Finally Summer has arrived. Long walks and picnic time. It’s a great time to get back into shape and assess your health as well as the health of your pets. We are going to focus on health this quarter. In this issue we will cover some of the increasingly popular homeopathic remedies, and hear from those who have gone down this road with their own dogs.

We are reaching out to our followers in new ways now. Northeast Boston Terrier Rescue has created a Twitter account so you can follow us @NEBTR. We also have an Instagram page where you can view our foster dogs and alumni at https://instagram.com/northeastbostonrescue/ We hope to see you there!
If you have any topics you would like to see featured in future newsletters drop us an email at northeastbostonrescuenews@gmail and we will do our best to include it.

Cancer in Dogs

Definition of HOMEOPATHY: a system of medical practice that treats a disease especially by the administration of minute doses of a remedy that would in larger amounts produce in healthy persons symptoms similar to those of the disease

Cancer is the leading cause of death in dogs over the age of 10. But half of all cancers are curable if caught early, according to experts. Fifty percent of dogs over the age of 10 develop cancer at some point. Malignant lymphoma, which is a tumor of the lymph nodes, mast cell tumors, which is a form of skin cancer, mammary gland tumors, or breast cancer, and soft tissue sarcomas, as well as bone cancer are the most common. Twenty years ago, most people did not even know dogs got cancer. Today it is
common to find people whose dogs have been treated for cancer. There are so many more facilities for treating canine cancer now, and there are veterinarians who do nothing but treat cancer.

The warning signs of cancer in dogs are very similar to that in people. A lump or a bump, a wound that does not heal, any kind of swelling, enlarged lymph nodes, a lameness or swelling in the bone, abnormal bleeding. Those are all classic signs. But sometimes there are little or no signs, at least early on. So any time an animal is not feeling well, or there is something abnormal or not quite right, the owner needs to bring it to the attention of their veterinarian.

According to veterinarians, if you spay a dog before its first heat you will reduce the chance of mammary cancer eight-fold, just because of the hormonal influence. Good oral care can help decrease oral cancers.

The majority of the cancers can be dealt with surgically. A lot of the breast cancers, a lot of the mast cell tumors, a lot of skin tumors, soft tissue sarcomas, many of those tumors can be removed surgically and are cured. Even in situations where they have advanced to a lymph node, there are options that can prolong your dog’s life and even cure him.

Diagnostic testing is needed prior to doing any kind of therapy, and that can range from $200 to $1,000. Treating the cancer can range from a simple surgery for $1,000 all the way up to $15,000 when dealing with
something complicated that also needs radiation therapy and chemotherapy along with the surgery.

While veterinarians and surgeons focus on mainstream medicine there are other ways of treating a pet with cancer. Holistic vetting is focuses instead on healing the failing immune system of the patient. Many oncologists today advocate not using any holistic medicine while a pet is under their care. They believe that herbal supplements and antioxidants are not well characterized and can have unforeseen and negative interactions with chemotherapy drugs. They also typically state that special diets are not necessary. While their approach may successfully treat some types of cancer, the risks can often outweigh the benefits, especially in older, compromised animals.

Blood tests, X-rays, ultrasounds, and possibly biopsies, should be utilized to get an accurate diagnosis of the severity and type of cancer present before proceeding with any course of action you choose.

According to Dr. Ihor Basko:

Not all holistic veterinarians will use the same methods for curing your pet. What a veterinarian will recommend will be based upon their extensive experience, education, training, and observation. Be sure to find a veterinarian experienced with treating cancer (and one who has high success rates managing this disease).

Below is a typical treatment and prevention plan.
1. **Eliminate Obvious Internal or External Issues**  
   · Stop use of pesticides, top spots, chemicals, etc.  
   · Stop feeding of commercial pet food and treats  
   · Eliminate daily stressors

2. **Detoxification: Blood and Liver Cleanse**  
   · Give antioxidants (coenzyme Q10, NAC, alpha lipoic acid, milk thistle, melatonin)  
   · Give chlorella (sun chlorella)  
   · Feed vegetables high in antioxidants (kale, broccoli, red/yellow/orange colored veggies)  
   · Feed herbs (red clover, wheat grass, alfalfa, yellow dock, red raspberry)  
   · Give herbal formulas (Essiac, Hoxey, Chinese)  
   · Increase fluid intake (vegetable juices, coconut water, meat broth, shiitake mushroom soup)  
   · Give supplements like *Antioxidant Support* or *Blood and Energy Endurance Formula* by Resources

3. **Enhance and Tonify Immune System**  
   · Acupuncture  
   · Feed medicinal mushrooms (Reishi, Maitake, Shiitake, Cordyceps, A. Blasei, Coriolus)
· Give vitamins C, E, A, D3
· Give anti-cancer minerals (zinc, selenium)
· Give omega-3/ DHA oil from fish or krill
· Give CAS Options supplement by Resources

4. Kill Tumor Cells / Apoptosis / Stimulate NK cells, T-lymphocytes, and macrophagic activity
   · Give Coenzyme Q10
   · Apply Noni
   · Feed medicinal mushrooms
   · Give polyphenols
   · Feed astragalus, turmeric, garlic
   · Use specific Traditional Chinese herbal formulas dependent on the kind of cancer
   · Use topicals like blood root, zinc chloride, noni, frankincense oil, antioxidant creams and lotions
   · Give CAS Options supplement which contains medicinal mushrooms and anti-cancer antioxidants

5. Prevent Spread of Cancer Cells
   · Avoid doing biopsies before removing tumor
   · Feed low carb, high veggie diet with high omega-3 content
6. **Enhance and Tonify Blood**
   - Provide blood tonic herbs and foods (organ meats)
   - Give *Blood and Energy Endurance Formula* supplement by Resources

7. **Improve Deficient Organs and Dysfunctions**
   - Give probiotics and herbs to address weak digestion and improve liver function
   - Feed home cooked food using tailored recipes specific to your pet’s needs

