

Brand-new website...

Check out the new and up-to-date *Sheltie Pacesetter* website at www.sheltie.com —

First of all..my apologies for the *Sheltie Pacesetter* website not staying current...and, because that did occur, I spent the past two months learning how to create a website. Now that's this newly-created "*Pacesetter*" website is posted on the internet, please let me know (s.pacesetter@sheltie.com) if you find errors or problems with any links. I am tickled to let you know that because it's now up-and-running, I will be able to keep it current.

All newsletters have been posted on this new website, everything is now current and the book's and magazine's prices have been reduced! Please visit our website often (www.sheltie.com).

...with
newly-reduced prices!

The Dog Owner's Encyclopedia of Helpful Hints and Trade Secrets has just been reduced from **\$24.90** to **\$19.95** (which is less than Amazon's price for this printed encyclopedia!).

And...most *Sheltie Pacesetter* back issues also have been lowered in price—many to **\$3.15**. Of special significance are the price cuts for all magazines from 2010 until SUMMER 2012 — slashed from **\$16.80** to **\$5.25** each!

Gift ideas...



With our recently-reduced prices (just in time for the gift-giving season), why not take advantage of these above-mentioned savings!

The indispensable *The Dog Owner's Encyclopedia of Helpful Hints and Trade Secrets* is the best gift to all dog owners because it contains 2,000+ solutions for both the professional and the pet owner. (Go to www.sheltie.com under "Dog Owner's Book" to view its lengthy "Table of Contents.") There are 199 different topics which are alphabetically arranged and cross-referenced. The price of this valuable reference book would cost you *less* than a vet's visit...in addition, even the simplest solution would be a time-saver! ↗

Add to your friend's collection of Sheltie history by giving him or her *Sheltie Pacesetter* magazines.

Also...back issues of the *Sheltie Pacesetter* magazines make great gifts for those Sheltie fanciers who don't already have a magazine(s) featuring dogs who are in their pedigrees and/or magazines that tribute a particular kennel which is significant in your friend's breeding lines. Remember...each *Sheltie Pacesetter* magazine is devoted to sharing information which promotes the total Shetland Sheepdog and also includes many photos, ads, along with many educational articles. Visit our secure website (www.sheltie.com under "Sheltie Magazines") to view titles of articles contained in each available magazine.

Most back issues have been reduced in price with many now at **\$3.15**.

Enjoy the new website!
Nancy Lee



Lotions, Creams and Prescription Medications— Should My Dog or Cat Be Licking Me?

by Dr. Tina Wismer, VetStreet

Why does my dog lick me after I apply lotion? It's a common question veterinarians are asked.

Many dogs and cats appear to like the taste of lotions (especially if the lotions are infused with enticing scents) as well as other topical products, such as over-the-counter (OTC) and prescription medications. Let's take a look at some of the potential concerns for each group.

Over-the-Counter Medications

These products are often viewed as innocuous because they can be purchased without a prescription at your local super-

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("Should My Dog Or Cat Be Licking Me?" cont.)

market or pharmacy. Many products approved for use in people, however, are not meant for use in pets. Though most topical, over-the-counter lotions and creams are not likely to cause serious problems for your pet, there are a few types that can be problematic. In most cases a lick or two is not likely to cause an issue, but the behavior should be discouraged.

Keep in mind that veterinarians frequently also recommend some of the more innocuous products in this group (steroid creams, triple-antibiotic ointments and salves) to treat pets. When used under the direction of your veterinarian, these products are safe, but carefully follow your vet's instructions regarding application and discourage licking behavior.

Some examples and their unintended consequences:

- Steroid-based creams containing short-acting hydrocortisone are used by people to treat itching. If ingested by your pet, these creams can cause vomiting, diarrhea, panting and increased thirst and urination.

- Antifungal creams for human issues such as nail fungus, jock itch, athlete's foot and yeast infection are poorly absorbed by the digestive tract, but they may still cause vomiting and diarrhea if ingested by a pet.

- Diaper rash ointments are more serious if ingested by dogs. Zinc oxide is commonly found in these products and can cause vomiting and diarrhea. Contact your veterinarian if there is blood in the vomit or stool. Zinc oxide can cause a lot of vomiting, and the presence of blood means there has likely been some damage to the gastrointestinal tract. GI protectants may be needed.

- Calamine lotion for treating poison ivy also contains zinc oxide and can cause the same types of digestive problems as mentioned above. Even small amounts of zinc oxide can cause vomiting.

- Triple-antibiotic ointments are commonly applied to cuts and scrapes on people. Keep your pet from licking these ointments for at least 10 to 15 minutes following application or they could cause vomiting and diarrhea. Keeping your pet away from treated areas for that period of time allows the antibiotics in the ointment to be absorbed. Both the oily base of the ointment and the antibiotics it contains can cause stomach upset.

