



# The Beagle Bugler

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## PRACTICE BASIC SUMMER SAFETY

### Never leave your pets in a parked car

Not even for a minute. Not even with the car running and air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die.

*\*If you see a pet in a parked car without adequate ventilation please call 911 or the police. If possible, stay with the pet until help arrives.*

### Watch the humidity

"It's important to remember that it's not just the ambient temperature but also the humidity that can affect your pet," says Dr. Barry Kellogg, VMD, of the Humane Society Veterinary Medical Association. "Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves, and their temperature will skyrocket to dangerous levels—very quickly." Taking a dog's temperature will quickly tell you if there is a serious problem. Dogs' temperatures should not be allowed to get over 104 degrees. If your dog's temperature does, follow the instructions for treating heat stroke.

### Limit exercise on hot days

Take care when exercising your pet. Adjust intensity and duration of exercise in accordance with the temperature. On very hot days, limit exercise to early morning or evening hours, and be especially careful with pets with white-colored ears, who are more susceptible to skin cancer, and short-nosed pets, who typically have difficulty breathing. Asphalt gets very hot and can burn your pet's paws, so walk your dog on the grass if possible. Always carry water with you to keep your dog from dehydrating.

### Don't rely on a fan

Pets respond differently to heat than humans do. (Dogs, for instance, sweat primarily through their feet.) And fans don't cool off pets as effectively as they do people.

### Provide ample shade and water

Any time your pet is outside, make sure he or she has protection from heat and sun and plenty of fresh, cold water. In heat waves, add ice to water when possible. Tree shade and tarps are ideal because they don't obstruct air flow. A doghouse does not provide relief from heat—in fact, it makes it worse.

### Cool your pet inside and out

Whip up a batch of quick and easy DIY peanut butter popsicles for dogs. (You can use peanut butter or another favorite food.) And always provide water, whether your pets are inside or out with you. Keep your pet from overheating indoors or out with a cooling body wrap, vest, or mat (such as the Keep Cool Mat). Soak these products in cool water, and they'll stay cool (but usually dry) for up to three days. If your dog doesn't find baths stressful, see if she enjoys a cooling soak.

### Watch for signs of heatstroke

Extreme temperatures can cause heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure, and unconsciousness. Animals are at particular risk for heat stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease. Some breeds of dogs—like boxers, pugs, shiitzus, and other dogs and cats with short muzzles—will have a much harder time breathing in extreme heat.

### How to treat a pet suffering from heatstroke

Move your pet into the shade or an air-conditioned area. Apply ice packs or cold towels to her head, neck, and chest or run cool (not cold) water over her. Let her drink small amounts of cool water or lick ice cubes. Take her directly to a veterinarian.

### Prepare for power outages

Before a summer storm takes out the power in your home, create a disaster plan to keep your pets safe from heat stroke and other temperature-related trouble.



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## Contact CBR

[www.coloradobeaglerescue.org](http://www.coloradobeaglerescue.org)

303 464-9403



WE'RE ON FACEBOOK!



# MARK YOUR CALENDAR!!!



The Colorado Beagle Rescue annual garage sale will be held on Friday, May 30th and Saturday, May 31st at Catherine Miller's home in Aurora. If you would like to donate clean, usable items please contact Catherine at 720-870-1048 and you can schedule a time to drop off the items. It would be helpful if you could price the items in advance. It's important the items donated are good reusable items that can sell. This is our biggest fundraiser of the year so we appreciate your donations!

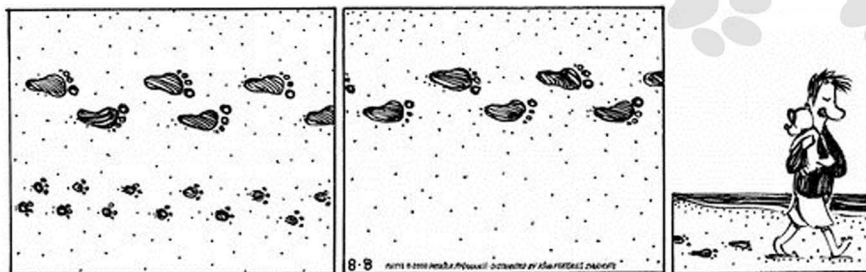


Our younger CBR volunteers will be holding a bake sale on both days as well. They'll have some yummy cookies and cupcakes for sale. Please stop by and pick up some of the delicious treats. All proceeds will go to CBR.

If you would like to help out and volunteer at the sale please let Catherine know. Lunch will be provided both days. Setup will begin at 6 am and tear down will be 3 pm. Thank you in advance for your support!



The annual Colorado Beagle Rescue picnic will be held on Saturday, June 21st! Invitations will be sent out in May so watch for yours. As always we will have a wonderful lunch for everyone along with our popular games of best costume, best trick, musical plates, and bobbing for hot dogs. The trading post will be set up so you can buy all those beagle items you just cannot live without. This year's theme is Happy Campers so work on your costumes and be sure to teach your beagle an amazing trick. Prizes will be awarded so don't be left out!