8. **Correct or Mollify the Disharmonies in the Environment**
   - Increase exercise and fun
   - Increase Love and Attention
   - Decrease chemical pollution of the environment
   - Decrease exposure to potential radiation sources
Lucy came to me on 8/30/2014 from a backyard breeder. She was in rough shape. We were told she was 9 years old but it turns out she may only been 3 years old. A few days later, we had to rush her to the emergency vet. It was then that we found out she had Pyometra, and would need surgery right away. She also had one very large mammary mass as well as others not as large. They did remove the one very large mass and one other at the time of surgery, and biopsied the other masses. The results came back from University of Pennsylvania that it was cancer, (which was not what we wanted to hear). It was a low grade carcinoma arising in Adenoma (in l1 mammary glands) and complex Adenoma (in l4 mammary glands) and mammary Duct Ectasia. There were also a few masses in 2 other mammary glands that were not tested. The vet’s opinion was to remove all of Lucy’s mammary glands.

After a lot of thought, I choose not to do the surgery. It would have been too much for her after everything she had already gone through. I began to speak with Victoria and Sheryl (NEBTR Board Members) about Homeopathic Medication. Although I had have never tried this before, I thought it was worth a try. I did not know of any holistic vets in my area but found Michele Yasson DVM CVA in new Paltz, NY. Even though it was a 2 hour drive for us, I was willing to try anything to help this little girl and had our first appointment to meet with Dr Yasson on September 13th. She gave Lucy a very good assessment, and started her on her first Homeopathic
Remedy. Before we left the office, she gave Lucy a Sepia succus 30c treatment. (For more on this treatment, visit http://www.herbs2000.com/homeopathy/sepia.htm).

We also changed Lucy’s diet to a 50/50 raw/kibble and added a multiple vitamin. We stopped all flea treatments to avoid chemicals in or on Lucy’s body as well as vaccinations; (except for Rabies due to state laws). The next day, I gave Lucy the next part of her Remedy per Dr Yassin's orders, which was Sepia succus 200 c. and followed up the next day with the next part Remedy. I was told to watch Lucy closely and take note so I started a daily journal. By October 13, approximately a month later, we saw signs the Holistic Remedy was working.

On day, during Lucy’s daily check, I saw a little red lump on her belly down by where her other few masses were so I called Dr Yasson. She explained that the Remedy was working and pushing all the bad stuff out and to the top. She had me cut a sock, fill it with rice, sew it up, and warm it up in the microwave. I then applied it to Lucy’s red spot three times a day. I noticed about a week later, the lump had gotten smaller, but in a few more days, the red lump was all healed up and gone. Lucy was starting to change a little in the things she did daily as well. She began to enjoy being held and wanted this connection more often. This was a good sign she was starting to come around. By the end of November, I administered the next Remedy; Sepia succus 10m. After this treatment, we started to see many improvements. Her coat started to look better, she began shedding less and her fur was
starting to grow back in the few spots where it had been thin. She started to play with the other dogs a little more and also started to lay next to them, something she never did. Her mental state was improving along with her physical changes.

For the next 4 months it seemed that the Remedy continually worked. All of her treats are homemade or fresh vegetables and fruits. By March, we saw Dr Yasson again and she began to check Lucy’s masses. She found the masses were shrinking or gone; Lucy had lost two of the three masses and had just one left, and it was half the size. Just the other day, Lucy found out she has a voice! This is all great and amazing news. It means that the Homeopathic Medications are working for Lucy.

When Dr Yasson first meet Lucy, she gave Lucy a fair chance for a cure. As of today, Dr Yasson is giving Lucy a 70 % chance for a full cure. Amazing news for Lucy. We are holding off on giving the next Remedy for a little bit because the last one is still working.

I must say I am so happy that we choose not to put Lucy through all that invasive surgery, and went with the Homeopathic route. I would tell anyone to please give it a try. I hope others can have the same good outcome Lucy is having and I hope that Homeopathic Medications can help other Bostons that are in rescue. IT TRULY IS AMAZING TO SEE ALL THE IMPROVEMENTS IN LUCY. She is a happy little girl who is just loving life!
Sincerely,
Lucy's Foster Mom & Lucy

Here are some photos of Lucy

Use this link for additional information about Cancer Treatment and Remission Therapy Tagamet & Benadryl used to shrink mast cell tumors & epuli
http://www.bavariasboxers.com/cancer.htm

OVER VACCINATING?
Written by: Jan Rasmusen, national award-winning author
Remember when you were a kid and received a shot for the measles? You got one shot, you did not go back each year, or every three for a booster. You have not had a measles shot since! That is because that one dose will last you for the rest of your life. Well the same thing might be true for your pet. Those vaccines your dog receives year after year might not be needed, and is all that over done vaccinating healthy? How do you know if your dog needs the vaccine or not? The answer is to titer them.

Enlightened veterinarians and pet parents have become increasingly wary of the health risks, and lack of benefits, associated with repeatedly vaccinating dogs after their initial “puppy shots.” Is titer testing the solution to the over-vaccination problem? Here’s a crash course to help you muddle through the mire of misinformation surrounding this simple blood test, and to help you decide whether or not to test your dog’s antibody titers.

**What is titer testing?** A titer test (pronounced TIGHT er) is a laboratory test measuring the existence and level of antibodies to disease in blood. Antibodies are produced when an antigen (like a virus or bacteria) provokes a response from the immune system. This response can come from natural exposure or from vaccination. (Note: titering is also called serum vaccine antibody titering and serologic vaccine titering.)

**How is the test performed?** Your test result will have an explanation of what your pet’s test result means. But if you want to know more, here’s the
test in a nutshell: First, one mL of blood is drawn. The sample is then diluted. Titer levels, expressed as ratios, indicate how many times blood can be diluted before no antibodies are detected. If blood can be diluted a 1000 times and still show antibodies, the ratio would be 1:1000. This is a “strong” titer. A titer of 1:2 would be weak.

