

Best Dawg Rescue • www.dawg-rescue.org

Spring 2015

Dear Friends,

Another year, new stories to tell, articles to share, and good news to start this newsletter!

Despite our financial emergency in 2014, which many of you helped to remedy, we had outstanding intake and adoptions by the year's end: 62 and 75 respectively. The adoptions included 12 puppies from the elusive "dog in the woods" named Fergie, a petite setter mix, who avoided professional capture strategies and was found shot at the end of the year. Fergie wove herself into our lives, as did her two litters of puppies who needed an enormous effort to care for them and eventually find them homes.

Because of a strong response to our annual appeal during the holidays, we started off 2015 with 20 new dogs. These dogs were selected from our regular shelter as well as a semi-rural new one

(still local), which often finds its "night drop-box" filled with unwanted dogs.

Despite a trend of brisk adoptions through the early days of 2015, we have not

had the same adoption activity in the last couple of months. Perhaps the winter's endless cold, snow and ice dampened adoption enthusiasm, but we also wonder how many "recycled" dogs metropolitan DC can absorb. After all, more and more rural dogs from southern states are brought into our area, which already has shelters teeming with dogs. Backyard breeders and puppy mills add to the number of designer dogs in shelters.

It also seems many people seeking dogs are less tolerant of untrained dogs and dogs who shed. Unfortunately, many rescue organizations tell people their dogs are already housebroken, good with children, and other attributes, which can't be true without guidance and management in the dog's new home! Such is the chaotic state of affairs in rescue.

This issue of DAWG Tales offers new articles on vaccines as well as reactive dogs, who often frustrate their adopters with normal but correctable behavior. So here's to a better understanding of optional vaccines (and their risks), and pleasurable spring walks with non-reactive dogs! Our first issue of the year also includes a mid-2014 to present list of donations given in honor and memory of people and pets.

We will be busy working on new adoptions until we get back to you at the end of the summer. In the meantime, please stay in touch by writing us if you are moving or if you would like to share updates and pictures of your DAWG dog (or cat), and by all means please visit us at an upcoming adoption show!

Sincerely,

our markall **X**oan Marshall President



#### **What You Need to Know About Vaccinations**

by Dr. Jean Hofve

You probably get a postcard or email from your veterinarian at least once a year recommending an annual examination, and one or more vaccines. While it is important to have your pet seen by a vet regularly, many commonly used vaccines are unnecessary, and possibly harmful.

Vaccinations can help prevent serious illnesses, but they stress the immune system, can cause serious adverse reactions, and may contribute to long-term chronic diseases. The decision about vaccinations depends on your pet's indi-

vidual lifestyle, risks, and needs—and it is always your decision, not your vet's.

For all pets, but especially puppies and kittens, try not to get multiple vaccines at the same time. Schedule vaccinations at least three weeks apart if, possible. And NEVER vaccinate a sick animal, or one with chronic health problems such as asthma, allergies,

diabetes, autoimmune disease, thyroid disease, Irritable Bowel Disease (IBD), recurrent infections (indicating an impaired immune system), kidney disease, or cancer.

#### What is vaccination?

While the terms "inoculation," "vaccination," and "immunization" are sometimes used interchangeably, they are all different processes. Inoculation is simply the introduction of an organism; the term

includes vaccination, but also such benign processes as adding bacteria to milk to make yogurt. Vaccination is the purposeful introduction of a disease-causing organism in order to produce immunity; most commonly by injection. Immunization is the goal of vaccination, but not all animals will respond as intended. Such individuals may have a genetic defect, or have another condition that inhibits the immune response; or they may be on immune-suppressing drugs. Those non-responders have been vaccinated, but are not immunized.



The purpose of a vaccine is to stimulate the body to produce antibodies (germ-fighting proteins made by specialized white blood cells) and "memory" cells, so that if the animal ever encounters that particular disease again, his system will be primed and ready to defend against it. It turns out that many vaccines are so good at this that they don't need to be boostered every year—if at all. And some are so poor at it that using them may not be worth the risk of potential adverse effects.

