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PLEASE! FEEL FREE TO SHARE & CROSS-POST OUR NEWS!

An outreach e-communication from Papillon Haven Rescue

5726 Sagebrush Trail • Arlington TX 76017 • www.paphaven.org • Issue 25 – June 2008

PapHaven Rescue

QUILT Auction

One of PapHaven's members made this beautiful quilt as a

fundraiser to help cover the medical expenses of our rescued Papillons.

Tickets are \$5 each or 3 for \$12.

The prize (*shown above*) is a beautiful hand-made quilt measuring 74" x 74," so it can be used on a twin or double bed. The dogs in the fabric are Papillons, and other toy breeds. The quilting is the outline of a Papillon.

> Order and pay for your tickets at http://shoppaphaven.homestead.com/Quilts.html –

drawing will be pulled on July 4, 2008

And thank you for supporting Papillon Haven Rescue

We are a 501c3 non-profit National all volunteer group dedicated to saving Papillons in need

PAP-OF-THE-MONTH: GALEN

i, my name is Galen (age 4 years, 6 months). I'm a 13lb. pap, most happy in the lap of my person. I love running in the yard, playing with toys, and generally being close to my foster mom. I'm a ladies' man. I love every lady who comes to visit. Oh, and I love babies too. I like to stay near by and protect them and sneak a kiss in when I get a chance. I was the only dog in my house before I came into rescue, so humans are my favorite thing.



Being the only dog and the center of attention again would be fine with me! I am one wonderful snugglebug, looking for a furever home. Would that be you?



WHAT ARE ANAL GLANDS?

nal glands are two small glands located on either side of your dog's rectal opening – at approximately four and eight o'clock. Each gland holds a small amount of a noxious smelling liquid brown substance that your pet uses as something of a "doggie calling card."

These sacs contain liquid secretions from the anal gland, which, in healthy animals, are normally pale yellow-brown to grayish in color. The contents are usually emptied during normal bowel movements, or when a dog is nervous or scared.

HOW ANAL GLANDS ARE USED

Whenever your dog urinates or defecates, the anal glands receive a small amount of pressure, and a tiny bit of the fluid is released, along with your dog's custom blended scent. Your dog can also express a little of his personal essence when he meets a fellow canine. Have you ever noticed that when two dogs meet, they often raise their tails on high alert? This action applies the pressure to the dog anal glands, and this leads to the traditional butt sniffing we humans cannot seem to fathom. However, to dogs this behavior is as normal as shaking hands when you meet someone new. By sniffing, the dogs learn to identify each other by their scents. Equate it with exchanging business cards, and you have the idea.

Remember that a dog's sense of smell is light years beyond our own, so the amount of the actual expressions are minute, and you'll likely never smell anything yourself unless your dog develops an anal gland infection.

GLAND PROBLEMS AND DIET

Many dogs never seem to have a problem with their anal glands, but the opportunity for infection to take hold is always there. When the anal glands are not sufficiently expressed, bacteria is given the chance to build up, and this can lead to numerous problems. Your dog can develop an infection, which if left untreated can progress into an abscess. The abscess can then rupture through the skin, leading to further complications.

It's believed that anal gland problems can be linked to the quality of pet food it receives. Inexpensive brands of dog food use a lot of cereal fillers, which tend to make soft stools. The soft stool isn't able to press firmly enough against the dog's anal glands to provide the necessary pressure to express them, and there the trouble begins. Higher quality dog foods that produce a firmer, more compact stool actually aid expressing of dog anal glands and, therefore, may be a better food choice.

SIGNS OF GLAND PROBLEMS

If your dog's anal glands fail to properly express, they may actually become impacted, making your dog very uncomfortable. Watch for these signs: Your dog

- Keeps licking or chewing near his rectum.
- * Begins scooting or dragging his rear across the floor.
- * Stools have become soft and mushy.

Рното shows:

- 1. Normal anal sac
- 2. Inflamed and ruptured anal sac

ANAL GLAND DISEASE

There are three progressive stages of anal sac disease. The three stages include anal sac impaction, anal sacculitis, and anal sac abscess. Anal sac impaction occurs when the liquid accumulates and thickens, causing the anal sacs to become distended and difficult to empty. A veterinarian can usually relieve the impaction by rectally squeezing the grape-like sacs individually until the thickened substance is expressed.