**Why test?** The parvovirus/distemper test can help you or others (vets, groomers, kennel owners, etc.) determine if your dog requires additional vaccination, and may save your dog unnecessary shots. It is especially useful when making a decision about vaccinating an animal with unknown vaccination history, or for determining if puppies have received immunity from vaccination (more below).

Most experts believe *strong* titers are a more reliable indication of immunity than vaccination: tests show the *actual* immune response, *not just the attempt* to cause an immune response by vaccination. Do not expect, however, that everyone will accept test results in place of proof of vaccination. The subject of immunity is complicated, and we are programmed to think of vaccination as “the gold standard” — the more, the better. Experts who challenge the status quo are often maligned. Humans don’t like change.

**How often should I test titers for parvo and distemper?** You’re going to have to decide for yourself. Some vets recommend testing yearly, but this can be expensive. Others test every three years. Still others test five to seven years after vaccination. Why? Challenge tests show that successful
vaccination against parvovirus gives most animals at least seven years of immunity. Distemper provides immunity for at least five to seven years.* 

Dr. Ron Schultz, one of the most renowned pet vaccination experts in the country, believes that once a test yields strong titers, you need not test again.

**Does a weak titer mean that the dog needs a “booster” shot?** Maybe not for dogs that have previously shown strong titers. Many experts, including Dr. Schultz, say the dog’s immune system will have produced”memory cells” that will produce antibodies when they’re needed. Think of memory cells as reserve forces. When known foreigners invade, they remember how to attack them. Dr. Shultz has said, “show that an animal with a positive test has sterilizing immunity and should be protected from infection. If that animal were vaccinated it would not respond with a significant increase in antibody titer, but may develop a hypersensitivity to vaccine components.” (e.g. fetal bovine serum).

**Should I test my puppy?** Yes!

**If so, when?** Ideally, puppies should have had their last vaccination after 16 weeks of age then should be tested to see if further vaccination is necessary. There’s an excellent discussion about testing puppies in the 2006 American Animal Hospital Association (AAHA) Canine Vaccine Task Force Report (page 13) entitled *What Are The Possible Applications of Serologic Testing?* It reads, “Such titer testing is the only way to ensure that a puppy has developed an immune response after vaccinating.”
What do titer tests cost? Testing costs vary widely from practice to practice, so shop around. Some vets do in-house testing. Others use outside labs. Some mark up tests and services a little; others, a lot. You should be able to have parvo/distemper tests done most places for less than $100. Rabies tests, on the other hand, can cost considerably more, in large part because they are sent overnight to a lab. Wait! Before jumping to the conclusion that vaccinating is much cheaper than testing, remember that testing can be a one-time (or at least rare) expense and is no riskier than any simple blood draw. Vaccinating, on the other hand, can potentially cause a lifetime of illness.

Should I test for rabies antibodies? The rabies titer test will give you an indication of your dog’s immunity if he or she is at particular risk for contracting rabies. It may also be required prior to international travel. Test results will NOT be accepted by Animal Control and most others as a substitute for vaccination of healthy dogs as required by law.

Can I test titers immediately after vaccinating? To get an accurate test, you must wait at least 14 days after vaccination before testing.
Oxytocin, or the love hormone, helps reinforce the bond between a parent and a child. And now, researchers working with man’s best friend reveal that dogs have tapped into—or hijacked, some might say—this same instinctual bonding mechanism. Gazing into those sweet puppy dog eyes increases our oxytocin levels, and theirs too. The findings, published in *Science* this week, suggest that this “oxytocin-gaze” may have been acquired during the domestication of dogs from wolves.

"I love my dogs, and I always feel that they’re more of a partner than a pet." "So I started wondering, 'Why are they so close to humans? Why are they connected so tightly to us?" An oxytocin-driven bonding mechanism likely evolved to strengthen emotional ties between humans and their babies. And while the hormone is also found in other mammals, we used to think that we were unique for incorporating eye contact, especially because really young babies can't communicate in that many ways. Not to mention, "facing others is a threatening behavior in other animals." Well, turns out oxytocin also spikes in both human and dog brains when the two species interact, operating in a positive feedback loop that likely fortified the bonds between us and our pups for thousands of years.
Kikusui, Nagasawa, and colleagues recruited 30 of their friends to let them document every interaction the owners had with their pet dogs—staring, talking, petting—in a room for 30 minutes. They measured oxytocin levels in urine samples collected from both person and pooch right before and right after. The researchers found that sustained eye contact between owners and their furbabies drove up levels of oxytocin in the brains of both: a rise of 130 percent in dogs and 300 percent in people. More oxytocin, more love, trust, and nurture.

In another experiment, the researchers sprayed oxytocin into the noses of 27 dogs and placed them in a room with their owners and strangers. Petting was not allowed. In this situation, female dogs spent longer gazing at their owners—which triggered a longer gaze in return from their people, whose oxytocin levels rose within that half hour. Pictured to the right is a standard poodle named Jasmine as she stares at a student. Her gazing behavior significantly increased along with her owner’s urinary oxytocin after the spray was administered. The nasal spray didn't cause male dogs (such as Hook, pictured above) to stare longingly at their owners, and that might be because oxytocin made them more vigilant towards strangers.

This mutual gaze and its oxytocin-mediated feedback loop isn't a response that's found in wolves—not even the ones who were hand-raised as pets by humans. The team thinks that this particular bonding mechanism co-evolved in us and our canine companions-to-be over the course of their domestication. Dogs who bonded with people earned our care; humans who reciprocated had lower anxiety and were likely less stressed thanks to the
surge in oxytocin. Nagasawa adds that this is the first demonstration of convergent evolution in cognitive traits between humans and and other species.

by Janet Fang

Adoptable Spotlight

LUCY
Hello everyone, I am Lucy’s foster mom. Lucy is a very special girl with special needs, and she is very close to my heart. Unfortunately, because of her special needs, she will never be able to be adopted and will live out her life with me, as a forever foster.