## Which vaccines does my pet need?

Just a few vaccines are considered "core," or necessary for every dog and cat; they are typically given to animals starting around 8 weeks of age.

The most commonly recommended core vaccines for kittens are feline panleukopenia (distemper)/rhinotracheitis/calicivirus (often combined in one shot) and rabies (to be given at age 3 months or older). Rabies vaccination is required by law in most states, even for indoor cats. There is now a feline rabies vaccine (Purevax by

Merial) that does not run the same risks of cancer as most "killed" vaccines. Request it from your vet, or find one that carries it. Purevax is an annual vaccine, while most killed rabies vaccines are approved for use every 3 years. Still, the risk of cancer is too high with all killed vaccines (including rabies, feline leukemia, and feline

immunodeficiency virus or feline AIDS); try to avoid them.

For puppies, core vaccines include distemper/parvo/adenovirus/ parainfluenza and rabies. Killed vaccines very rarely cause cancer in dogs (although there have been a few cases reported), so the killed rabies vaccine is fine; but be sure your vet uses one that is certified for 3 years.

If your companion's risk of exposure is small, you may wish to avoid non-core vaccines, such as FeLK (feline leukemia), FIP (feline infec-

tious peritonitis), FIV (feline immunodeficiency virus), ringworm, Giardia, and rattlesnake venom. Coronavirus, Bordatella (kennel cough), and Chlamydia vaccines are not very effective. Leptospirosis and Lyme disease are common in some parts of the country; so discuss them with your veterinarian to determine whether your dog's risk is high enough to warrant vaccination.

Even without vaccines, it is still essential for your veterinarian to give your animal companion a thorough wellness examination every year (make that every 6 months for chronically ill or elderly animals).

#### **Booster vaccinations**

Multiple studies have shown that the vaccines for parvovirus, canine distemper, and feline panleukopenia provide extremely good, long-term protection from disease—8 to 10 years or more. This is true whether your pet received the puppy or kitten series (with the last vaccine given at or after 16 weeks of age), or for older animals after a single vaccine.

Rabies produces very good immunity as well, but because of the public safety risks of the disease, it's

still necessary to follow the laws in your area.

As the problems associated with over-vaccination have become more widely known, veterinary schools and organizations have altered their vaccine recommendations. Most now advocate 3-year vaccine intervals instead of the traditional (but not science-based) annual schedule; but even that is probably excessive for most vaccines. The vast majority of adult pets do not need further vaccination for the diseases covered by puppy and kitten vaccines. Booster vaccines do not increase the animal's immunity, but they do increase the risk of adverse reactions.

#### **Natural disease prevention**

A healthy immune system is the best defense against disease, and that starts with good nutrition—without the right building blocks, the body can't hope to fight disease, or repair damage if an infection does strike. So start by feeding your pet a good natural diet, and enhance it with Omega-3 fatty acids, antioxidants, and other good immune support supplements.

#### The bottom line

Vaccination is a medical procedure with risks and benefits. Ask your veterinarian about the purpose of every recommended vaccine. Ask specifically why your pet should receive it—based on current health status, lifestyle, history, and risk factors. Make sure you understand and agree that each vaccine is justified. Don't let anyone—including friends, neighbors, kennels, veterinarians, technicians, or Internet "experts" bully you into complying with their outdated or inflexible ideas. And don't fall for the "money-saving" idea of vaccinating your pet at home with products bought online. Unlike your veterinarian, online sellers won't be there to support you if your pet suffers an adverse reaction.

As much as we all love animals, nobody cares about your pet as much as you do—so it's up to you to do the right thing!

For information about the author, see: http://www.petliferadio.com/ jean\_hofve.html

#### Help! My Dog Barks & Lunges at Other Dogs!

From Your Dog's Friend (www.yourdogsfriend.org)

This overview will help you better understand why your dog barks and lunges toward other dogs and what you can do about it. Since it isn't specific to your dog, consider taking our Reactive Dog Class (described at the end) or working privately with one of the trainers on our website's referral list.

