

September 2010

Paw Prints

The Official Newsletter of the Humane Society of Eastern Carolina

Harpo: A Happy Ending



I just wanted to thank you guys for introducing my family and I to Harpo. In his first hours at his forever home he sniffed every inch of the house, took a nap, had a bath, and finished the evening with a wonderful play session with our baby girl, Mya, our French Bulldog/Boston Terrier Mix. He has settled right in and is promising to make a wonderful addition to our family.

Thanks again,
Tracie Campbell and family (newly including Harpo)

Dogged by Obesity

Sources: *Pulaski County Humane Society, pets.webmd.com, bestfriends.org*

Man's best friend is battling one of man's worst enemies—obesity. Up to 40% of dogs in the United States weigh more than they should. There are many reasons why our pets become overweight, but the most common cause is overeating. That is, our pals are consuming more calories than they are using. Other contributing factors to obesity in pets are heredity, breed, body type, and certain medical conditions. Just like their human counterparts, overweight dogs are at risk for a number health problems, from arthritis to heart disease. This is one challenge you and your pet can face together. The treatment for weight loss is (you've heard it before) reduced caloric intake and increased energy output. Less food, more exercise. Research suggests people who exercise with their dogs are more likely to stick to a fitness program. The key is finding activities you both enjoy.

Walking

Brisk walking is an ideal exercise for human and hound. The benefits include a stronger heart, lower blood pressure, more energy, denser bones, and a lower risk of depression. In dogs, regular walks can also reduce common behavior problems. "There's no set rule for how far a dog should walk," says Kathy Snyder, DVM, of Texas A&M University. "Just work slowly toward a goal with a gradual increase in the speed and length of walks." A trip to the vet for your dog and a doctor's checkup for you is recommended before starting an exercise program.

Jogging

Not all dogs are built to jog. Greyhounds, for example, are pros at short-distance sprinting, but can become fatigued during long-distance runs. If you want to jog with your dog, choose a breed that is suited to distance-running, such as a Labrador. Wait until your pup is fully grown and then gradually build up to a 30-minute excursion. This should include five minutes of warm-up, 20 minutes of jogging, and five minutes of cool down.

Swimming

Swimming is an all-in-one workout that is especially beneficial for people or dogs with arthritis. Because it's a low-impact sport, swimming is easy on the joints. But that doesn't mean it's a wimpy workout. Swimming works various muscle groups, improves endurance, and strengthens the heart and lungs. Not all dogs enjoy swimming, so start slowly. Use toys or treats for encouragement, and if your dog still resists, find another sport.

Frisbee

Frisbee offers a classic canine workout. You can play a relaxed game in your own yard or join a formal "Disc Dog" team. Participating in competitions may give you and your dog greater motivation to practice regularly. "Goal-oriented sports are great," says Snyder, "because they not only allow the dog to exercise, but also are a fun activity that allows for continued behavior training and contributes to the owner-pet bond."

Avoiding Overkill

When exercising with your dog, watch for signs that one of you may be overdoing it. You are working too hard if you can't speak comfortably. Your dog may be overworked if he is breathing fast, panting excessively, staggering, or refusing to follow you. If either of you are stiff, sore, or exhausted for hours after a workout, take it easier next time.

Preventing Heat Exhaustion

Just like people, dogs are susceptible to dehydration and heat exhaustion. On hot days, Snyder suggests bringing a water bottle and foldable drinking bowl or sticking to places with a public water source. Signs of dehydration in dogs include excessive panting, confusion, weakness, and collapse. Brachycephalic or short-faced breeds, such as bulldogs and boxers, are especially vulnerable because they don't pant efficiently.

Humane Society: Opportunities to Help

Become a Member!

The Humane Society of Eastern Carolina invites you to take part and become a member of our wonderful organization. The Humane Society of Eastern Carolina is an independent, donation-supported, non-government funded organization.

Our mission is to serve as a safe haven for homeless and neglected pets and act as a resource to the community. By educating the public about issues pertaining to animals, we are working towards elimination of over breeding of dogs and cats and teaching individuals to be responsible pet owners. In addition, we hope to facilitate adoptions of pets to good homes so that we can allow more unwanted animals to find a temporary home with us.

With expenses rising much faster than income, and donations down, the Humane Society is facing some of the most difficult of times. The numbers we serve requires that we operate as close to our dollar limit as possible.

You can help us continue our mission by becoming a member or renewing your membership to the Humane Society of Eastern Carolina. You can take a vital role in our organization by helping us assist these homeless, but wonderful pets. Your donation will allow us to continue to provide veterinary care, as well as help us with the repairs needed around our facility.

Your donation is tax deductible. We thank you for your time and hope for your support!

To learn more about helping the Humane Society, please contact Katie Benson, Director of Outreach, athsecvolunteer@embarqmail.com or call 413-7247.



Volunteers Needed!

Looking to make a difference? Then volunteer for the Humane Society of Eastern Carolina! Volunteers are always needed to exercise/socialize the cats and dogs, to provide extra dog training, to assist with adoptions, and to plan and implement fundraising events!

All volunteers must attend orientation. Orientation is held the 2nd Saturday of each month at 1pm and the 3rd Wednesday at 3:30pm. Orientation generally lasts about an hour and is held at the Humane Society of Eastern Carolina. All volunteers must be at least 13 years old. Volunteers ages 13 - 15 must have an adult with them at all times. All volunteers younger than 18 must have an adult attend orientation with them.

To sign up for volunteer orientation, please contact Katie Benson, Director of Outreach, at hsecvolunteer@embarqmail.com or call 413-7247.