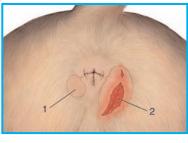
The second stage of the disease is known as anal sacculitis, or inflammation of the anal sac. In this stage the anal sac material continues to accumulate and may become infected by bacteria. Inflammation of the anal sac, or anal sacculitis, is an infection usually resulting from impaction; it may also be caused by bacterial growth

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within the anal sac. During the sacculitis stage, the impacted fluid may become thinner and fill with pus.

The third, and final, stage is abscess formation. This stage is the most severe and the most painful of the anal sac diseases. Abscess occurs when the inflammation of the anal sac has reached an extreme stage; at this point, a red-brown substance will be seen coming from the sac, which will be enlarged, hot, red, and very painful. Usually, the abscessed sac will rupture, leaving a hole near the side of the rectum that oozes a foul-smelling liquid. The tissues surrounding the abscess will swell up, and this will worsen the dog's inflammation and pain. It may require surgical treatment. All stages of anal sac disease are treatable by a veterinarian.

Anal glands may also be the site of



disease due to abnormal secretions. The normal secretion has the flow characteristics of olive oil, not heavy cream or axle grease. In patients with impaired fat metabolism or bacterial infections the anal glands produce thick, viscous material that does

not express easily. The worse situation is a gland filled with inspissated scent: dry, waxy, granular material that doesn't flow. This material must be softened with an emollient or surfactant (lubricant) such as an antiseptic ointment to facilitate drainage. In end-stage anal sacculitis, the glands become inflamed, infected, or dysplastic. The final stage of chronic disease may be cancer, i.e., an anal gland carcinoma.

If you are noticing one or more of these signs, it may be a good idea to take your dog in for a check up with his vet. The dog anal glands may actually need to be manually expressed, a job best left to the professionals. Some professional dog groomers will also perform this procedure for you at your request.

DIAGNOSIS

Diagnosis and staging of anal sac disease is made clinically with a rectal examination. Impacted or swollen anal sacs are often quite painful and some dogs may need sedation before a thorough examination can be done. Normal anal sac fluid is clear or pale yellow-brown; thick, brown or yellowish-green secretions are typical of animals with anal sac disease.

If the inflammation of the anal sacs has led to an abscess, a large, red, and swollen area may be visible on the side of the anus. A rupture of the abscessed sac can result in the oozing of a foul-smelling liquid material.

Prognosis

Expression, or applying pressure to anal sac, is a successful method for removing impacted secretions from the anal glands, but in many cases, this procedure must be performed on a regular basis to prevent recurrence. Antibiotics most often eliminate the infection. If abscess has occurred, the abscessed anal sacs usually heal. However, all animals with anal sac disease usually have to have their anal sacs expressed on a regular basis to prevent further problems.

TRANSMISSION OR CAUSE

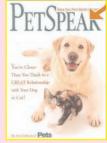
The cause of anal sac disease is unknown. Although any dog can be affected, smaller breeds such as chihuahuas, dachshunds, papillons, and miniature or toy poodles are more commonly seen by veterinarians for anal gland problems. Excessive anal gland production, soft feces or diarrhea, poor muscle tone, and obesity also contribute to higher risk of developing anal sac disease. Anal sac abscess tends to occur after an impacted gland has become

BOOK REVIEWS -"WE'RE ALL EARS!"

PETSPEAK: by Jean Donaldson

You're Closer Than You Think to a Great Relationship with Your Dog or Cat

collection of practical advice from over one hundred animal experts, including trainers and psychologists, discusses communicating with pets with body language and tone



of voice, offers insights into the inner lives of animals, and more. Reprint. 10,000 first printing. so severely swollen and infected that the anal sac forms an abscess and ruptures.

TREATMENT

When the anal sac disease is at the impaction stage, the most common treatment is an outpatient procedure called expression in which the veterinarian applies pressure to the anal glands until the thickened secretions are expelled from the sacs. Sedation may be needed if the dog is nervous or is in great pain.

For the anal sacculitis stage of the disease, the same expression procedure is performed; afterwards, an antibioticsteroid combination ointment is applied directly to the anal sac. In addition, the examining veterinarian may prescribe oral antibiotics to help fight infection. To help determine the appropriate antibiotic, the veterinarian may also need to take cultures to identify what type of bacteria caused the sacculitis.