CBR has lost four very special and dear volunteers: Mary Jorgenson, Shari Frausto, Dan Fitch and Albert Smith. These individuals adopted rescue beagles from Colorado Beagle Rescue and helped us in so many ways, including being incredible foster homes, helping to establish our database and remembering CBR when they died by including us as a beneficiary of their estates. We are deeply saddened to lose these wonderful and dedicated volunteers and will forever be so thankful to them for their generosity to Colorado Beagle Rescue. Rest in peace Mary, Shari, Dan and Al--we know that there is a very special place in Heaven for all of you.

## Finding Calm in the Storm

When summer squalls send pets into a tailspin, treatment can help them regain control

by RUTHANNE JOHNSON

Patty Khuly will never forget the day she witnessed a panic-stricken dog get hit by a car during one of Florida's infamous summer thunderstorms. Driving past a gated home, she saw a German shepherd scramble over a cinder block wall. Before she could pull over, a thunderclap sent the terrified animal tearing across several lawns and into a four-lane road. "He got hit just as he had almost gotten across," she says.

A veterinarian in the Miami area, Khuly rushed the dog to the hospital where she works—but he died en route. In one fatal flash on a Saturday morning, a family pet was gone.

Khuly says the shepherd's behavior was most likely caused by thunderstorm phobia, which affects dogs, cats, and other pets to varying degrees. A certain amount of anxiety during extreme weather is a natural, life-preserving instinct, notes veterinary neurologist Susan Wagner, citing the case of animals who headed for higher ground

during the 2004 Indian Ocean tsunami. But phobic pets take this response to an unhealthy level. The problem can be difficult to treat, but with time and dedicated effort, pets can be taught to ride out storms.

Phobia symptoms vary; pets may pant

and drool, shiver uncontrollably, shed, pace from room to room, or climb on their owners. In extreme cases, dogs may tear up carpet and furniture, lose control of their bladders or bowels, cram themselves into tight spaces, or jump over fences. Certified applied animal behaviorist Patricia McConnell recalls one client whose yellow Lab jumped out a window; he "went through the glass and just lacerated the entire length of his back, fell two stories, and then ran away," she says.

Because storm fears tend to worsen over time, early intervention can make a difference. After their border collie developed a phobia at 9 months old, Philadelphia residents Jennifer and Dennis Chapman used positive conditioning techniques to reduce Chase's anxiety. "What we do is hold our breath and then breathe out audibly, and as soon as we see her exhale and relax, we give her a treat," says Jennifer. Chase can also hunker down in one of several safe places in the house, and whenever there is at least a 30 percent chance of a storm, the couple gives her medication prescribed by their veterinary behaviorist. "I can tell she still doesn't like the sound of thunder," Jennifer says, "but she definitely seems more relaxed and happy with her life."

Pets' hypersensitivity may broaden beyond thunder to other storm-related phenomena such as barometric pressure changes, static electricity buildup, lightning,



Thunderstorms once transformed Boomer (right) into a drooling, cowering mess. Today she finds comfort in her new friend Nonie, a rescued puppy mill dog who drapes herself over the shih tzu during storms to help calm her.

# Fear Busters

and wind. They also can pick up on the anxiety of others in the household. Penny Miligan of Somerville, N.J., says her once calm cat began shivering during storms after living with her phobic dog. Now, both cat and dog dash into the bathroom at the first clap of thunder, often wedging themselves behind the toilet.

In some cases, the presence of others may have the opposite effect. Marsha and C.J. Stevens-Pino's shih tzu used to be virtually inconsolable during storms. Boomer would bark, leave puddles of drool on the couch, run from room to room, and cower in the bathtub, to the point that C.J. often feared for the dog's life.

Then came a new addition to the family: Nonie, a 7-pound Maltese rescued by The HSUS and Wayne County Animal Control from a North Carolina puppy mill where she'd been caged constantly to breed. Adopted from SPCA Tampa Bay, which helped care for animals after the raid, the dog couldn't walk at first, Marsha says, and "Boomer instantly seemed to know that Nonie was broken." Nonie began shadowing her, and having a friend to protect has bolstered Boomer's courage. An herbal concoction has also helped diminish her fears. When a particularly loud storm rolls through, the dogs reverse roles, with Nonie draping herself on top of Boomer as if to say, "OK, settle down; I'm right here."

Owners of phobic cats may mistakenly think they have a lesser problem to tackle. Deb Mendez remembers watching her cat dart into hiding whenever a storm rolled through. It wasn't until talking with owners of phobic dogs that she realized her cat was probably also afflicted. Such misconceptions are common in feline households, says board-certified veterinary behaviorist Lisa Radosta, noting that owners typically don't know to seek help until their own lives are somehow affected.

But Khuly says scared cats need help, too, even if they have not become destructive or neurotic. "Just because they are not bothering us when they are hiding under the bed," she says, "doesn't mean they aren't suffering."