#### **But First... What Success Looks Like**

This is Ace. He came to our Reactive Dog Class acting much like any other reactive dog: barking and lunging any time he saw another

That's Ace, in a Down by his mom's side, while helper dog Mozart is just feet away.



dog nearby. His mom wanted Ace to be able to calm down and focus on her instead of barking and lunging at the other dogs they saw on their neighborhood walks.

Here's Ace, only mid-way through our Reactive Dog Class:

No barking.

No growling.

No lunging.

He looked at Mozart, then back at his mom.

"I see that other dog, Mom. What would you like me to do now?"

This is what success in our Reactive Dog Class looks like. If you're local to Rockville, Maryland, we can help you achieve that. If you're visiting us from far, far, away (or not ready to sign up for class yet), read on for some tips on how to manage your dog's reactivity.

## Your Dog's Emotional Response

The first thing to recognize is that



Does this look familiar?

despite how it looks, nearly all reactivity is rooted in fear. When your dog acts aggressively, he is able to keep other dogs and their people away, and that's what he wants.

To change your dog's response to other dogs, start working with your dog, standing still, at the distance where he can see another dog without reacting. Give your dog extraspecial treats the moment he sees the other dog and stop the treats when either the other dog leaves or you and your dog walk away. This exercise will help change your dog's association with other dogs from "that's scary; I want it to go away" to "dogs mean good things happen." After a while, your dog will see another dog and look at you, as if to say, "Where's my treat?"

If your dog starts to bark and lunge, you are too close and need to move back. When your dog is reacting, he isn't thinking. Don't expect him to listen to you. When your dog becomes comfortable at a given distance, you can try getting five feet closer. If you move too close too fast, you may see backsliding. Be patient. Since you will be using a lot of treats during this process, break the treats into tiny pea-size pieces. The rate at which you give your dog treats, not the size of the treat, is what matters. Feed your dog one tiny piece after another, and remember to reduce what you give him for meals.

#### Management

In addition to working to change your dog's emotional response to other dogs, you need to use management techniques when you aren't actively training. When you see another dog, even if your dog hasn't noticed, turn and go the other way, cross the street, or move behind a car. You get the idea. You are trying to avoid the problem and prevent your dog from practicing the reactive behavior. The more your dog is able to bark and lunge, the more likely that he'll do it next time. After all, it does keep other dogs away.

It's important that you act calm. If you're anxious, it goes right down

the leash to your dog. Despite your instincts, don't hold your dog's leash short. And please don't pull back on the leash; if you do, your dog will naturally pull forward. It helps to have a leash that won't slip through your hands (a leather leash, for ex-



We sell the SENSE-ible no-pull harness in our training center.

ample, instead of a nylon one) with knots tied every few feet; a grip that keeps the leash stable against your body, instead of letting your arm flail around; and a no-pull harness to give you better control if your dog starts lunging. What you don't want to do, and this is a common response, is to make your dog sit and stay while the other dog is approaching. When you do that, your dog feels like a sitting duck with no escape.

#### Arousal!

Many people take their reactive dogs to dog parks or large daycare centers and believe that their dog loves to play and has no problems in these off-leash settings. However, when dogs become overly aroused, chemicals (adrenaline and cortisol) are released into their bloodstream. Those chemicals were once needed for survival, but now only serve to



What an overly aroused dog looks like—note the stiff body posture.

amp up our dogs. Dogs can go from arousal to aggression in an instant.

At dog parks and larger daycares, you also have all sorts of dogs with different play styles (chasing, wrestling, body slamming, biting). Not all these styles are compatible. So you have dogs that are highly aroused and highly likely to annoy each other. And since there is rarely downtime for dogs to decompress in these situations, it's not surprising that fights break out. It is not uncommon for dogs that go to dog parks or large daycares to become more reactive elsewhere. The more often a dog is in a state of arousal, the less tolerance he has for the normal stresses of everyday life.

This arousal and subsequent release of adrenaline and cortisol is repeated at other times - for example, when your dog barks at the mail carrier or runs the fence with your neighbor's dog. Remember that dogs bark because it works. You know that the mail carrier was going to move on anyway, but from your dog's point of view, the person left because he made a ruckus. And your dog's "fence fighting"? Your dog thinks that his running and

barking at the fence kept your neighbor's dog on his own property. Plus, it's fun.

