

## Calendar

### SAVE THE DATE!

7th Annual  
PAWS In The Park  
June 10, 2007

10:00 AM—3:00 PM

Pierce House  
Lincoln, MA

(See inside for more info and  
pledge sheet!)

Please check [www.saveadog.org](http://www.saveadog.org) for  
the most up-to-date information  
on our other events!

## Pet Food Recall

Ever since the pet food recall news broke, we have been inundated with emails and calls from concerned adopters, friends, and volunteers. Prior to this awful tragedy we had been warning our adopters to avoid wheat, corn, and soy as these filler ingredients can lead to skin allergies and other ailments. Little did we know that one of these ingredients would turn out to be deadly. Who would have ever thought that dog food would cause kidney failure! Like many of you, even though I consider myself educated in the matter of pet food, I have learned so much more in these past few weeks. Because of the urgency in addressing the pet food crisis, we decided to print the remaining articles in Sylvia's series, *They Are What They Eat*. I hope you find it helpful.

The web address below is for the FDA's dedicated pet food recall page, which has all of the current information including frequently asked questions, and contact information for FDA consumer complaint coordinators.

<http://www.fda.gov/oc/opacom/hottopics/petfood.html>

Shirley Moore

## They Are What They Eat (Part 2)

### Buying High Quality Food for Your Dog

*Part 1 of this series, They Are What They Eat: Garbage In, Garbage Out can be found in the Winter, 2006 edition of PAWS for Thought. (To view the article on-line, please visit [www.saveadog.org/newsletters.asp](http://www.saveadog.org/newsletters.asp).)*

Homemade food made with high quality ingredients, following well-balanced recipes, is the best food you can feed your dog. However, if you don't have the time or inclination to make it at home, or if you have several big dogs who eat a lot of food, preparing their food from scratch at home may be too much of a chore or expense. Commercially available premium dog food is the next best choice. These high-quality commercial brands are generally not found in supermarkets, vet offices or big stores like Costco or Sam's Club. Smaller pet supply stores are more likely to sell them.




When you see the words "premium" or "healthy" on the dog food labels at the supermarket or at your vet's office, it doesn't always mean that the brand is of a high quality. The pet food industry isn't regulated the way the human food industry is—pet food companies can say "premium" on their label, even if they've used poor quality ingredients.

It may be shocking, but many dog foods on the market have meat sources that may have been rejected for human consumption by the

USDA inspectors. It is legal for pet food manufacturers to use USDA rejects (diseased carcasses) in their products. So, read food labels! Choose a brand that specifically lists the protein sources as "USDA inspected" or "human-grade" on the label. Additionally, look for at least 2 of the first 5 ingredients on the label to be *protein*, not *grain*. Although inexpensive for the manufacturer, these grains (corn, soy and wheat) act as "fillers" and are not very digestible by the dog! (Resulting in a greater volume of smellier feces!)

Try also to buy foods (and treats) that do not contain meat or poultry "meal." "Meal" can consist of ground up hooves, beaks or any other part of the animal. Unfortunately it is legal for the pet food industry to include these animal parts in pet food. Lastly, look for as few chemicals, additives, and preservatives as possible.

Please turn to page 2 for part three of Sylvia's series *They Are What They Eat*. 

### [www.drdomore.com](http://www.drdomore.com)

Integrative and alternative veterinary practitioners come together in an 18 minute documentary about the need for quality veterinary health care. This short online video will give you lots of food for thought on the state of veterinary care today and what you, the pet owner, can do to achieve optimal health for your pets.

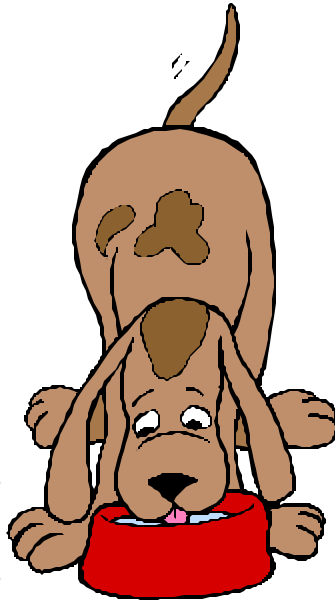
## They Are What They Eat (Part 3)

### Preparing High-Quality Food at Home for Your Dog

Homemade food made with high quality ingredients, following well-balanced recipes, is the best food you can feed your dog. There are many good books with precise recipes available at your local library, bookstore or on line. If you decide to make your own food, be sure to use this professional guidance—you want to be sure the nutrients in what you prepare are balanced properly. (It's not quite as simple as putting some meat in a bowl.)