At many veterinarian practices, doctors culture bacteria from anal gland secretions. Results are surprising, with the majority of abnormal secretions having obvious bacterial infections; many are antibiotic resistant strains. For chronic or recurrent anal gland abnormalities, contact your veterinarian.

When anal sac disease is at the abscess stage, a surgical procedure is required if the abscess has not already ruptured. The veterinarian, after sedating the dog or placing it under general anesthesia, will surgically open the infected anal sac to clean out the infected material and drain the remaining liquid.

Following surgery for ruptured abscesses, an antibiotic-steroid combination ointment will be applied directly to the anal sac to fight infection and inflammation. An oral antibiotic probably will be prescribed as well. As in the treatment of sacculitis, culture of the abscess may be necessary to help determine the best antibiotic medication. If infection continues after the surgery, surgical removal of the anal sac may be required.

PREVENTION

Expression of the anal sacs every few weeks or months often will help prevent anal gland fluid from accumulating and becoming thickened again. High fiber diets have been shown to help prevent anal sac disease in at-risk dogs, especially those that are obese. Anal gland disorders are preventable with proper diet, exercise (to maintain anal sphincter tone), fat metabolism, and hydration. The keys to preventing anal gland impaction are to have adequate fiber and unsaturated fats in the diet. Many commercial pet foods promote their diet as being "so highly digestible, your dog produces smaller stools." Fiber however is essential for normal motility and fermentation within the lower gastrointestinal tract. Domestic dogs and cats generally need more fiber in their diet, not less.

Good sources of fiber include: raw sesame seeds, ground flax seed, psyllium seed (Metamucil), buckwheat, whole oats, brown rice, and wheat bran. We recommend adding 1/2-teaspoon to 2 tablespoons of bran to the patient's diet, from cat to giant dog, daily. Be sure to hydrate the dry fiber thoroughly before incorporating it into their food, so it does not cause intestinal impaction or choke. Ordinary whole grain cereals, bran flakes and the like are fine, so long as the pet does not have a food intolerance (allergy) to wheat or other cereal grains. Consult with your veterinarian for more information on fiber and essential fatty acids for pets.

FOR THE DO-IT-YOURSELF TYPES

Many breeders and owners feel capable of expressing their dog's anal glands themselves. However, one should be prepared for the anal gland secretions to appear and smell quite disgusting. If you feel this is a task you are willing to perform, here are some basic directions. Please be advised, that you should only perform this procedure on your own dogs and never someone else's.

- 1. Prepare a warm moist washcloth.
- 2. Locate the anal glands by raising the dog's tail and using your other hand to feel for two lumps at approximately five and seven o'clock on either side of his anal opening.
- 3. Holding the cloth over his anal opening to prevent an unpleasant squirt, begin applying firm but gentle pressure to the sacs. This should cause some fluid to be expelled thru the rectal opening, thereby emptying the glands. Wipe your dog's behind clean, and the job should be finished.

If you notice blood or pus in your dog's anal gland secretions, it is likely a sign of infection, and you should contact your vet for an appointment and treatment.

EICOSADERM?

EPA (Omega-3) product available to the veterinary market. Omega-3 offers considerable potential for prevention of disease and in therapeutic management of a wide variety of clinical disorders.

INTRODUCING PAPHAVEN RESCUE www.paphaven.org

his group came about through the love of a small deaf puppy that required transport halfway across the country to her new home. It took the effort and dedication of people from Texas to Washington D.C. and on to Ohio. It took the cooperation of three other rescue groups. In the end, it took the hearts of every one. It is this good will and renewed faith in the goodness of people everywhere that has led us in forming Papillon Haven Rescue (PapHaven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Papillons and Pap mixes and their rescue and rehabilitation.

Since then, PapHaven Rescue has grown dramatically and continues to grow and evolve to try to meet the changing needs of rescue and the on-going saga of Papillons in need... where ever they are.

We would like to invite you to join in our rescue efforts. With hands reaching out across the country, we can form a circle of love and caring that refuses to let even one Papillon in need fall though the cracks. We are not in competition with any other rescue groups. In fact, it is our goal to work hand in hand with every rescue group and shelter that will join us in this effort. We will not ask for perfect lineage, origins, or looks. We will coordinate with other groups for transporting each other's breed.

We welcome volunteers, contributors, sponsors, interested folk, and especially kind words.

