



ADOG

(ASSOCIATION OF DOG OWNERS GROUP)

The Straight Poop

Fall, 2007 Issue



LETTER FROM THE PRESIDENT

ADOG Needs Your Help

After seven years of hard work by ADOG and our members, we are about to see a dream come true (lights in the park). It's just more proof that as an organization we can make a difference. When you read the article "History of the Park & ADOG" you will realize that without ADOG we would probably not have our park here in this lovely community. It has taken the hard work and dedication of our many members over the years, and this is especially true of our voluntary nine member Board of Directors. To continue this tradition we are in need of seven new members of the board for 2008. We hold our election at the Town Community Center at 6:30 PM, Thursday, 15 November 2007. A position on our board only requires that you are a member of ADOG. You do not have to live here in Fountain Hills to join our board. In fact approximately 20% of our members are from Scottsdale or other surrounding communities. You also have to be someone who enjoys our park and would like to be involved in its future. The lights are only a milestone in the parks future improvements. Next year we will see many changes in the park as the town moves forward with the Desert Vista Park master plan improvements. They will have over \$1.5 million of Town and Heritage Fund money to accomplish this effort. So we can expect to have our park again closed for various periods during this work, starting in January. We will try to work with the Town to hopefully minimize the duration of these expected closures. The Town has a very good Parks & Recreation Department that works hard to maintain and improve all of our town parks, but I am not aware of one of them that actually brings a dog to our park. They may feel the appearance of the park is their top priority, but to the patrons of the park that may not be what we see as the number one priority. That is why we continue to need a strong voice in all affairs that affect our park. So if you can spare a little time each month please consider joining our board of directors for 2008. If you can join us, please give me (Jerry Wise) a call at 480-816-0196. We would like to invite our members and non-members alike to join us for coffee and cookies at the November election.

INSIDE THIS ISSUE

<i>ADOG History</i>	2
<i>Pet Health & Safety</i>	3
<i>Coping With Pet Loss</i>	4—5
<i>Tidbits & Treats</i>	6
<i>BIG EVENT UPCOMING</i>	6

ADOG BOARD MEMBERS

- The A.D.O.G. 2007 Board of Directors
- President - Jerry Wise
 - Vice President - Linda Read
 - Secretary - David Elson
 - Treasurer – Ruby Moreno
 - Board Member - Unfilled
 - Board Member – Delina DiSanto
 - Board Member – Unfilled
 - Board Member – Jean Hughes
 - Board Member – Unfilled

Ten Tips on Coping with Pet Loss by Moira Anderson Allen, M.Ed.

Anyone who considers a pet a beloved friend, companion, or family member knows the intense pain that accompanies the loss of that friend. Following are some tips on coping with that grief, and with the difficult decisions one faces upon the loss of a pet.

1. Am I crazy to hurt so much?

Intense grief over the loss of a pet is normal and natural. Don't let anyone tell you that it's silly, crazy, or overly sentimental to grieve!

During the years you spent with your pet (even if they were few), it became a significant and constant part of your life. It was a source of comfort and companionship, of unconditional love and acceptance, of fun and joy. So don't be surprised if you feel devastated by the loss of such a relationship.

People who don't understand the pet/owner bond may not understand your pain. All that matters, however, is how you feel. Don't let others dictate your feelings: They are valid, and may be extremely painful. But remember, you are not alone: Thousands of pet owners have gone through the same feelings.

2. What Can I Expect to Feel?

Different people experience grief in different ways. Besides your sorrow and loss, you may also experience the following emotions:

- Guilt may occur if you feel responsible for your pet's death-the "if only I had been more careful" syndrome. It is pointless and often erroneous to burden yourself with guilt for the accident or illness that claimed your pet's life, and only makes it more difficult to resolve your grief.

- Denial makes it difficult to accept that your pet is really gone. It's hard to imagine that your pet won't greet you when you come home, or that it doesn't need its evening meal. Some pet owners carry this to extremes, and fear their pet is still alive and suffering somewhere. Others find it hard to get a new pet for fear of being "disloyal" to the old.

- Anger may be directed at the illness that killed your pet, the driver of the speeding car, the veterinarian who "failed" to save its life. Sometimes it is justified, but when carried to extremes, it distracts you from the important task of resolving your grief.

- Depression is a natural consequence of grief, but can leave you powerless to cope with your feelings. Extreme depression robs you of motivation and energy, causing you to dwell upon your sorrow.