I would really like to talk a little about my experience with fostering. I remember the day I started following NEBTR and thinking I would like to foster. I talked with my husband and his first reaction was, “you will never be able to let any of them go and we will end up keeping them all”; combined with, “it’s going to take a lot of work and what if our two dogs don't get along with the fosters?” Well, after a little more thought, I decided I have nothing to lose and a lot to look forward to! Even though my first foster was a very good boy, my husband was not really on board yet.

In March of that following year, I found out I had stage 2 lung cancer and somehow, my husband jumped on board with my need to foster and love for rescue. He knew, for me, just helping needy Boston’s and knowing there are dogs that need me was something that would keep me going. My fosters went to every visit and every chemo treatment with me because we had to travel to Philadelphia. It was then that I saw how rewarding rescue truly is.

Then came Lucy who was a very sick little girl with mammary cancer. I believe she was sent to me for a reason and that reason was so I could help her heal just as my fosters helped me heal.
I hear all the time, “I could never foster it would be too hard to let them go”. But I must say, “yes it’s sad to let them leave, but when you get to see them go to that forever family that they long for, it makes it so rewarding”. But you always keep a little of them in your heart because you know that there is another waiting in the wings that needs you. I can honestly say, that over the years, I learned a lot from my fosters. The reward is more love than any one person can handle and for that reason, I will keep rescuing as long as my health will allow me. So, if you’re on the fence about fostering, let me say this; “I would rather cry watching them leave our home to live a life of happiness and joy in a loving home, than cry because no one stepped up to help them and they died alone, frightened and sad in a shelter or on the streets.”

Fostering Saves Lives! Try it! You will be rewarded by more LOVE than any one person can handle, that I can promise you!

Sincerely,

Lucy’s foster mom
The Golden Years

By Stacie Kyle
I can't understand how old dogs end up in a shelter. We spend all of our time getting a dog to the point where they become a wonderful, faithful companion that has nothing but unconditional love for us. And for that, somehow, the shelters and rescues are filled with older dogs. Go figure.
The way I see it, when you get a puppy, you learn exactly where your patience lies. At this point, you realize you aren't as patient as you may have thought. Darn! There goes the antique end table legs; wood all chewed up with puppy teeth marks. Or how about those potty puddles every time you miss the bathroom break by 2 mins. Really? Come on, we all know how frustrating those puppy phases are, but that adorable face plopped out on your lap makes you forget all about the day you had chasing "puppy" all over the house, yard, etc. You question yourself on whether you can get through this and immediately chastise yourself for even thinking that. And then one day, puppy gives you his paw. Awwww. That's it, heart melting, heart full of love, you forget all about that antique end table with the chewed up legs. Your puppy can give you his paw!! You won - today that is.

Then comes the 2-4 year old stage; you no longer have a puppy, you lived through it. Yes, your house is a bit torn up but you survived. After all, when you come home from work, there's that sweet little face looking up at you, wagging its little butt and so happy you are home. Maybe you'll get a toy dropped at your feet because of your arrival. It usually takes a bit, after the welcome mat has been rolled out for you, that you realize "grown puppy" got into something during the day. Maybe it was just a little tissue paper or a full blown out trash can party with the remnants all over the house. Who knows? This is where you shake your head and think about how you are not spending enough time training the young pup. It's usually the worse your day has been, the worse the mischief is. So you deal with it and maybe you start thinking about training. Something you should have done earlier but
you are just now getting around to it. On the weekend, you take pup to 
training and darn it all, don't you know it, your pup didn't need to be 
trained, YOU DID! After that initial lesson in humility, you get down to 
business and really start to build that bond with your pup. And it's at this 
stage you realize, again, just how wonderful having a four-legged 
companion really is.

Pup grows into a young adult and then an adult and the years between 4-8 
are the best years ever! You have seen a real change in your relationship 
and you have a much better dog companion (this is because you learned 
how to be a leader to your dog and your dog rewards you with his 
obedience). Your dog may be a car/truck companion that goes everywhere 
with you, or maybe it’s the dog you take to hang out with friends and they 
know you as you and the dog. And come on, face it, we all know that the 
hour or so you spend taking pup for a walk is the best part of the day; for 
both of you. You stopped wearing your earphones and carrying your cell 
phone long ago because you realized that this is a part of the day that you 
relax and enjoy life as much as your dog. Yes, this is what a dog does for 
you. It slows you down; it brings a joy and peace to life like no other. And 
you realize what a dog has brought to your life. There is peace and love and 
adoration for this four-legged wonder. You are a team.

Eventually your dog turns 9; no big deal. You know he will be alive until 
he's 20. Why won't he? You care for him; he is loved and loves you back. 
And then one day, you are at the park throwing that ball and he doesn't 
want to do it for as long as he used to. No problem, just a fluke. You call 
him over and in the sun you think you see some cloudiness in his eyes.
Huh? Not my dog. So you take him to the vet and the vet gently tells you he is a senior dog, and cataracts are starting to form but not to worry, it's a gradual occurrence and there is a lot they can do to preserve your dog’s eyesight. Oh and by the way, you may want to consider putting him on senior food. What??? When did this happen? Your dog is not a senior and that doctor doesn’t have a clue what he is saying. You see, in your mind, pup hasn't grown up at all, still that young dog, that companion, that ball junky that can last forever. But something inside you changes. You become a bit more cautious and careful with what you used to do with your pup. You notice they like that, and wonder where the days went when you couldn't throw the ball enough. But you start to notice your dog comes back to you panting and lying on the cool grass more and more often. This age is interesting for a dog owner with a beloved dog. You realize your dog may not be that invincible puppy you thought they were.