Try to prevent situations that increase your dog's arousal level. For dogs that bark at everything that moves outside the house, you can use a baby gate or rearrange the furniture to block off access to the window. If you know that there are certain times that your dog is aroused – when the postman comes, when the bus drops off kids after school, when your neighbor's dog goes for his daily walk - you can close the blinds and put on music or a white noise machine. At your local Home Depot or Lowe's you can find window film that lets you, but not your dog, see out. If you buy "rice paper" or "etched lace," it's barely noticeable from outside the house.

Remember that your dog isn't being reactive to show dominance or to spite you. He doesn't like being fearful and stressed any more than you like the resulting "bad" behavior.

Your dog's reactivity and overall well-being can improve, but not without your help.

#### **Walking Your Reactive Dog**

Here are some ideas to help you and your dog relax more on walks. Be sure to use them frequently, not just when you see another dog. Otherwise, you are signaling that there's a dog up ahead. The more unpredictable you are, the more your dog will focus on you, instead of scanning ahead for what's out there.

#### **Avoidance**

The easiest thing to do is, of course, to avoid other dogs, as described above. When the other dog has passed, you continue on your merry way.

#### Instead of Panicking

You need a new cue on walks for "something is about to happen and it's going to be good." Too often, we train our dogs that something bad is going to happen when we see another dog on our walks. We panic, raise our voice, tighten or yank back on the leash. You need to retrain yourself as well as your dog. At home, practice your phrase. Every time you say it, give your dog lots and lots of treats. Your dog will start watching you whenever you say this phrase, and when you use it on walks it will help you turn your dog away from "encroaching danger."

#### Turn & Go

There are times when you need to "get out of Dodge." When you are walking and suddenly encounter something that is way too stimulating for your dog, you need to turn the opposite direction and your dog needs to go with you... quickly. Walk your hands up your leash (without pulling) toward your dog. When you get to your dog's shoulder, turn into your dog with your legs and hip to help turn him around. If your dog is on your right, you turn into him on your right. If your dog is on your left, you turn into him on your left. Talk the entire time you are turning him around. It helps to bend your knees (with a small dog, it's crucial).

#### **Back-Up Recall**

Dogs need a reason to come to you! You can get your dog's attention by using your phrase, saying your dog's name, or making an unusual noise. When your dog looks back at you, run backwards while still facing your dog. This looks like a fun game to your dog, but you're able to watch

your dog and see what's happening up ahead. You'll know when it's safe to continue your walk. If you have taught your dog to target ("touch"), this is a perfect time to play a quick targeting game.

#### **Banana Curves**

A dog that walks directly toward another dog is considered rude, or even a threat, in the doggy world. However, we put our dogs in this position all the time by walking on sidewalks. Our dog then feels the need to defend himself, and humans label our dog as aggressive. You need to learn to walk on an arc away from the other dog, as though you are walking in the shape of a banana. There is also no rule that says you have to walk on sidewalks, streets, or paths. If there's an open area, walk there and save your dog the indignity of being challenged.

#### Be Unpredictable and Fun!

When you're out on walks, change your pace and direction. Go

slowly, speed up, rotate once, then again. Weave around trees, stop for your dog to put his "feet up" on curbs, jump on the bench, then off again. If your dog doesn't know what his crazy person will do next, his attention will be on you, instead of "out there."

"Who cares about those other dogs anyway? My human is way more fun!"

#### A Blueprint to Help Your Dog

In our Reactive Dog Class, we work on five aspects of on-leash dogon-dog aggression. Use these as a blueprint for how you can work with your own dog.

#### Changing Your Dog's Emotional Response to Other Dogs

#### **Management Techniques:**

- to prevent your dog from practicing the behavior
- to remove your dog quickly and easily from something unexpected

- Distraction and fun on walks to help your dog focus less on the outside world
- Owner confidence: You learn and practice what to do and are less anxious with your dog in public
- Reducing your dog's overall arousal level

During class, you will have an individual coach to help and support you.