3. What can I do about my feelings?

The most important step you can take is to be honest about your feelings. Don't deny your pain,

or your feelings of anger and guilt. Only by examining and coming to terms with your feelings can you begin to work through them.

You have a right to feel pain and grief! Someone you loved has died, and you feel alone and bereaved. You have a right to feel anger and guilt, as well. Acknowledge your feelings first, then ask yourself whether the circumstances actually justify them.

Locking away grief doesn't make it go away. Express it. Cry, scream, pound the floor, talk it out. Do what helps you the most. Don't try to avoid grief by not thinking about your pet; instead, reminisce about the good times. This will help you understand what your pet's loss actually means to you.

Some find it helpful to express their feelings and memories in poems, stories, or letters to the pet. Other strategies including rearranging your schedule to fill in the times you would have spent with your pet; preparing a memorial such as a photo collage; and talking to others about your loss.

4. Who can I talk to?

If your family or friends love pets, they'll understand what you're going through. Don't hide your feelings in a misguided effort to appear strong and calm! Working through your feelings with another person is one of the best ways to put them in perspective and find ways to handle them. Find someone you can talk to about how much the pet meant to you and how much you miss it-someone you feel comfortable crying and grieving with.

If you don't have family or friends who understand, or if you need more help, ask your veterinarian or humane association to recommend a pet loss counselor or support group. Check with your church or hospital for grief counseling. Remember, your grief is genuine and deserving of support.

5. When is the right time to euthanize a pet?

Your veterinarian is the best judge of your pet's physical condition; however, you are the best judge of the quality of your pet's daily life. If a pet has a good appetite, responds to attention, seeks its owner's company, and participates in play or family life, many owners feel that this is not the time. However, if a pet is in constant pain, undergoing difficult and stressful treatments that aren't helping greatly, unresponsive to affection, unaware of its surroundings, and uninterested in life, a caring pet owner will probably choose to end the beloved companion's suffering.

Evaluate your pet's health honestly and unselfishly with your veterinarian. Prolonging a pet's suffering in order to prevent your own ultimately

helps neither of you. Nothing can make this decision an easy or painless one, but it is truly the final act of love that you can make for your pet.

6. Should I stay during euthanasia?

Many feel this is the ultimate gesture of love and comfort you can offer your pet. Some feel relief and comfort themselves by staying: They were able to see that their pet passed peacefully and without pain, and that it was truly gone. For many, not witnessing the death (and not seeing the body) makes it more difficult to accept that the pet is really gone. However, this can be traumatic, and you must ask yourself honestly whether you will be able to handle it. Uncontrolled emotions and tears-though natural-are likely to upset your pet.

Some clinics are more open than others to allowing the owner to stay during euthanasia. Some veterinarians are also willing to euthanize a pet at home. Others have come to an owner's car to administer the injection. Again, consider what will be least traumatic for you and your pet, and discuss your desires and concerns with your veterinarian. If your clinic is not able to accommodate your wishes, request a referral.

7. What do I do next?

When a pet dies, you must choose how to handle its remains. Sometimes, in the midst of grief, it may seem easiest to leave the pet at the clinic for disposal. Check with your clinic to find out whether there is a fee for such disposal. Some shelters also accept such remains, though many charge a fee for disposal.

If you prefer a more formal option, several are available. Home burial is a popular choice, if you have sufficient property for it. It is economical and enables you to design your own funeral ceremony at little cost. However, city regulations usually prohibit pet burials, and this is not a good choice for renters or people who move frequently.

To many, a pet cemetery provides a sense of dignity, security, and permanence. Owners appreciate the serene surroundings and care of the gravesite. Cemetery costs vary depending on the services you select, as well as upon the type of pet you have. Cremation is a less expensive option that allows you to handle your pet's remains in a variety of ways: bury them (even in the city), scatter them in a favorite location, place them in a columbarium, or even keep them with you in a decorative urn (of which a wide variety are available).

Check with your veterinarian, pet shop, or phone directory for options available in your area. Consider your living situation, personal and religious values, finances, and future plans when making your decision. It's also wise to make such plans in advance, rather than hurriedly in grief.

TEN TIPS ON COPING WITH PET LOSS BY MOIRA ANDERSON ALLEN, M.Ed (Continued)

8. What should I tell my children?

You are the best judge of how much information your children can handle about death and the loss of their pet. Don't underestimate them, however. You may find that, by being honest with them about your pet's loss, you may be able to address some fears and misperceptions they have about death.