Our eNewsletter, *The Way Home*, will try to bring informative articles, announcements, feature stories, up-coming events, and urgent alerts about situations where the need for rescue is great.

Dogs & cats have strict dietary requirements for certain polyunsaturated fatty acids that are important for maintaining skin and hair coat conditions, reproductive function & tissue repair.

Research shows that Omega-3 fatty acids play an important role in mediating and regulating inflammatory, immune & aggregatory responses within the body.

Subsequently Omega-3 supplements have been used in veterinary trials, predominately in animals with inflammatory and immune-based conditions, with very favorable clinical responses.

SUPPLEMENT FACTS: 1 pump =

- 2,000 mg Fish Oil;
- 360 mg EPA (Eicosapentaenoic Acid);
- 240 mg DHA (Docosahexaenoic Acid);
- 10 IU Vitamin E;
- Mercury below lowest level of detection, less than 100 ppb.
- Sugar, starch and preservative free.

HAPPY TAILS ...

DEAR MEMBERS,

ust a quick update on how the boys are doing. Remi is now 14 months old and Porter is 7 months old. They are doing great, they are like brothers, inseparable. Both are completely housebroken and ask to go out.

They each weigh 6 lbs now, our vet suggests not letting them get much heavier for their size. I don't think that will be much of a problem with the way they play nonstop all day and into the night.

Their favorite activity is tag team wrestling (*below left*) with Destiny our 8 month old cat; no worries though, she weighs in at 12 lbs and can hold her own. She even starts it a lot of the time.

Remi had his first teeth cleaning and came through it just fine, had to have 2

• Indications: Fish oil fortified with 10 IU Vitamin E. For dogs and cats.

DOSAGE & ADMINISTRATION:

Current research indicates a dose of	
Pounds	Pounds
1 - 10 – 1/2 pump	41 - 60 – 3 pumps
11 - 20 – 1 pump	61 - 80 – 4 pumps
21 - 40 – 2 pumps	

- 180 mg/10 pounds of weight of EPA. Omega-3 supplements are beneficial but not limited to:
- **Dermatologic diseases:** food/flea bite allergies, atopic dermatitis, dry/ dull coats, seborrhea complex, pyoderma,
- **Degenerative joint disease:** hip dysplasia, pelvic arthritis
- Neoplasia
- Thromboembolic disease (dogs)
- Eosinophilic granuloma complex
- Behavioral disorders
- Kidney, liver, bladder & cardiac problems

baby teeth pulled that hadn't come out yet. Porter still has 4 baby teeth left, vet wants to recheck at 8 months and not let it go as long as it did with Remi.

We, also, want to give special thanks to their foster moms for doing such a great job getting them ready to go to their new "Furever: homes. Rita Charvat is Remi's foster mom and Jan Jorolan is Porter's foster mom. Both are very caring and wonderful people and do a great job.

BEST REGARDS, JIM PARROTT



Who's who?

n a recent discussion with several of our members, we noted that while names of members are very familiar, we really know very little about each other. Not to say that we all need "intimate details" about each other's lives, but even a general knowledge is sometimes scarce!

WHO'S NEXT IN LINE ...

Hello, my name is Terri Jean Shirley. I am a native of Georgia (one of the few) and I reside in Winder. I am 48 years young and one of eleven in my household. The other ten all have fur! I share my humble abode with five papillons and five cats. All are rescues except one.

I am the third in the line of four sib-

lings. I currently have a very stressful family life. Both my parents have stage four cancers and my older sister was brain damaged in a car crash. My parents were diagnosed and my sister had her accident all within two weeks of each other in January 2007. I have just been

HEAVEN'S DOGGY DOOR by Jan Cooper

My best friend closed his eyes last night, As his head was in my hand. The doctor said he was in pain, and it was hard for him to stand.

The thoughts that scurried through my head, As I cradled him in my arms. Were of his younger, puppy years, And oh... his many charms.

Today, there was no gentle nudge With an intense "I love you gaze," Only a heart that's filled with tears Remembering our joy filled days.

