality children's book is rare and marks a turning point in partnerships

between socially-conscious artists and nonprofit advocacy.

About the Book

In a beautifully illustrated and inventive book entitled *The Boy Who Loved All Living Things: The Imaginary Childhood Journal of Albert Schweitzer*, award-winning author and illustrator Sheila Hamanaka depicts little known events from the childhood of a familiar Noble prizewinner. The book is a twist on a traditional family album, filled with "photos" of the animals Schweitzer held most dear: piglets, kittens, church mice, birds, worms, fish and more. The entries are all hand-lettered and embellished with 19th century marbled endpapers and wildlife prints.

But *The Boy Who Loved All Living Things* has much to its credit besides artistic merit. Albert Schweitzer was a renowned doctor who founded and devoted his life to a hospital in Gabon, Africa. As an adult, he often wrote about his early tests in life that played a large role in shaping his character. It is these events, based largely on his book *Memoirs of Childhood and Youth* (1949), that Hamanaka has taken great care to retell in young Albert's voice.

One day, for example, Schweitzer and his friend Heinrich were going to use slingshots to kill birds in a nearby tree. Albert was afraid Heinrich would laugh at him if he refused to par-

ticipate, but at the last moment, he took decisive action and saved his bird friends. Years later, Schweitzer recalled that this was a seminal event in his life, one in which the ability to withstand social pressure set him on the path of critical thinking and action.

True stories of a child's mistakes, fears, kindness and courage fill the pages of this new publication from the Animal Welfare Institute. The book will speak to all young children, but especially to boys, who are often expected to sublimate their natural love for animals and prove their nascent manhood through acts of cruelty. "I do not think kids can identify with perfect people. All kids do bad things, and they need to know they can move forward, forgive themselves and others, and that we can all become great, each in our own way," Hamanaka explained.

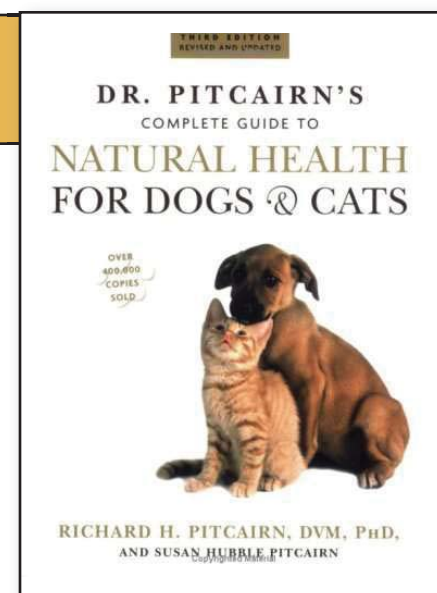
You can learn more about the book at http://awionline.org/Schweitzer_Book/. It is also free to all members of Animal Welfare Institute. Additional copies are reasonably priced at just \$4.00. "The Boy Who Loved All Living Things: The Imaginary Childhood Journal of Albert Schweitzer" is published by the national nonprofit Animal Welfare Institute (AWI). Because AWI wants to get the book into the hands of as many children as possible, one copy is free to librarians and teachers in grades K through 4.

Dr. Pitcairn's New Complete Guide to Natural Health For Dogs and Cats

Pitcairn Over 400,000 copies of this treasured classic have been sold since its original publication more than 20 years ago. The book that is the definitive guide to a natural lifestyle for dogs and cats is now completely updated and revised for the first time in 9 years. Writing with the warmth and compassion that have won them a national following, veterinarian Richard H. Pitcairn and his wife Susan Hubble Pitcairn, noted specialists in chemical-free nutrition and natural healing for pets, show dog and cat owners how to provide the very best in companionship and lifelong care.