Honesty is important. If you say the pet was "put to sleep," make sure your children understand the difference between death and ordinary sleep. Never say the pet "went away," or your child may wonder what he or she did to make it leave, and wait in anguish for its return. That also makes it harder for a child to accept a new pet. Make it clear that the pet will not come back, but that it is happy and free of pain.

Never assume a child is too young or too old to grieve. Never criticize a child for tears, or tell them to "be strong" or not to feel sad. Be honest about your own sorrow; don't try to hide it, or children may feel required to hide their grief as well. Discuss the issue with the entire family, and give everyone a chance to work through their grief at their own pace.

9. Will my other pets grieve?

Pets observe every change in a household, and are bound to notice the absence of a companion. Pets often form strong attachments to one another, and the survivor of such a pair may seem to grieve for its companion. Cats grieve for dogs, and dogs for cats.

You may need to give your surviving pets a lot of extra attention and love to help them through this period. Remember that, if you are going to introduce a new pet, your surviving pets may not accept the newcomer right away, but new bonds will grow in time. Meanwhile, the love of your surviving pets can be wonderfully healing for your own grief.

10. Should I get a new pet right away?

Generally, the answer is no. One needs time to work through grief and loss before attempting to build a relationship with a new pet. If your emotions are still in turmoil, you may resent a new pet for trying to "take the place" of the old-for what you really want is your old pet back. Children in particular may feel that loving a new pet is "disloyal" to the previous pet.

When you do get a new pet, avoid getting a "lookalike" pet, which makes comparisons all the more likely. Don't expect your new pet to be "just like" the one you lost, but allow it to develop its own personality. Never give a new pet the same name or nickname as the old. Avoid the temptation to compare the new pet to the old one: It can be hard to remember that your beloved companion also caused a few problems when it was young!

A new pet should be acquired because you are ready to move forward and build a new relationship-rather than looking backward and mourning your loss. When you are ready, select an animal with whom you can build another long, loving relationship-because this is what having a pet is all about!

A POEM FOR THE GRIEVING...

Do not stand at my grave and weep.

I am not there, I do not sleep.

I am a thousand winds that blow,

I am the diamond glints on snow.

I am the sunlight on ripened grain,

I am the gentle autumn's rain.

When you awaken in the morning's hush,

I am the swift uplifting rush

of quiet birds in circled flight.

I am the stars that shine at night.

Do not stand at my grave and cry,

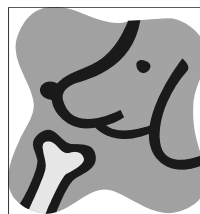
I am not there, I did not die...

-Anonymous

NOTE: There is considerable conflict over the actual authorship of this poem. It is most commonly attributed to a Mary Frye (and believed to have been written around 1932); however, nothing is known of the author. It is, however, believed to be one of the most requested (and reprinted) poems in the English language.

NOTE: Additional information on pet loss, coping with it as well as tips on choosing a new pet can be found on the web site: www.pet-loss.net/ Instructions are also on-line for printing off either flyer or brochure type copies in PDF format.

Moira Anderson Allen has been writing professionally for nearly 25 years . In addition to her writing expertise, Allen holds an M.Ed. in counseling from Boston University. She also served as editor of Dog Fancy from 1985 to 1987. One of her books was the award-winning Coping with Sorrow on the Loss of Your Pet (Alpine Publications, 1996)



MEETING DATES FOR YOUR CALENDAR

Thursday, November 15th—Election

Wednesday, December 12—Last Meeting of the Year

Four Steps to a Happier Holiday Season

Taking simple precautions for the upcoming holidays can ensure a happy, healthy time for you and your pet. Follow these simple steps for a healthy holiday season:

- Don't feed pets holiday treats or leftovers. Some foods such as chocolates, alcohol, uncooked bread dough, grapes and raisins can be life-threatening.
- Keep ribbons, tinsel, flower arrangements, electrical cords and holiday decorations away from pets.
- Keep medications hidden where pets can't reach them. Holidays normally mean household guests so make sure your guests keep their prescription medication out of a pet's reach.

If your pet gets sick, don't panic. Keep the number of your veterinarian and the ASPCA Animal Poison Control Center near the phone in case of an emergency. (1-888-426-4435)

**PET
HEALTH**



Why Does My Pet Eat Grass? By Deena Caruso / healthyfoodforpets.com

Are you concerned when your dog or cat eats grass, then throws up afterwards? You'll probably feel relieved to know that pets eat grass because their bodies need it.