But an Angel just appeared to me, And he said, "You should cry no more, GOD so loves our canine friends, He's installed a 'doggy-door'!!!"



named my sister's guardian and am trying to get a handle on dealing with all her affairs. My Dad is living at my other sister's house and my Mom is in an assisted living facility



Yoda, Maggie, & Lucy

care. I am an

office manager of an explosives company. I work in a double wide office trailer on a little over a hundred acres of land in the middle of nowhere about five miles from my home. I look out my window and see lots of trees and cows. My office is a long way from all of the explosives... thank goodness!

PAPS & PURRS

So about my animals, the paps are named Maggie, Lucy, Yoda, Shiloh, and Keegan. The cats are Bear, Muffin, Annie, Leroy, and Laverne. I purchased Maggie, much to my shame, from a pet store before I knew about puppy mills. I had lost my yorkie a few months before and determined I could not get another dog as I was so hurt by Missy's passing. But I happened on to Maggie when out shopping with a friend and fell in love instantly. I had never heard of a papillon and left the store to do some research on the breed and came back that afternoon and took her home.

She went to work with me every day as at that time I owned a automotive repair business with my ex-husband. She was such a hit there and loved to entertain. We had customers that came in just to see Mags when they did not even need anything done with their cars.

When I divorced and got a new job, Maggie had to start staying home and went through a terrible period of separation anxiety. I began to look for a friend for her to spend her time with

and this is how I came to find out about Paphaven. Even though I had very little money and was trying to hang on to my house I charged a trip to Dallas and brought home Miss Lucy. She was a mill survivor of about 8 years and my heart just so went out to her.

So this is how I got into rescue and found out about the mills. I began to foster for both Paphaven and another organization and have since adopted Yoda, Shiloh, and Keegan. All of them are tiny. Well, Yoda is not but he came to be fostered as a small puppy. I have found along the way the Maggie has a huge problem with any dogs larger than her coming in to stay in my home. She gets HGE (Hemorrhagic GastroEnteritis) and has been in very serious shape with it more than one time. It always coincides with the presence of a "larger" dog in the home so I have had to pretty much quit fostering right now due to that and my family situation.

My animals mean the world to me

and make my world a great place.

THE END?

Terri sounds like a very interesting lady! Please feel free to chat with her about her life. Or maybe just lend an ear so she can discuss her family.

Which of you

will be the "next one under the microscope?" Please send me some information about yourself, your family, etc., so we can all "get-to-know" each other a little better.

UNTIL NEXT MONTH ...

Shiloh



BE AN 'EDUCATED-OWNER'

HEMORRHAGIC GASTROENTERITIS (HGE)

GE (at least in terms of veterinary medicine) stands for Hemorrhagic Gastro-Enteritis, and it is a disease of dogs. In human medicine, HGE commonly stands for Human Granulocytic Ehrlichia (HGE).

Hemorrhagic gastroenteritis (HGE) is a disorder of dogs which is usually fairly abrupt in onset. The significant signs of HGE are vomiting and/or diarrhea containing variable amounts of blood. The blood may be bright red (fresh blood) or dark (digested blood).

WHAT ARE THE SIGNS SEEN WITH HGE IN DOGS?

The most notable sign seen with HGE is a very sudden onset of bloody diarrhea in a previously healthy dog. Vomiting, not eating (anorexia), and listlessness are also seen. Dehydration is not usually clinically seen on initial presentation, but shock can develop quickly without treatment.

WHAT CAUSES HGE?

At this time, the exact cause of this disease is unknown. There are many theories – diet, a bacterial infection or bacterial toxin, virus, reaction to an intestinal parasite, etc. – but nothing has been proven. Stress may play a role in the development of HGE. Dogs that have an episode of HGE may be prone to another occurrence. Many dogs never experience HGE.

WHAT BREEDS/AGES/GENDER OF DOG ARE MORE SUSCEPTIBLE?

Toy, small, and miniature breeds of dogs, ages 2 to 4, are the types of dogs most commonly seen, but HGE can affect any breed, gender, and age. There is no



FOR THE **BIG** AUTUMN AUCTION!

READ UPCOMING ISSUES OF 'THE WAY HOME' FOR DETAILS! gender predilection (HGE occurs equally in males and females).

The blood count of affected dogs is frequently characterized by an elevated hematocrit (red blood cell count). Most normal dogs have hematocrits of 37-55%, while dogs with HGE may have hematocrits well above 60%. The elevated hematocrit provides the vet with an important clue that the dog may have HGE.

How IS HGE DIAGNOSED?