- Many muscle rubs contain aspirin-like compounds (salicylates). These can cause vomiting, bloody vomiting and stomach ulcers. Some muscle rubs do not contain these types of compounds, although they may contain other substances of concern, like menthol and capsaicin.

- Sunscreens and antihistamine creams typically cause only stomach upset if ingested by a pet.

- Ingestion of large amounts of moisturizing lotions can cause drooling, vomiting and diarrhea in pets. These lotions can contain lots of chemicals and compounds that act as humectants and emollients. Emollients become oily with the heat of the body (or stomach) and can cause GI upset.

- Minoxidil (Rogaine) should be of particular concern to pet owners. This product is used to help people regrow hair, but it was originally developed as a blood pressure-controlling agent. If ingested by dogs or cats it can cause fluid buildup in the lungs and heart failure, with initial signs of vomiting and lethargy. Never let your pet lick your head after an application. □



Understanding Your Dog's Body Language — From Eyes to Tails

Dogs are very expressive animals. They communicate when they're feeling happy, sad, nervous, fearful and angry and they use their faces and bodies to convey much of this information. Dog body language is an elaborate and sophisticated system of nonverbal communication that we can learn to interpret. As you get to know your dog and spend more time with your pups, you can learn their non-verbal communication fairly predictably.

Dogs use facial expressions, ears, eyes, tails and their overall demeanor to signal their feelings to others. There are so many nuances in understanding your dog's body language and one way to approach a fundamental understanding is to learn what their different body parts are telling us. This can also be helpful when approaching or meeting a new dog.

Your dog's facial expression

Your dog's basic facial expressions can tell you a great deal about how he's feeling. You can see it in his face whether he is content, scared, sleepy or just calm. It's the first place to look and then you can get more specific.

Your dog's eyes

The direction of your dog's eyes can also be telling. Dogs rarely look directly into each other's eyes because this is considered a threat. However, most dogs learn that it's okay, even pleasant, to look directly at people. A dog who looks at you with a relaxed facial expression is being friendly and hoping that you'll notice him. A dog who looks directly at you, actually staring at you with a tense facial expression, is not exactly friendly. A direct stare is much more likely to be a threat, and if you're near a dog with this expression, you might want to look away!

This is my friendly look!

If your dog doesn't look directly at you, but instead looks out of the corners of his eyes so that you see a more of the whites of his eyes, he might be leading up to an aggressive outburst. This usually happens when a dog is guarding a chew bone, toy or favorite spot. It's different than the eye of a dog who is resting with his head and opens his eyes to give you a sideways glance. In this case, he won't appear rigid or tense, and you won't see much of the whites of his eyes.

Your dog's mouth

Dogs do a lot more with their mouths than just eat and drink. Even though they can't use their mouths to talk, the way they position their lips, jaws and teeth speaks volumes. When your dog is relaxed and happy, he's likely to have his mouth closed or slightly opened. If your pup's mouth is open, he may be panting as this is how dogs cool their bodies. You might see his teeth because his mouth is slightly opened.

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("Understanding Your Dog's Body Language" cont.)

A dog who is frightened or feeling submissive probably has his mouth closed. His lips might be pulled back slightly at the corners. He might flick his tongue in and out, or he might lick if he's interacting with a person or another animal. When he's feeling uptight, he might yawn in an exaggerated fashion.

Some dogs show a half grin when they're feeling submissive. They pull their lips up vertically and display their front teeth. This half grin is usually accompanied by an overall submissive body posture, such as a lowered head, yelping or whining, and squinty eyes. Only some dogs "grin" this way.

Your dog's ears

When your dog is relaxed and comfortable, he'll hold his ears naturally. When he's alert, he'll raise them higher on his head and he'll direct them toward whatever's holding his interest. Your dog will also raise his ears up and forward when he's feeling aggressive. If your dog has his ears pulled back slightly, his intention is to be friendly. If his ears are completely flattened or stuck out to the sides of his head, he's usually frightened or feeling submissive.

Your dog's tail

When your dog is relaxed, he'll hold his tail in its natural position. If he's feeling happy, he may wag it gently from side to side. If he's really happy, like when he greets you after being apart from you, his tail will wag more forcefully from side to side or might even move in a circular pattern. If your dog feels nervous or submissive, he'll hold his tail lower and might even tuck it between his rear legs. He may still wag it from side to side, often at a more rapid pace than if he's relaxed. If he's really scared or feeling extremely submissive, he'll hold his tail tucked up tight against his belly.