I prepare my dog's food at home. I find it easiest to make big batches, divide it up into plastic containers and freeze it. I make a big batch once a month—it takes only takes about one hour! I defrost one container every few days. My dog weighs only 25lbs so she doesn't eat all that much. (By the way, she's 11 years old and you'd never guess it. She's healthy, active, and could pass for a 6 year old!)

I use recipes from vets who have studied nutrition carefully and have devised recipes that have the correct balance of minerals, nutrients, protein, fats and grain. I buy organic grains from the bulk bins at Whole Foods or Wild Oats, use RAW (yes, raw!) meat, and organic vegetables. It may seem like it costs more than buying big bags of cheap kibble, but dogs need less volume



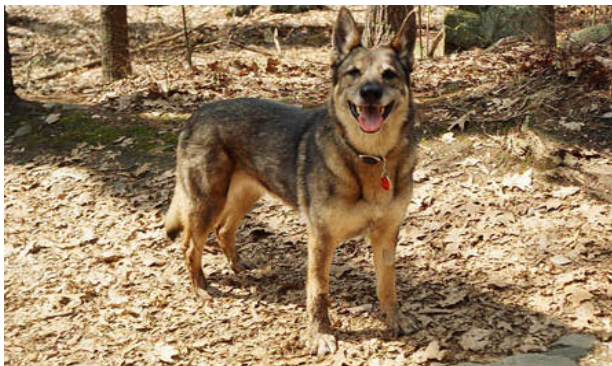
when the quality of the food is high. They get more nutrients out of every bite, so they eat less. You will likely save on vet bills since your pet will be much healthier overall!

My dog eats the food as soon as I place it in her bowl, but if your dog grazes all day home made food will spoil in the bowl—especially if you used raw meat. In that case, a dry high-quality, human-grade-ingredients kibble would be safer. Raw meat is best for dogs. Their digestive systems aren't really designed for processed, commercial foods. (Ever see a wolf in a store buying a bag of dog food?) Also, dogs are not nearly as sensitive to bacteria (such as salmonella and e-coli) as humans are, so this should not be a concern. For convenience, there are some brands of raw meat-based frozen dog foods you can buy, or make your own. Many dogs also do really well on the BARF (Bones And Raw Food) diet. This diet was developed by an Australian vet, and more and more people are following this diet for their pets with great results. See our website for upcoming recipes.

*This is the third in a three-part series by Sylvia Peretz, a Save A Dog volunteer since 2003. She lives in Arlington with her husband and 11-year-old rescued beagle, Tavish.*



### Success Story!



*Feli is special to all who meet her. She is an ambassador for senior dog adoptions, being maybe already nine years old when we teamed up in April 2004. Building a relationship with an older dog, with both the dog and you having a history and assumptions and expectations, can be a rich and wonderful experience. She comes with me to work and snores softly during meetings!*

-Sarah

### May is Teen Volunteer Recruitment Month!

The month of May is teen volunteer recruitment month at Save A Dog. Currently, with over 50 adult volunteers, Save A Dog also has a core team of about a dozen teen volunteers who perform a vital role in this rescue organization.

The teens are a huge help with the day-to-day care of our rescued dogs and puppies. When dogs arrive on a transport, they must be quarantined for 48 hours. During this time, there are many tasks to be taken care of in the kennel area. Lily Strassberg, a 9th-grader from Newton observes, "The kennel work is the most labor intensive." "Helping at Meet & Greet Events (where dogs get to meet their potential forever families) is also hard work, but rewarding as well." adds Lizzie Tyra a 9th grader from Wayland.