It's not easy to live with a reactive dog. It may even seem embarrassing. But you love your dog and want the best for him. Whatever your dog has been through in the past, s/he is lucky to have you now.

# Visit www.dawg-rescue.org to see the

new faces of DAWG!

Bo—lap dog looking for love!





### In Honor of People and Their Pets

DAWG: "Happy Birthday!,"
from Barbara Awtrey
Breezy, from Elizabeth Lundeen
Our wonderful Sawyer, from
Dana Tompkins
Marley, from Kim Striker
Lucy, from Sam and Nora Whitmore
Louanne, formerly Louise, from
Michael and Barbara Greenan
Sophie and Ozzy, from Mary Rust
Melita McCully, from Nancy Burton
Brandy, Cal, Sonny & Cher, from Kathy
Ellis

Carrie, from Marni Goldberg Beau Strauss, from Scott Tkacz Demi, "a very happy girl!," from Barbara Berschler
Best Dawg, Lola, from Kenneth
Lightner and Ilene Pollack
Sadie Sue, whose life was saved by
Best Dawg Rescue, from Geraldine
Ford

In Honor of the World's Kindest Dog Lover, Karen Eskew, from Sara Martin

Sophie, Bella and Cindy, from Bob and Celeste Hart

Beatrice, from Carroll and Allan Herrmann

Misty— "she's still doing great" — from Chris and Jean Gilson Maya's birthday, from Jonathan Kaltman

Megan, from Linda Brown

Ziggy and Libby, from Sharon Lott Zoey, a/k/a Brandy, from Eric Needy and Sujeeta Bhatt Kim Beck, from Susan Scherer Henry, from David and Lisa Snyder Daisy Mae, from Sue Manos Kris—"furrever grateful"—from Ron and Margaret Salisbury Our wonderful Baby, Stuart and Pippin, from Jim and Toni Honeywell Dylan's birthday, from Jill Rider, Allison Lefrak, Janette Pepper, and Dani Stagg Casie, from Katherine Baumgartner Joe Boyd, from Rachel May Madge DeMay, from Lee McKinney Mandy's 11th birthday and Joan

Marshall, from Bruce and Toni

Immerman

Hanes, from Peggy Fitzgibbon All the McCluskey puppies, from Rosalie Hull

Thank you for saving my dear friend, Maisie Lawton, from Rufus and Laura Tubb

Walter, from Iris Rainone Luke, from Heramb and Uma Singh Joan Marshall, from Bruce and Toni Immerman

Suzanne Arnold, for giving me Molly, from Anne Marie Kohlhepp Bingo and Penny, by Maria Lurie Simba and Copper, by Susan Behm Sparky, our sweet boy, by Diana Anderson

Molly, my gentle best friend, from Mary Jean Engling

Our wonderful Gunther and volunteers, from Mary Merrill Mason

Joan Marshall, from Mike Hall and Pat Krenzke

Bandit, Sheena and Emma, from Diane Thompson

Angie and Brian McCluskey, from Deanna Deane

Karen and John Eskew, thank you, from Vivian Rozane

Peanut and Piggums, from Heather Drought

Alfie, from Janna Craig Charlie, from Susan Bruckheim Spencer—"we love this dog!," from Frank and Dorie Forte Kathy Rodeffer, from Carolyn

Rehbock

Twinky and Sunny, from Anna Bryan Casey, from Al and Kathy Greuter Rosie, from Kathleen Ann Weber Ice, from Judy Darragh

Marcia Brier, from Rick Paden Boagie, Tucker and Bella—"Merry Christmas!"—from Brian and Angie McCluskey

Sammie —"we love him so much!" —from Philip and Dorothy Poniatowski

Steel, from Mark and Lynn Brinker Captain Jack, from Kiki

Theodoropoulos

Irene Marsh, from Mary Jean Engling Tonka, from Mike Uster and Lisa Adams

Joan Marshall, a stalwart friend to dogs, from Susan Tipton Rosie, and all of you, from Paula