When your dog is alert or aroused about something, he'll probably hold his tail higher than normal. He'll hold it stiff, without any movement. If he's standing his ground or threatening someone (a person or another animal), your dog might hold his tail stiff and high and moves it rigidly back and forth. It might look like he's wagging his tail, but everything else about his body tells you that he's not feeling friendly at the moment.

There are so many nuances to understanding your dog and as you get to know the different body parts and what they are "telling you," you can interpret in advance how your dog is feeling as a whole!

You can read more articles on pet care and advice on petpav.com, our pet social network that is like Facebook for pets! ☐



Fruit and Veggie Treats for Cats and Dogs: The Best and Worst Options

by Dr. Avi Blake

Whether your pet is in tip-top shape, carrying an extra pound or two, or outright overweight, you may consider switching from high-fat, high-calorie pet treats to something more healthy and inexpensive. If your pet is already eating a quality commercial diet designed for his breed, age and stage of life, the addition of fruits and vegetables is not necessary to balance his or her nutrition. However, as treats or snacks, fruits and veggies offer tasty, low-calorie options. The key is moderation. Many excellent treats can be found in the produce aisle, but any fruit or veggie may be harmful if eaten by a pet in large quantities.

Before changing or adding anything to your pet's diet, consult with your veterinarian. This is important not only to ensure that what you plan on feeding is safe for your pet and that the changes are noted in your pet's medical record, but also because some foods may interfere with a medical condition or prescribed diet or medication. Always inform your veterinarian of all foods, supplements or other over-the-counter products you give your pet.

Some Basics to Keep in Mind

Dogs are naturally omnivores, tolerating a variety of foods. Cats, on the other hand, are obligate carnivores, having evolved on a diet excluding fruits or vegetables. Cats also lack the ability to perceive sweetness, which potentially reduces the appeal of some fruits and vegetables. However, there may be flavors or textures associated with these types of foods that certain cats find attractive.

Do not offer too many fruits or vegetables to your pet. Such treats should make up less than 10 percent of your pet's diet. Ease the transition from your usual treats by starting with small amounts and consider steaming or boiling raw vegetables—especially for cats (see below). Even the best fruit or veggie options, if eaten by your pet in huge amounts, can result in gastrointestinal disturbances. Also, be sure to wash all fruits and vegetables and remove rinds or pits before feeding.

"Best in Show" Fruits/Veggies for Dogs:

- Carrots
- Green beans
- Broccoli
- Squash/zucchini
- Cooked sweet potato
- Apples (without seeds)
- Peas
- Cucumber
- Bananas (offering frozen bananas keeps the squishy mess to a minimum)

Worst Fruits/Veggies for Dogs:

- Onions, garlic, leeks or chives (members of the Allium family) as these contain organosulfoxides, which are toxic to pets. Cooking does not reduce their

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Dear Readers,

Starting with the next *Sheltie Newsletter*, I will be including articles from *The Sheltie Special* which are still appropriate for today's dog owners. If there is a particular article or topic which you've found valuable and think it would also be of interest to other dog owners, please let me know (s.pacesetter@sheltie.com)...because I want to include articles in this *Sheltie Newsletter* which be will of interest and benefit to others.

Thanks!
Nancy Lee

("Fruits and Veggie Treats cont.)

toxicity potential.

- Grapes or raisins — can cause illness and kidney damage
- Raw potatoes
- Wild mushrooms
- Apple cores with seeds (also avoid seeds from other fruits, such as watermelon)
- Stone fruits — for their potential to cause choking
- Rhubarb leaves (the stems are safe)

"Best in Show" Fruits/Veggies for Cats:

Offer only in small amounts:

- Baked carrots
- Steamed asparagus
- Steamed broccoli
- Steamed green beans
- Cooked winter squash
- Melon

Worst Fruits/Veggies for Cats

- Onion, garlic and chives
- Grapes or raisins
- Uncooked veggies — for cats, some uncooked veggies are highly unpalatable, can pose a choking hazard or are difficult to digest

How to Introduce a New Dog to Your Dog(s) at Home

When you are bringing home a new dog to your family who already has a dog as a member, this can be a fun, exciting and a joyous adventure. Sometimes the dogs get along seamlessly from the start, but there are other times that your current dog might feel a bit neglected and not that welcoming. It isn't that surprising. If a roommate was chosen for you by your parents, you might be a little rebellious at first and not want to share your toys.

Below are some tips to help with the introductions and ease this transition.

Leave your current dog at home when getting your new dog:

Leave your current dog at home when you pick up your new dog. One of the worst things you can do is to just throw the two of them together in your car and hope for the best. Let the new dog get used to you for a little bit.