Sponsor A Pet

We want YOU to Sponsor A Pet this month! For a minimum donation of \$25, you can help offset HSEC's costs to feed, board, and provide medical attention to one or more of us. To Sponsor A Pet is simple, you can donate via paypal on our website at <http://hsecarolina.org/Donations.htm> and specify which of us you would like to sponsor. If you would like to sponsor one of us in honor or in memory of someone, we will be happy to send them acknowledgement of your donation. For more information, please call (252) 413 - 7247.



Hailey & Bailey

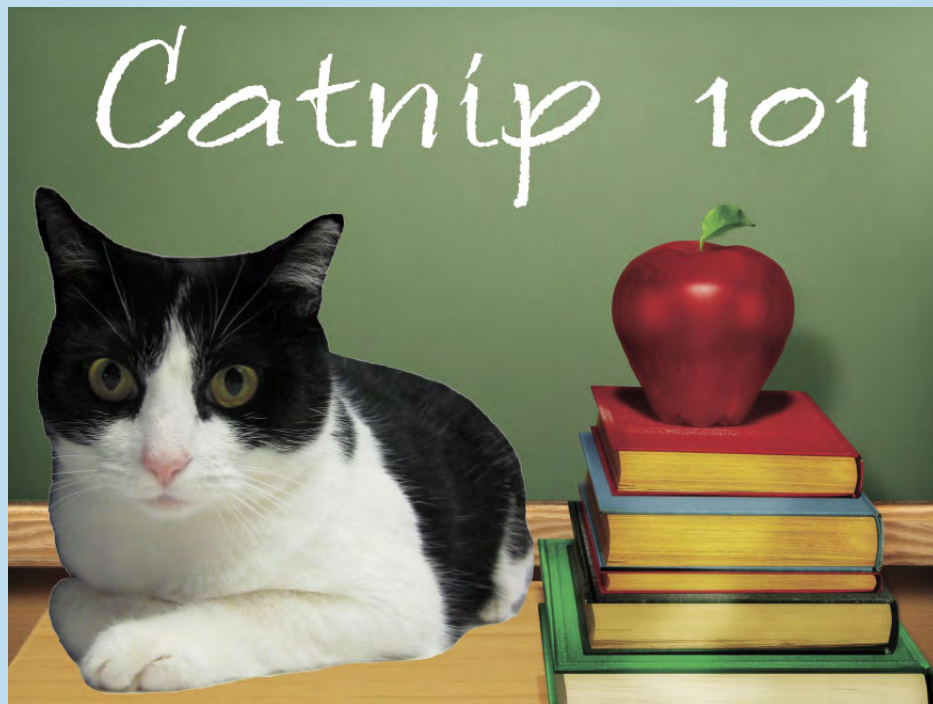
Teacher's Pets Hailey and Bailey earn A plus-
es in sharing. These spayed sisters are what
we lovingly call a buffet dog - they have a
little bit of everything! - but our closest guess
is that they are Shepherd mixes. Hailey

and Bailey are loveable medium-sized dogs
who are the best of friends and do everything
together, and it is our hope that they are ad-
opted together. Two sweet dogs who already
get along and are housebroken, what could be
better than that?!

Deyonne

Sharpen your pencils, take out your notebooks, and take note of Deyonne, a striking spayed female black and white kitty. This gal is sweet as they come! Her namesake - one of our faithful volunteers who passed away a few years ago - was one of a kind - and so is this sweet kitty cat.

Deyonne is a big gal with a personality and heart to match. She's never met a stranger and loves everyone she meets. If you are looking for a loving, lifelong companion, Deyonne is sure to please.



Cooper

Cooper is a neutered three month old male Lab/Chow mix puppy ready to pack his backpack and graduate to his forever home. Cooper has a solid black shiny coat, big brown eyes, and fuzzy ears that cock to the side when you offer him his favorite snack - a hot dog! He is a friendly, happy puppy who likes to sit in your lap and snuggle. Cooper's favorite subject in school is recess, as he loves playtime with other dogs.



ECU Football Concessions:Volunteers Needed

Come be a part of the game day excitement and score a touchdown for the homeless animals at the Humane Society of Eastern Carolina! HSEC will be running an offense on hunger at our concession stand at Gate 6. Volunteers are needed for each home game to take and fill orders, pop popcorn, prepare nachos and fill drinks. Volunteers need to arrive 2 1/2 hours prior to game time, with a small second shift arriving 1 hour after game time to assist with half time orders. Snacks and breaks will be provided, but volunteers will be required to stay until the game ends. All volunteers must be at least 16 years old. To sign up to volunteer, contact Katie Benson, Director of Outreach, at (252) 413-7247 or hsecvolunteer@embarqmail.com. Go Pirates! The schedule is below:

Volunteers are especially needed for the games Sunday, Sept 5th and Saturday, Sept 11th!!

ECU Football Schedule

9/5/2010	Tulsa	Sunday	2 p.m.
9/11/2010	Memphis	Saturday	12 p.m.
10/16/2010	NC State	Saturday	12 p.m.
10/23/2010	Marshall	Saturday	4:15 p.m.
11/6/2010	Navy	Saturday	3:30 p.m.
11/26/2010	SMU	Friday	2 p.m.

Upcoming Events

Bow Wow Bingo

Thursday, November 11th

Time: 6:00 p.m. Doors Open
6:30 p.m. Games Begin

Pitt County Community Schools
and Recreation
4561 County Home Road
Greenville, NC 27858

Fourth Annual Auction For the Animals

Friday, October 1st

6:30 p.m.

Brook Valley Country Club
311 Oxford Road
Greenville, NC 27858

Tickets are \$10. Please call the Humane Society of Eastern Carolina for more information.

For more information about these upcoming events, please contact the Humane Society of Eastern Carolina at 252-413-7247 or visit <http://hsecarolina.org/CalendarOfEvents.htm>.