They now cover environmental matters, including pollutants both inside the home and out, as well as recent hot-button topics. They've updated dozens of recipes for delicious and healthful pet food and treats. With a guide to handling emergencies and an in-depth Quick Reference section, they give specific instructions for preventing, diagnosing, and treating a wide range of animal diseases and disorders with special attention to homeopathic, herbal, and nutritional remedies. (Rodale Books, 464 pages)

"I anticipated that this 3rd edition would be a thorough and thoughtfully-written guide to natural health care for animals, packed full of useful information and practical tips. My expectations were exceeded! Dr. Pitcairn has a wonderful way of making both basic principles and complex topics



fresh and reader-friendly, all the while gently raising questions that encourage thinking and re-thinking conventional "wisdom" in companion animal care. Who should read this book? Those just embarking on the path of natural health for their pets, those who have been on this path for years, and every holistically-minded veterinarian who wants to understand root causes of disease and expand his or her repertoire of treatments that truly support and help restore health. I recommend this new edition as required reading for my clients! --Lynn S. Peck, DVM, MS
Holistic veterinarian and researcher

Pet Passport, Immigration & Quarantine Information

The Internet's most complete source of information for traveling with your pet anywhere in the world by car, train or air.

International Health Certificate

Most countries including those of the European Union now have a veterinary certificate that is specific to their country. If there is not healthy certificate for the country you are visiting then you should use the International Health Certificate USDA-APHIS 7001 form. It is officially known as "United States Interstate and International Certificate of Health Examination for Small Animals."

Some countries require that they be certified by the USDA - See USDA certification, www.pettravel.com/passportnew.cfm

Information and Requirements

The certificate should be issued by your pet as near to the date of travel as possible but never more than 14 days before travel.

The certificate should indicate the following:

- Name of pet
- Breed
- Color
- Age of Pet Country Of Origin Name/ address/phone number of the owner of pet

The certificate should state that:

- The pet is healthy and free of parasites.



- The certificate should show the inoculations the pet has been given including the type, the manufacturer and the batch number if possible.
- The rabies shot must be given at least 30 days before travel and not more than 12 months before travel.
- Some Countries require that the certificate should be translated into the language of that Country.

View the individual regulations by

Country at this page:

www.pettravel.com/passportnew.cfm

Traveling to an EU Country

You must use the new EU form 998 Veterinary Certificate when traveling with your pet to any of the Countries of the European Union. You may order these certificates online for \$5.00 per country. Visit www.pettravelstore.com/store-pet-immigration-forms1.html Order online.

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Pet Poison Helpline: (800) 213-6680

Respect for Those Other Sentient Beings

by William Falk

My friend Candi, whom I admire, has a deep respect for non-human animals and has raised her daughter to feel the same. Sarah's goal in life is to be a cat lady (a noble aspiration in my opinion). Raising two Rhode Island Red chickens has shown me that chickens are more intelligent and communicative than I'd realized. Recently my copy of "The Week" magazine arrived in the mail with the following editorial statement entitled, "Meat Eaters".

With a mix of fascination and disgust, my daughter's vegetarian friend was eyeing the raw pile of meat marinating in a bowl on the kitchen counter. "What's that?" she asked. Maddie's parents have raised her as a vegetarian of conscience, so to her, beef, chicken,

and pork are indistinguishable mysteries—oozing evidence of the murder of one of our animal friends. Even as an enthusiastic carnivore, I find it unsettling to see my dinner through Maddie's cruelty-free eyes. Before their trip to the grill, my chicken breasts in savory soy/mustard sauce look so much like...slabs of muscle. If I didn't sometimes feel a craving for meat deep in my brain, I might even feel a twinge of guilt.

As well I should, says fellow carnivore William Saletan, a man given to wrestling with ethical dilemmas, and he's concluded that someday, our great-great-grandchildren will "look back at slaughterhouses the way we look back at slavery." No radical



vegan, Saletan acknowledges that human beings have evolved to crave meat.

Human DNA has at least eight genes designed to help us process animal flesh. But now that we no longer need to eat meat to survive, Saletan contends, it's become morally suspect to slaughter and devour billions of chickens, cows, and pigs.