Make sure to introduce your dogs on neutral territory:

Introduce your dogs on neutral territory, like on a short walk through your neighborhood or in a friend's yard. Have two people there when making the introductions...one to handle each dog, while keeping the dogs on leashes. To minimize tension, try to keep the dogs' leashes loose so that they're not choking or feeling pressure on their throats.

Let the dogs decide the time line:

Don't force any interaction between dogs. If the dogs ignore each other at first, or if one dog seems reluctant to interact with the other, that's okay. Give both dogs time to get comfortable. They'll interact when they're ready and on their own terms.

Make the introduction positive and easy-going:

As the dogs sniff and get acquainted, encourage them in a happy, upbeat voice. At first, allow just a few seconds of sniffing. Then gently pull the dogs away from each other and let them walk around (with their leashes still on them). After a minute or two, you can lead the dogs back together and allow a second round of sniffing. These brief greetings help keep the dogs' interactions calm and prevent potential threats of ag-

("How to Introduce a New Dog" cont.)

gression. After a brief sniff, lead the dogs apart, ask them to sit or lie down, and then reward them with treat and a rubdown!

Make sure to watch the dogs' body language:

Your dog's body language can help you understand what they're feeling and whether things are going well or not when they are being introduced. Loose body movements and muscles, relaxed open mouths, and play bows (when a dog puts his elbows on the ground and his hind end in the air) are all good signs that the two dogs feel comfortable. Stiff, slow body movements, tensed mouths or teeth-baring, growls and prolonged staring are all signs that one of your dogs' feels threatened or aggressive. If you see this type of body language, quickly separate the dogs apart to give them more distance from each other.

Once the dogs' greeting behaviors and introductions have tapered off and they appear to be tolerating each other without fearful or threatening behavior, you're ready to take them home. Before you take them inside, walk them together around your house or apartment building.

Be patient as it can take some time:

Bringing a new dog home requires that everyone make some adjustments, especially your current dog or dogs. And it will take time for your dogs to build a comfortable relationship. If they don't get along in your home, have them separated in two different rooms and gradually bring them together with the same steps as described. Let them sniff each other, get to know each other's personality and soon they will be good friends and family members.

You can read more articles on pet care and advice on petpav.com, our pet social network that is like Facebook for pets!

HOLIDAY PARTY?

MAKE ROOM FOR ROVER

by The Barkley Pet Hotel & Day Spa

As you and your loved ones gather for holiday parties, keep in mind that your pets may have their hearts set on enjoying the holiday cheer. Here are some tips to keep your pets safe and healthy during this holiday season:

Keep food and wrappers out of reach. Agile and clever pets have been known to take anything that smells tempting from counters, floors, trash cans and tables.

Resist offering leftovers. Rich and fatty foods like gravy, dressing and pie can cause upset stomach, loose stools, etc.

Keep decorations out of reach as climbing cats and dogs with wagging tails can knock over candles and other decor. Some pets may also chew on decorations that look or sound like toys.

Plan ahead. Have pet-appropriate treats on hand. If needed, reduce the amount of your pet's regular meal to accommodate these treats. You may even consider cooking a special treat for your pet!

Set up a quiet zone. It's easy for pets to get stressed around extra people, smells and the holiday chaos. A special toy may also help burn off some stress and enjoy the party safely.

The
**DOG
OWNER'S**
ENCYCLOPEDIA
of
**HELPFUL HINTS
and
TRADE SECRETS**

This handy, one-of-a-kind encyclopedia contains over 2,000 helpful hints and trade secrets for owners of all dogs (show dogs and pets alike) in a single comprehensive book.

Compiled by Nancy Lee Cathcart (the creator, publisher and editor of *Sheltie Pacesetter* which was an award-winning international dog fanciers' publication that spanned over 36 years), this invaluable guidebook contains amazing secrets and solutions from professionals in the dog-show world and from pet owners. Of the thousands of hints received, those included in this book were carefully selected to best represent the most helpful and informative solutions available.

In addition, for 15 years this author owned, bred and showed consistently-winning dogs (breaking several breed records within the competitive world of dog shows), and her background proved invaluable in creating this detailed reference book.

Organized for ease of use, *The Dog Owner's Encyclopedia of Helpful Hints and Trade Secrets* is separated alphabetically into categories of hints and ideas and is cross-referenced into 199 different topics.

It's a true encyclopedia packed with valuable solutions and trade secrets directly from dog professionals and pet owners. This handy reference book will become an integral part of your library.

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Enjoy!
Nancy Lee



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- *Sheltie Pacesetter* back issues (November/December 1983 through SUMMER 2012)
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- **"The Telegram"** (previous monthly Sheltie newsletters)
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