Rodriquez

Jan Pepper, from an anonymous donor

"All DAWG dogs and cats," and Brandy, Cal, Sonny and Cher, from Kathy

Honoring Best Dawg Rescue in general or to help a specific dog:

Best Dawg Rescue—"thank you for all you do!"- from Iris Rainone, and from John and Lynn Ailor

"God bless you!," from Laura Pierce "Thanks for all you do," from Jeni, Reilly and Thor

"All the volunteers of Best Dawg Rescue, who save lives every day," from Sharon Fine

"The volunteers—your work is appreciated," from Marilyn Bate

For medical costs (including Angie's), from Bonnie Michelle Bosworth, Emily Greenhalgh, Jessica Chaiken, John Sargeant and Bernie, who said "Get well, and find a "Great Home", like I did."

Special thanks to Colleen Dugan and Howard Erlich, who sent a donation in lieu of favors at their September, 2014 wedding!

#### **In Memory of People** and Pets

Gabe, on behalf of the Crown family

Max the cat, from Susan Shapiro

Henry, by Kathy Ellis Rose, from Barbara Ann Curtis Sophia, Best Dawg's gift to us, from Jessica Weissman

Ruby and Misty, from Anthony and Karen Dellavecchio

Kate, big sister to Spencer and Emerson, from Lou and Virginia Pilato

My mother, from Georgia Niedzielko Esther Pollack, from Ilene Pollack and Kenneth Lightner

Grover, from David Elfin

Little Lewie, from Donna Capizzi Ada Rickert, from Julia Marshall Maggie and Pistol, from Barbara

Berschler

Bella, from John and Mary Cotton Peanut, from Matthew Beckley and Jacquelyn Witte

Cosi, from Julia Marshall Scooter and Sparky, from David Gary Marble, from Brian and Donna

Almquist Jasper, from Diana Watson Brewster, from Mark and Doreen Quarry

Penny, from Laura Bennett Roxxy, from Candy Hamner Lark, from Warren Richardson Tigger, from Andrew Musk Cricket, from Nancy Brantner Pebbles, from Joyce Kronberger Brando, from Mary Ellen Keys Maximus, from Ted and Libby Bain Shady, from Elizabeth Lundeen Cody, best DAWG dog ever, from Denise Stanco

Duncan, from Warren and Sarah Eresian

Keebler, from Rebecca Stepan Steve Lorenzetti, from Marcy Marx and family

Honey, from Nunzio Nicastro Frosty, from Christine Drabick DeeDee, the Best Beagle, from James and Amy Ricciuti

Spenser and Jack, from Suzanne Mattingly

Katie Bug—"thank you for all you do"—from Dominic and Margaret Perella

Cookie, Skeeter, Max and Judie, from Dorothy Waddell

Lillian Grenwald and Leo DeRosier, from Gail Marx

David Roberts, from Marcy Marx Abbey, from Brian and Donna Almquist

Bobby, retired service dog who left us too soon, from James and Barbara Broomall

Edward Albert Family, from Robert and Helen Mays

Tara Belle and Luther, from April O'Neill

Our beloved pets, from John and Lynn Ailor

Sandy Lederman, from Lincoln Frank

Sandy Lederman, from an anonymous donor

Bill Luzader Jr.—"you were a great brother"— from Karen Eskew

Tucker Bosworth-Yeager, from Bonnie Michelle Bosworth

Tucker, from Katherine Lesker, Lauryn Fraas, Milli Kanani, Molly Leutbecker, and Robyn Baggetta

## **HURRY!**

Drop off gently used shoes at any adoption show by May 1, so that DAWG dogs receive medical care!

For more information email us at: dawg@dawg-rescue.org



**Our grateful thanks to...** Beltsville PETCO, Potomac PetValu, and Laurel PetSmart for sponsoring our weekly adoption shows; and College Park Animal Hospital and Countryside Kennels, for extraordinary care and services at reduced rates that help DAWG dogs get well and live well until adopted. We also thank the Outer Office in Fulton, MD for printing our newsletter.

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