We are learning that animals are capable of complex thought and com-

munication; there's even growing evidence that they can fear their own deaths. So what to do? Saletan hopes biotechnology can save animals from our primitive appetites. Through cloning and stem-cell techniques, scientists are already learning to grow meat in a petri dish. If it comes to that, though, I think I'll pass.

Rice and beans can be awfully tasty, too.

PLAYING WITH

FIRE

GRILLED CHICKEN CONTAINS CANCER-CAUSING COMPOUNDS

Health-conscious consumers have long steered clear of the fat and cholesterol in fried chicken. But grilled chicken may be even worse. Cancer-causing chemicals called heterocyclic amines (HCAs) have been found in chicken, and the very highest concentrations occur when it is grilled.

Fried chicken is every bit as bad as you thought: A KFC chicken breast harbors 135 milligrams of cholesterol and gets more than half its calories from fat. A typical KFC chicken breast holds 400 calories and 24 grams of fat, including 6 grams of saturated fat, the type associated with high cholesterol levels, breast cancer, and insulin resistance.

And you don't want to eat chicken undercooked. At retail stores, salmonella and campylobacter are commonly found on chicken products. These live bacteria easily transfer to cooking surfaces, utensils, and hands and can cause a serious intestinal illness.

Many consumers have imagined that grilled chicken is a healthier option. But scientific evidence suggests that, when it comes to cancer risk, grilled chicken could be among the worst choices.

Higher Cancer Rates

Researchers have known for years

that meat-eaters have higher cancer rates, compared with people who avoid meat.

Experts now know that grilling meat, especially chicken, produces carcinogenic HCAs. HCAs are formed from the creatinine, amino acids, and sugar found in muscle tissue. More HCAs are produced by long cooking times and hot temperatures, which make grilling, pan frying, and oven broiling particularly dangerous cooking methods.

In January 2005, the federal government added HCAs to its list of carcinogens. But many Americans remain unaware that these compounds lurk in cooked meat. As known mutagens, HCAs can bind directly to DNA and cause mutations, the first step in the development of cancer. Grilling is also problematic because when fat from meat drips onto an open flame, carcinogens called polycyclic aromatic hydrocarbons (PAHs) form and are deposited back onto the meat through smoke.

Scientists have discovered more than 16 different HCAs. One type commonly found in grilled meats is PhIP, which has been on California's list of cancer-causing chemicals for more than a decade. Scientists have not deter-

mined a safe consumption level of PhIP, meaning that any amount is believed to potentially increase cancer risk.

Recent studies have shown that the consumption of well-done meat, which contains PhIP and other HCAs, is associated with an increased risk for colon, rectal, esophageal, lung, larynx, pancreatic, prostate, stomach, and breast cancer, and non-Hodgkin's lymphoma.

HCAs have been specifically linked to colorectal cancer: One review found that high cooking temperature increased colon cancer risk almost twofold and increased risk for rectal

cancer by 60 percent.

The consumption of meat and other fatty foods is strongly linked to colon cancer. Recent studies have shown that red meat—even red meat cooked at a low temperature—can increase colon cancer risk by as much as 300 percent.

Choosing plant-based foods can lower cancer risk in other ways as well. Not only are plant foods low in fat and high in protective fiber, but they also contain antioxidants and phytochemicals, which have been shown to help prevent cancer.



By Jennifer Reilly, R.D.

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“Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.”
~ Frederick Buechner, American writer and theologian



“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.”
~ Denis Waitley



“The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others.”
~ Solomon Ibn Gabriol, Spanish poet, philosopher, and moralist



“I've always thought that a big laugh is a really loud noise from the soul saying, 'Ain't that the truth.'”
~ Quincy Jones, music conductor, record producer, musical arranger

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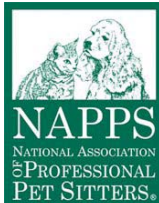
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