Then the double-digit age change comes and this is where you notice that hot days become a bit too hot and cold days are a bit too cold for your dog. They become more temperate, needing everything just right. Maybe you also notice that food isn’t the motivator it once was and your dog likes to sleep. You become alarmed, but face it, you are also 10 years older and that afternoon nap is fine by you as well. Thoughts cloud your mind on just how long you will be a pair. You start to read up on how to prolong your dog's life with vitamins and natural foods and other natural modalities. You take extra time with your dog and sometimes become worried at the changes and other times you recognize he is the same dog just a bit older, turning 11 years old.
If you are lucky enough to get to 12 and even luckier to see 13, 14, 15 and more, you are treasuring every last minute with your dog. You rush home from work and often, when they isn't feeling well; you stay home to keep your dog company. You no longer go to places you both used to love, but rather you take your dog to places that they love, on their terms, for their happiness.

If you are reading this and understand some of the thoughts shared, then you are like me, trying to figure out at what time in a dog’s life is it ok for them to land at a shelter or rescue. And if it happens to be a kill shelter, why is it acceptable to have their life taken away too early just because they were unlucky?

But it happens far too often.

If you can find it in your heart and home, please adopt an older dog. You will have given him/her the opportunity to enjoy and wind down their perfect little life being loved and cherished. Don't worry too much about the dog’s former owners, you see, dogs are resilient. They will recognize you as the one who loves them, and is caring for them. Please, let's not let these beautiful creatures sit in a shelter or rescue. It's just not fair; they do not have a voice.

If you are interested in one of our senior dogs, please reach out and inquire on Facebook or fill in an application and request a senior dog. Thank you!
Meet some of NEBTR Seniors

Meet Charlie - she is 15 years young and just gorgeous

Meet Bubba - He is 12+ years young and such a handsome gentlemen

Meet Gidget - She is 13 years young and so young at heart
Meet Scamp - He is 15 years young and rocks his natural Mohawk
Meet Sam – He is 13 years young and the cutest little peanut

TRY SOMETHING NEW

With summertime comes thoughts of fun in the sun and water so with that in mind our dog sport highlight this issue is Dock Diving!
What is dock diving? It is a dog sport where the dog jump off a dock competing for distance or height. A bit of history from Wikipedia, Dock jumping first appeared in 1997 at the Incredible Dog Challenge, an event sponsored and produced by pet food manufacturer Purina. There are now a number of organizations that run dock jumping competitions in different countries.

In the United States, DockDogs was established in 2000, its first event was at the ESPN 2000 Great Outdoor Games competition. The Super Retriever Series Super Dock was also established in 2000 and created as a qualifier for ESPN Great Outdoor Games along with the Retriever Trials. www.superretrieverseries.com
Splash Dogs was started in 2003.[5] Ultimate Air Dogs was founded in 2005,[3][6] by former Major League Baseball player Milt Wilcox.[7] In 2008, UAD partnered with the United Kennel Club (UKC) which added dock jumping as a recognized UKC sport.[6] In 2009, UKC also recognized competitions run by Splash Dogs.[8] Dogs can get UKC titles by competing in dock distance or height jumping like they can in agility, obedience, weight pulling, and others.

North American Diving Dogs was formed in 2014 and offers diving dog titles recognized by the American Kennel Club (AKC).[9]

Do you have a dog who loves water, loves toys, and maybe even has some dock jumping at your local pond? You may want to check out the sport of dock diving!

Here are some links with additional information from some of the established dock diving clubs.

http://www.ultimateairdogs.com/eventsexplained.html

http://northamericadivingdogs.com/how-to/

And even if you don’t want to compete getting out with your dog and having FUN is a great way to spend a summer afternoon!
Of course when spending anytime outside with your Bostie in the summer can be fun for all but can also be dangerous for your dog when temperatures and humidity are high. Below is a great article from the Whole Dog Journal on preventing heat stroke when participating in outdoor activities with your pup during the summer. Remember to have fun and ALWAYS be safe!!

Via Flickr – by Tricia

Pool Safety Tips for Dog Owners

Many of us dog lovers are probably guilty of treating our dogs like humans from time to time. They are man’s best friend for a reason, after all! And when it comes to swimming, it seems we’re justified. Most dogs love it as much as we do and for good reason. It’s great exercise and just as refreshing for them as it is for us.

But as with humans, certain water safety rules need to be followed to keep Fido out of danger. Take a look at these pool rules and keep your dog safe this summer:
**Make sure they know how to get out of the pool.** This is a big one! Your dog may have no fear when he takes a flying leap into the pool, but does he know how to get out? Southern California Golden Retriever Rescue notes that even when a dog has been in and out of a pool many times, they may forget where the steps are. As their pamphlet explains, if a dog can't find the stairs, he'll resort to the “doggie death grip,” in which he swims to the edge and tries to pull himself out. Often, the dog will become very tired and may drown if he isn't helped out of the water. SCGRR provides great step-by-step instructions on how to teach your dog how to get out of the pool using the stairs.

**Securely store all chemicals.** Pool chemicals keep us and our four-legged friends safe from recreational water illnesses, but as can be seen in this listing of the many different kinds of pool chemicals and their uses, they can also be very dangerous. Always be sure that chemicals are properly stored based on the instructions provided with each chemical and secured at all times. So, if you have a pool, make sure your own chemicals are locked away, and if you and your pet are swimming at a friend’s, don’t be afraid to ask where their chemicals are kept to make sure your dog won’t be able to access them.

**Check for signs of illness.** Chlorinated pool water can be irritating to your dog’s eyes and skin. And if he gulps down too much pool water, it can be damaging internally as well. When you’re swimming with your pet, keep an eye out for signs of trouble. And as Modern Dog notes, especially if your dog has pre-existing medical conditions, you should set limitations on how long he swims and always provide “adequate supervision” to keep him safe.

**Secure the pool area.** You should never allow your pet around your pool when you aren’t able to watch him. DogChannel.com advises that pool fences and self-locking gates can be a big help in keeping your dog out of the water when you aren’t around. They also recommend pool and/or collar alarms that can alert you if your pet were to make it into the pool area without you knowing.
Many dogs are great swimmers and absolutely love being in the water. Don’t deny your dog all that fun this summer, but do take the necessary precautions to keep them safe.