Diagnosed primarily by ruling out other causes of bloody diarrhea. The sudden appearance of bloody diarrhea and a high-packed cell volume (PCV) in a previously healthy dog rule in favor of the HGE diagnosis. Other causes of gastrointestinal bleeding that must be considered as possibilities and subsequently ruled out include:

- Campylobacter sp (bacteria)
- Clostridium sp (bacteria)
- Coccidiosis
- Colitis
- Coronavirus
- Escherichia coli (bacteria)
- Gastrointestinal cancer
- Gastrointestinal ulcers
- Giardiasis
- Hookworms
- Hypoadrenocorticism
- Leptospirosis
- Parvovirus
- Salmonella sp (bacteria)
- Thromobocytopenia (low platelets)
- Warfarin (rat poison) toxicity
- Whipworms

Evaluation of these other causes might require such tests as a complete blood count, biochemical analysis of the blood, urinalysis, x-rays, fecal evaluation ultrasound, endoscopic (fiberoptic) evaluation of the gastrointestinal tract, or coagulation tests. Because the costs of all these tests could be significant, it is sometimes prudent to treat the dog for a few days with supportive care to see if the signs resolve.

THIS SOUNDS SERIOUS -IS IT A FATAL DISEASE?

Left untreated, this can be deadly. However, with prompt vet care, most dogs respond to treatment and recover.

HOW IS HGE TREATED?

The mainstay of treatment is aggressive supportive care – no food or water by mouth for 1-4 days, and intravenous (IV) fluid therapy with Potassium added to the fluids. Antibiotics are also recommended (IV, subcutaneous). Food should be reintroduced slowly and, in the event that the HGE is food-related, a new (novel) protein should be given that the dog doesn't usually eat, i.e. chicken, lamb or cottage cheese.

Dogs with HGE will appear profoundly ill and, if left untreated, may die. In most cases, the disorder appears to run its course in a few days if the animal is given appropriate supportive care. Intravenous fluid therapy provides the cornerstone of therapy for HGE. Fluids given under the skin are not considered adequate to meet the significant fluid requirements of most dogs with HGE.

If intravenous fluid therapy is not given, the dog's red blood count will continue to elevate due to dehydration. Eventually, the blood may become so thick that it flows very slowly through the blood vessels. In this situation, the dog is a prime candidate for a potentially fatal clotting disorder called disseminated intravascular coagulation (DIC). Once DIC has begun, it is often irreversible and can be fatal.

Additional therapy may include antibiotics and antiulcer medication.

WHAT IS THE SUCCESS RATE? Do dogs recover from this?

With aggressive supportive care, most dogs recover within a few days. Some dogs can have repeated episodes of HGE.

WHAT SHOULD I DO IF I SEE VOMITING OR DIARRHEA IN MY PET? IS IT AN EMERGENCY?

This is a hard question to answer, because there are so many causes for vomiting and / or diarrhea. As for any situation that is "not normal" for your pet, it is always recommended that you call your veterinarian and discuss what is going on. Your veterinarian will be able to advise you if it is a situation that can wait or if it sounds like an emergency.

INSIDE THE BAKERY WINDOW ...

MINT COOKIES

egg
1/4 cup milk
1/2 cups bisquick
4 tablespoons margarine
1/2 cups whole wheat flour
1/2 cup mint chopped leaves
1/2 teaspoons corn syrup

- 1. Combine all ingredients in food processor, until well mixed
- 2. Roll out on a floured surface to 1/4 to 1/2 inch thickness.
- 3. Cut with shaped cookie cutters, place on non-stick cookie pan.
- 4. Bake at 375 F for 20 minutes or until lightly browned.
- 5. Cool and store in air-tight container.

HELP WANTED!

WHAT DO YOU FEED YOUR DOG?

If the answer is *Natural Balance*, then we need your help!

Van Patten's Natural Balance Pet Foods has offered make a donation to a rescue group if they can save 50 bar code / purchase receipts from their foods (specific



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flavors don't matter). They do require 50 bar codes before they will accept a submission. If you can help, please send your bar codes and receipts to Jan – she will collect and

then mail in the necessary paperwork when we have enough for submission. This is a continuous program – so please continue to save them!

Please send to: PO Box 20306, Hot Springs Nat'l Park, AR 71903

PLEASE FEEL FREE TO CROSS-POST AND SHARE THIS NEWSLETTER!