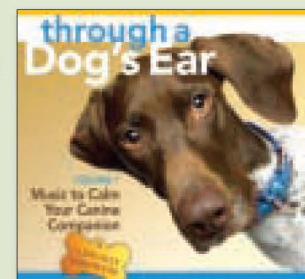
Left untreated, storm phobias can have disastrous consequences. An owner may decide to relinquish the pet or have him euthanized, while a scared dog could turn up lost at an animal shelter after bolting during a storm. Moreover, chronic stress can impair a pet's immune system and overall health; in the worst-case scenario, the animal may even suffer a fatal heart attack.

Through a combination of the following steps, the condition is treatable, though a complete reversal isn't always possible, says board-certified veterinary behaviorist Lisa Radosta. "Most owners don't go for the 'Holy Grail,' which takes diligent work with the dog—maybe up to a year or more in advanced cases," she says. "... But they can get the dog to the point where their quality of life is greatly improved and they are not frantic with panic."

- ▶ **BUILD A STORM BUNKER:** Find a dark, quiet, and easily accessible place such as a basement, closet, or bathroom, and teach your pet to relax in this "safe area" during normal weather. Fill it with pillows, favorite playthings, and toys stuffed with treats. You can also place a kennel in the room with the door open. As a storm approaches, coax the pet to enter the refuge, then use a fan, television, or radio to drown out noise.
- ▶ **DESENSITIZE:** Before storm season hits, play a CD of storm sounds once a day, at a volume low enough that your pet responds but isn't anxious. Increase the volume each day, coupling it with commands and rewards, playtime, or treats. When storms are expected, start the fun before your pet shows signs of anxiety.
- ▶ **SEEK HELP FROM THE PHARMACY:** For severe phobias, vet-prescribed medications coupled with behavior modification can help. Medications such as Clomicalm and Reconcile are administered throughout the storm season, while fast-acting Valium and Xanax are for individual events. Over time, medications may be needed less frequently or not at all.
- ▶ **CREATE A NATURAL CALM:** Synthetic products that mimic cat and dog pheromones can alleviate anxiety. (If you have pet birds, consult your veterinarian before using an aerosol.) A homeopathic vet may also prescribe other calming products. Sound therapy is another option: In 2008, psychoacoustics and animal behavior experts produced *Through a Dog's Ear: Music to Calm Your Canine Companion*. This CD of piano arrangements stemmed from a study that found certain sounds to have a calming effect on dogs.
- ▶ **SNUGGLE UP:** Made of soft cloth, the Storm Defender cape has a metallic lining to shield pooches from static charge buildup. It drapes over the dog's back, with straps that tie around the neck and chest for a semi-snug fit. Although a study published in 2009 found the product worked only marginally better than a placebo cape, Radosta sometimes tells her clients to give it a try. Another product, the Anxiety Wrap, is made of a fitted, lightweight fabric and designed to provide calming pressure. A study on its effectiveness is currently being conducted. Finally, Mutt Muffs may help reduce anxiety by muffling storm sounds.



An Anxiety Wrap helps soothe rescued dog Pugsly during thunderstorms.



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# PEANUT BUTTER CRUNCHIES

(YIELDS 12 COOKIES)

Get a free weekly Meatless Monday text with a mobile-friendly recipe: Text TASTY to 30644.

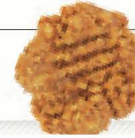
## INGREDIENTS

- ½ cup organic salt-free smooth peanut butter
- 1 cup hot water
- 1 cup organic wheat bran
- 1½ cups organic bulgur wheat
- ½ cup organic white whole wheat flour (or any flour of your choice)

## DIRECTIONS

1. Preheat oven to 350° F.
2. Mix all ingredients until peanut butter is well incorporated.
3. Using a large spoon or ice cream scoop, drop dough onto a parchment-paper-covered cookie sheet. Use a wet fork to press in the classic fork pattern on top, if desired. (Note: Dough will get harder to work with in just a few minutes, so create the cookies as soon as you mix the ingredients.)
4. Bake for 50 to 60 minutes, until the crunchies just start to turn golden brown. Enjoy the tail wags from your furry buddy as she eats something you made just for her!

➤ **FOR MORE** recipes for you and your pet, visit [humanesociety.org/recipes](http://humanesociety.org/recipes).



Dogs love these because of the mouth-watering aroma and flavor. The pumpkin and ginger are also good for digestion. For dogs with wheat allergies, replace with brown rice flour or coconut flour.

## Gingerbread Treats

- 1 cup AP flour
- 1 cup whole wheat flour
- ¾ cups rice flour
- ½ cup molasses
- ½ cup water
- ¼ cup canola oil
- ½ can pumpkin
- 2 tbsp. ground ginger
- 1 tsp. ground cinammon
- ½ tsp. ground cloves



Preheat oven to 350 degrees. Mix ingredients in a large bowl (you may need to add flour as you knead for a more non-sticky consistency). Roll out dough onto floured wax paper to about 5 mm. thickness Using the spice cap, cut out round shapes until the dough is used up. Place cutouts onto ungreased cookie pan and bake for 20-25 minutes. Allow to cool for 2 hours before serving. Keep in refrigerator for freshness.