* * *

Vee Cecil is a wellness coach, personal trainer, and bootcamp instructor. Vee is passionate about studying and sharing her findings in wellness through her recently-launched blog.

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How to Prevent Heat Stroke in Dogs
By Cynthia Foley

Cynthia Foley is an experienced writer, editor, and dog-agility competitor in upstate New York. Her first agility dog is now 10 and still competing at the AKC Masters level.
Dogs find summer’s high temperatures challenging. That’s largely because they don’t sweat. Sure, you’ve read that dogs have sweat glands in their paws, but veterinarians agree that’s not much help. A dog’s primary means of cooling himself is through panting – and our goal is to make this process more efficient.

When a dog pants, air flows over the tongue and throat area and helps cool the blood sent to the tongue by the heart. That cooler blood then circulates through the rest of the body back to the heart, to start the process over.

The harder a dog’s working to stay cool, the bigger his tongue becomes in an effort to maximize that air circulation. That’s why a wide, red tongue indicates a dog is working hard at keeping his body cool.

However, as the temperature and humidity rise, the inefficiency of this system becomes apparent. The warmer it is outside, the warmer the air is that the dog takes into his body. When ambient temperatures become close to a dog’s normal body temperature, the system begins to fail.

While most dogs begin getting warm around the 80°F mark (depending on humidity), the out-of-shape dog may be stressed at much lower temperatures. Clearly, as the outside air temperature rises and gets closer to the dog’s body temperature, the effectiveness of panting decreases. A dog in warm weather needs your attention to avoid potentially deadly heat stroke.
To help avoid this, consider your dog’s condition. Keeping your dog well groomed, physically fit, and at his optimal weight will help him avoid suffering from heat stress. Just as in humans, too much fat and not enough exercise result in a decreased level of heat resistance. And, the more he pants, the more water he’ll need to consume – the cooler, the better.

But even fit dogs may need you to enforce limits during hot weather. “I try to acclimate them to exercising in warm weather so they can handle it at a trial, but if it’s extremely hot out, we will just stay home in our air-conditioned house!” says Linda Aloi, owner of K9 Capers Dog School in Baldwinsville, New York.

Some active dogs have been known to exercise to excess, causing major physical heat-related damage to themselves and possibly death. If you are playing fetch and your dog is barking at you to “Throw the ball again! Throw the ball again!” – but you notice his speed has decreased when running after the ball and returning to you – he’s probably had enough.

- Some of the most common causes of heat stress are:
  - Being muzzled in a warm environment
  - Leaving the dog in a car during warm weather (even in the shade or with windows cracked open); or leaving a dog in a hot room or garage with insufficient air flow
  - Excessive exercise, or exercise in extreme temperatures
- Travel over hot pavement/concrete surfaces
- Lack of shade and/or fresh water

**Keep that coat on**

Your dog’s coat is designed to protect him from weather extremes. Regular grooming is a necessity, especially for dogs with a thick undercoat, like Shetland Sheepdogs, Pomeranians, and Labradors. That hair needs to be fluffy to do its insulation job, so if it’s matted or dirty, get out the grooming equipment. Dogs who appear to have thick tufts of uneven hair throughout their coat definitely need the old undercoat brushed out. Single-coated dogs – think Papillons, Poodles, and Weimaraners – can actually be at a disadvantage. They may need more protection against sunburn and heat because they lack that protective undercoat.

Whatever you do, avoid the myth about shaving your dog’s coat to make him cooler. “Never shave down a double-coated breed,” says Mary Jo Johnson, an agility instructor Farmington, New York, who competes with her Shetland Sheepdogs. “It may seem counterintuitive, but that undercoat is a good thing.”

There are exceptions to the no-shave rule, of course. Hot spots and other dermatological issues may require spot shaving for treatment. Some dogs may need spots shaved for breed standards or cleanliness. Also, strategic shaving in specific areas (as opposed to shaving the whole dog) can help with the cooling process, especially in canine athletes. “I actually will clip the hair in the
summer in the groin area, so my dogs can lie down in the baby pool and the water can reach that skin,” Johnson says, “but only the groin area.”

**Water them well**

At home, many dogs enjoy playing or lying down in a hard plastic kiddie pool containing a few inches of fresh, cool water. This is a much easier way to wet down your dog to cool him off than a hose.

“When I wet down my dog in a pool, I wet the belly, groin area, and under the ‘armpits’ of the front legs,” says Diane Eggleston, owner of Awesome Abilities Dog Training School in Skaneateles, New York. “You should not wet their backs because it can actually make them hotter,” as it can trap the heat closer to the skin.

A simple spritz with a sprayer might do the trick for many dogs. If Eggleston is away from home, she carries a sprayer with a mix of water and a little coat conditioner to help cool her dogs. “I use the type of sprayer used to spray weeds,” she says. “I use it to the wet the belly areas, like I do in the pool.” Of course, this sprayer should be designated and labeled for dog use only.

Make sure your dog always has fresh, cool water for your dog. On especially hot days, toss a few ice cubes in the water. You can also make an inexpensive treat by mixing water with some broth, freezing it in ice trays, and giving the cubes to him in a bowl. Don’t add these to his water, however; your dog needs constant access to plain water.
If you’re going for a walk or hike in hot weather, always carry along water and a bowl for your dog.

**Shady solution, Cooling Aids, Cool Clothes, Best Choices**

**Shady solution**

If your dog is going to be outside with you for an extended period – say, at your daughter’s soccer match – he’ll need shade, especially if he has a dark coat. A pop-up tent or umbrella can provide enough instant shade to really help.

People who attend outdoor dog shows or canine athletic events with their dogs almost always bring shade tents, plus sun shields that can be draped over a dog’s wire or soft-sided crate, to provide extra shade without impairing air flow.