The teens are especially helpful on weekday afternoons, when most of the adult volunteers are at work. Cleaning,

*(Continued on Page 4)*

## Tocatta - A Success Story A Smart Puppy Gets a Chance!

*It has been a full week with our new little girl Tocatta (Tokey). She has kept us very busy and we in turn have kept her just as busy. We could see that Tockey was extremely smart and knew if didn't start off right with her that we could possibility have or hands full. Tockey has already started puppy kindergarten and is really mastering the clicker training. All I can say is clicker training really works.... she comes running back every time she is called, but for the most part she stays close behind us.*



*Tocatta has met many new family members and family dogs and has adapted very nicely to each new situation.*

*The funniest thing this week was watching Tokey find her voice. One of her favorite activities to sit on our back porch and speak to the other dogs in our neighborhood. It is music to our ears. However, I'm not sure if the neighbors like the songs!*



*Tocatta has brought laughter and joy into our home and hearts. We will never be able to truly communicate how much we love her. Thank You for this gift. We will forever treasure her.*

*-Lynne & Larry Davis*

### **Beware of Annual Distemper Vaccinations Dr. Jean Dodd's Vaccine Protocol**

We wanted our adoption community to be aware that once your dog is a certain age, annual distemper/parvo vaccinations are not only not effective, but they can lead to immune-related disease. Studies have proven these repeat vaccinations to be ineffective and damaging. Thus all 27 veterinary schools in North America are in the process of changing their protocols for vaccinating dogs and cats. We applaud Dr. Jean Dodd for her persistence in bringing about these significant improvements in the vaccination protocol. Dr. Dodd's protocol is outlined below.

*Dogs and cats immune systems mature fully at 6 months. If a modified live virus vaccine is given after 6 months of age, it produces immunity, which is good for the life of the pet (ie: canine distemper, parvo, feline distemper).*

*If another MLV vaccine is given a year later, the antibodies from the first vaccine neutralize the antigens of the second vaccine and there is little or no effect. The titer is not "boosted" nor are more memory cells induced.*

*Not only are annual boosters for parvo and distemper unnecessary, **they subject the pet to potential risks of allergic reactions and immune-mediated hemolytic anemia.***

*There is no scientific documentation to back up label claims for annual administration of MLV vaccines. Puppies receive antibodies through their mothers milk. This natural protection can last 8-14 weeks. Puppies and kittens should **NOT** be vaccinated at **LESS** than 8 weeks. Maternal immunity will neutralize the vaccine and little protection (0-38%) will be produced.*

*Vaccination at 6 weeks will, however, delay the timing of the first highly effective vaccine. Vaccinations given 2 weeks apart suppress rather than stimulate the immune system.*

*A series of vaccinations is given starting at 8 weeks and given 3-4 weeks apart up to 16 weeks of age. Another vaccination given sometime after 6 months of age (usually at 1 year 4 mo) will provide lifetime immunity. 🐾*

## Teen Volunteers Make a Difference!



*"Veteran" Teen Volunteers, (from left to right) Lily Strassberg, Lizzie Tyra, Laura Macleod and Rebecca Robinson (with Save A Dog "Claire," center.)*

*(Continued from Page 2)*

feeding, walking, supervising the dogs in the play yard and loads and loads of laundry are just some of the fun. Laura MacLeod, a 7th-grader from Bedford says, "It's hard work, but very fun and rewarding at the same time." Rebecca Robinson, also a 9th-grader from Newton, adds, "I love volunteering with Save A Dog and couldn't imagine life without it."

**Make a Difference**  
**Volunteer!**

If you would like to volunteer, or have a teen who would like to help, please visit our website at [www.saveadog.org](http://www.saveadog.org) or email an inquiry to [volunteering@saveadog.org](mailto:volunteering@saveadog.org). 🐾

## Success Story!

*This is Star (formerly Blizzard.) She is doing GREAT!! My partner and I recently got married and she was the "Star" of our wedding. Since we are such pet lovers, we had her be the "ring bearer." Thank you so much for everything you do! I wanted to send along a picture of her dressed in her "Christmas Outfit!"*

*-Kelly Pearson*