Clean Run, the agility catalog and store, offers a great product called the Cool Puppy Shade Cloth Panel, made of a knitted, reflective aluminized fabric. Draped over a wire crate or exercise pen, it reflects the sun’s rays but doesn’t stop air flow. Clean Run estimates the result is a spot that is cooler by as much as 14°F and we would agree. The panels are available in a variety of sizes, from $25 for a 7’ by 6’ panel, up to a 14’ x 10’ panel for $80. (See cleanrun.com or call 800-311-6503.)

**Cooling Aids**

Fans get a big “two paws up” from most dogs. Portable fans, especially those designed for camping, that run off of batteries. Most dogs will seek out the cool
breeze and lie down right in front of the fans to keep cool. “At agility trials, my dogs are kept cool with a shade tent and fans. I also have gel cool mats for them to lie on,” Johnson says. These fans are available at most major hardware and discount department stores, like Walmart.

Commercial cooling mats or beds are based on a dog’s natural instinct to dig dirt holes during the summer; they give your dog a cool resting spot. You can also use a wet beach towel on the floor or ground. Frequently refreshed, clean and placed out of the sun, a wet towel can give your dog a cool spot to lie down, even on the kitchen floor. (Of course, the humans in the household will need to be careful not to step on it and slip!)

Many commercial cooling beds are filled with a gel designed to absorb the dog’s body heat. Some beds are filled with water that circulates heat away from the dog.

You can make your own ice-pack bed, too. When I attend a summer agility trial, I pack an equine leg bandage that’s been soaked in water and then frozen. It’s the perfect size for my Papillons to chill out on. My sister’s 80-pound Labrador has a pocketed blanket that she fills with reusable ice packs. Her dog pulls to get into the crate when he sees her arranging it for him. We use ice packs from Ice Horse, which stay cool for about two hours. They’re non-toxic and flexible, making a comfortable “ice bed.” We’ve found that with care, they can last for years. But they’re not cheap; the cost ranges from two for $17 to 12 for $95. They are available from icehorse.net (800-786-6633).
The Aspen Pet Gel Cooling Pad is a terrific alternative, as it is comfortable, self-cooling, and effective. In fact, in the cool early-morning hours at a trial, I watched my dog move the pad out of his way in his crate. Later that afternoon, he had pulled it back in place and lay down on it! This bed was 12" by 16" and portable, as it folds in half; it also comes in 16" by 20". The only complaint we heard was that large-dog owners want a much larger size. Both sizes usually retail for under $25. (Available in pet supply stores, Amazon.com, and sometimes in Bed, Bath & Beyond stores.)

The K&H Cooling Bed III is filled with water and works on the concept that the water will become the same temperature as the air, which is usually lower than the dog’s normal temperature. It absorbs the heat, which circulates away from the dog. Most dogs enjoy the feel of the water. “I use water-filled cooling beds in my dogs’ crates in hot weather,” Eggleston says. “I slip them into a cotton pillow case.”

The Cooling Bed III is a great product for home use, but we’ve found it can be cumbersome if you’re away from home. Filled with water, it’s very difficult to carry. If you plan to fill it at a show or sporting event, you will need several gallons of water (depending on the bed size). These beds are available in large sizes, but they cost a fair penny: the 17" by 24" bed costs $70; the 32" x 44" costs $130. They do come with a two-year warranty. Available in pet supply stores and online catalogs, and directly from khmfg.com; (877) 738-5188.

Cool Clothes
You can find all types of dog clothing purportedly designed to keep your dog cooler, but be aware that anything you’re adding to your dog’s body has the potential to trap heat, too. Think about yourself. If it’s terribly hot out, do you want to add clothing?

That said, most coats for heat defense have some type of sun reflective element to them, and many are designed to be wet down. The caveat with wetting a coat, however, is that once it warms up to the dog’s body temperature or bakes in the sun, it ceases to be cooling to the dog. If you use these coats, keep an eye on its temperature and rewet it if it’s warmed.

We’re not very enthusiastic about coats or vests that have gel inserts or incorporate water into the design; they often trap heat against your dog. Also, many tend to run small, are too rigid, or too heavy to be comfortable for your dog. Find out what the return policy is before you purchase this type of coat for your dog.

It’s also wise to consider your dog’s breed and coat when choosing a coat. “I don’t use wet coats, since my dogs have a double coat and it would just trap the heat,” Aloi says.

A popular lightweight choice is the K9 Kooling Coat (horseworks.com, 800-848-1914). Manufactured to standards designed to withstand stresses from a horse, these coats are made of bright white polyester mesh, which is cool, lightweight, and blocks UVA and UVB rays.

The Kooling Coat can be wetted before you put it on your dog (we dunk them in ice water when it’s really hot) or even frozen overnight (you’ll have to let it thaw
a little before putting it on the dog, but it works) to help keep your dog cool. Although the manufacturer says you can spritz the coat once it dries out, it works best to simply totally re-wet it. While some dogs can’t wait to have their Kooling Coat on, we’ve seen others sort of cringe at the idea of wearing a wet coat all day. When dry, most dogs don’t even notice they’re wearing them, and you still get the reflective properties.

Though they resemble some sort of tinfoil costume, coats that are made of loosely woven aluminized fabric, similar to the material used in the sun shades we discussed above, are terrific for minimizing the sun’s direct impact while allowing maximum airflow. This is the kind of coat Aloi uses on her dogs. “I have the woven aluminum foil-type coats to reflect the sun, and these work well.”

The K-9 Cooler is a well-made coat that can be worn wet or dry. It’s lightweight, durable, and appears comfortable for the dog. The price ranges from $23 to $54, depending on size. Available from silvershademesh.com, (507) 893-3646.

The Chilly Buddy coat has a similar reflective outer surface, but includes a mesh cotton underside that may be kinder to the dog’s coat. You can wet the lining to help with cooling, and it will hold the water longer than a coat without a lining. Perhaps best of all, the reflective outer layer means the wet inner layer will stay cooler longer as it’s protected from the beating sun. However, we’d like to see a more tight-fitting surcingle to help keep its place on the dog. Cost is $45 to $70. Available from Chillybuddy.com, (888) 762-8149.

**Best Choices**
Your No. 1 weapon against the heat is water – lots of cold, clean water – and lots of shade. Ice cubes are a fun treat that many dogs enjoy.

If your dog is forced to sit in a warm environment, he needs shade, a steady breeze from a fan, and lots of water. A cooling bed – as simple as that wet towel – is often appreciated.

For dogs who are going to spend a lot of time in the sun, we like the reflective coats, especially the Chilly Buddy bed. Its inner lining is actually a brilliant design, combining the best of both types of coats.

When using clothing, be sure you continually monitor the temperature of the coat, so your dog doesn’t become too warm. But be sure you’re not overdoing the cooling process either; locking him in a shaded crate, wearing a wet blanket, on a cold bed, with a fan constantly blowing directly on him, may result in a chilled dog even on a warm day. Your dog is your best indicator of whether he needs more – or less – help to stay a truly cool dog.

Short-Nosed Dogs

This Pug is cooked! He’s trying to get as much air as possible, and his tongue is starting to look dry. He needs some water and a fan, STAT!

The brachycephalic breeds – such as Pugs, Boston Terriers, Boxers, Bulldogs – are particularly at risk of heat stress, says Eileen Fatcheric, DVM, of Syracuse, New York. “The
only way dogs have to thermoregulate their bodies is panting, which is air flow over the respiratory system. These dogs are particularly at risk for heat stress because of the shape and design of the dog’s throat.”

Awareness is important, Dr. Fatcheric says. “The early symptoms of heat stress are easy to miss – wobbling and increased body temperature. Owners of these breeds need to pay closer-than-average attention to their dogs’ behavior and body language.”

**The Whole Dog Journal**

**Symptoms of Heat Stress**

A dog exhibiting any of these symptoms needs immediate veterinary care as brain damage, kidney failure, seizures, and death can occur:

- Excessive panting (fast, wide, red tongue)
- Thickened salivation (drooling)
- Staring (appears to be looking at nothing)
- Warm skin and paw pads
- Rapid pulse
- Weakness

- Rectal body temperature over 103° (normal is 100°-102°F)

- Staggering (may be an early symptom)

- Extreme fatigue

- Anxiety

- Vomiting

- Diarrhea

If you suspect heat stress, take the dog’s rectal temperature. Your goal is to get the temperature down to 103°F and then transport him to a veterinarian. Repeat taking his temperature every five minutes.

Move the dog to an air-conditioned space, if possible. If not, get him in the shade. Offer water, but do not force it, as he may have difficulty swallowing it.

Apply gel ice packs, bags of frozen vegetables, or cold water (with a cold cloth, by pouring or gently spraying it) to the dog’s neck area. Use fans to increase air flow. Wet his groin, underbelly, “armpits,” throat area, and paws. Spray him with a water hose for one or two minutes or see if he will go into a kiddie pool full of water. As tempting as it may be, avoid using ice water. Yes, you want a quick, steady decrease of body temperature, but not another shock to the system. Frozen gel packs and cold cloths are recommended and work well if
placed in the neck area. As soon as his temperature is back to 103°F, immediately transport him to a veterinarian.

DIY

Now for the reader participation part of our newsletter. We thought it might be fun to have a little DIY project with a Boston Terrier flair.

Rainbow Loom Boston Terrier Dog or Puppy Charm.

By: Lovely Lovebird Designs

If you have one of those Rainbow Looms, or know someone who does, try making this 3D Boston. Lovely Lovebird Designs has a step by step video on how to create your very own! Just click the link and you are on your way to creating your very own 3D Rainbow Loom Boston charm!

https://www.youtube.com/watch?v=1PDwsmdhpVQ

If you would like to share your creation with us please send photos of your origami BT to the editor: Chris Cassner - cassner@embarqmail.com
We just got this last minute addition to the newsletter. For those of you who would like to try holistic flea and tick treatments on your pet rather than chemical. Thanks to Ellen Thelin for sharing her vet’s article with us.

Ticks.

No one likes them, and no one wants to find them on their body, but the season is upon us and ticks are starting to crop up where we don't want them. These nasty critters have a nasty habit of showing up and embedding themselves into our beloved pets. If not taken care of immediately, ticks can cause anemia, arthritis, paralysis (in rare cases), Lyme disease, and Spotted Mountain Fever in our pets. But keeping our pets safe from these critters isn't as easy as we would like it to be. Taking your dog for a walk or letting your cat outside is more than enough for them to catch these pesky pests.
So, how can you prevent these creatures from making a meal of your pet without resorting to commercial chemicals? We've come up with a couple of homemade products that will reduce the chances of your pet getting bitten.

**Flea and Tick Collar:**
What you will need - cedar or lavender oil, water, and a bandana or collar to soak in the mixture.
Mix together 3-5 drops of your oil of choice with the 1-3 tablespoons of water. Use your own judgment here on how strong you want it to smell. Use an eyedropper to drop the diluted oil onto a collar or bandana of your choice, put said collar on your pet and let them go.

THANK YOU THANK YOU!!

We would like to thank our Adoption Heroes, and indeed they are heroes. Thank you for opening your hearts, and your homes to a dog, who through no fault of their own, found themselves homeless. Thank you for looking past their “imperfections,” and their history, and loving them for the great dogs that they can be, and already are. Our foster parents are wonderful, and are the dog’s first stop on the road to a new life. But you are their heroes, for providing what every dog deserves, which is a family, and loving home of their own.

Since last quarter we had 27 dogs adopted by 27 heroes. We wish you well, and want you to know that you will always be part of the NEBTR family.

**ADOPTED Apr - Jun 2015**

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