Dogs and cats have been eating grass for a long time. In fact, grass is so popular among dogs that one species, dog grass, is named after them. Dog grass is also known as couch grass and quack weed, and it grows in all but the southern-most states.

You can think of grass as an herbal medicine. It acts as an internal cleanser, expelling excess mucus, bile, and other impurities. It also cleanses the bowels and expels worms. Cereal grasses contain enzymes, vitamins, minerals, and amino acids. Grass also contains chlorophyll, which was used for relieving pain, treating infections, ulcers, skin diseases, and anemia prior to the use of antibiotics.

Some pet owners grow grass specifically to give to their pets to prevent or treat diarrhea, anemia, cataracts, fleas, tumors excessive shedding, and other pet health problems. Pets that are fed grass on a regular basis are less likely to crave outdoor grass. So, if you don't feel comfortable with your pet eating the grass in your lawn, you may want to grow your own grass for them to eat.

Try growing rye or barley sprouts. These sprouts are preferred over wheat grass because some animals are sensitive to wheat.

Follow these instructions to grow rye or barley grass. Soak one cup organically grown grain in one quart water for 8 to 10 hours. Then drain the container and leave it on its side in a warm place, away from direct sunlight. A tiny white rootlet will sprout from each grain within 24 to 48 hours. Caution: If you don't see these rootlets, your grain isn't viable and should be thrown away.

Next, spread the sprouting grain on one inch of moist potting soil or top soil in a plastic garden tray. For drainage create a one inch channel around the soil.

For two days, cover the tray. Then uncover it, and water thoroughly. Place the tray in direct sunlight or under grow lights. Keep the soil moist by watering when needed.

When the grass is 6-8" tall, cut it with scissors or a sharp knife. Place grasses in a Ziploc bag, along with a damp paper towel. Be sure to expel air from the bag before sealing. Then store the grass in the refrigerator. When feeding the grass to your pet, cut or mince it into tiny pieces, or place a small amount in a blender or food processor with other foods. To be sure your cat or dog will accept the grass, begin feeding just a fraction of a teaspoon. Increase the amount gradually to approximately one tablespoon per 50 lbs. of body weight. Once your pet is given the amount of grass his body needs, you probably won't be seeing him eating the grass in your lawn. And you can feel relieved knowing that you're feeding him something that he craves and that his body needs.

Paws around the Fountain

ADOG will be sponsoring a major pet adoption and fundraising event at Fountain Park on Sunday, April 6, 2008. If you would be interested in helping us with this event please contact Jerry Wise (480-816-0196). We will be working with a very well known organization, PACC911, to conduct this event. PACC911 brings together the many animal welfare organizations from throughout Maricopa County in an interactive manner, providing opportunities for all to work together for the greater benefit of the animals. PACC911 focuses on assisting the rescue groups in four distinct ways...adoption events, fundraising, education and medical assistance through the new PACC911 Emergency Medical Fund. PACC911 has sparked a new spirit of cooperation amongst the partnering humane community now working in harmony as PACC members! PACC leader and founder is Bari Mears.

TIDBITS & TREATS



POSSIBLE RESEARCH IDEAS

www.apcc.asPCA.org is a source for pet poison info

www.petsforlife.org (U.S. Humane Society) is a source for pet behavior and care topics

DrsFosterSmith.com is a fun, colorful catalogue for pet goodies

www.apdt.com (Assoc. of Pet Dog Trainers) info on area trainers

www.ahvma.org/ - (Amer. Holistic Vet. Medical Assoc.) by area also

peaceablepaws.com/ -is a source for positive training info

www.dogwise.com is an online bookstore for natural, positive pet info

www.whole-dog-journal.com is a monthly mailed newsletter (without ads), find out more about it here. [Subscribers have access to more online info.]

Disclaimer: We accept input from various sources and recommendations. For that reason listing here does not imply an ADOG endorsement and we apologize for any info not current or active.

THE HISTORY OF FOUNTAIN HILLS OFF-LEASH DESERT VISTA PARK & ADOG

It all started in August 1997. A Fountain Hills greyhound owner requested permission from Parks & Recreation Department to use Golden Eagle baseball field on which to run his greyhound's off-leash. This began the long saga in the quest for a permanent off-leash Recreational Facility in Fountain Hills. At the same time there was growing opposition to the presence of these dogs; it became a "children against dogs" issue. The dispute escalated and in April 1998 the Town Council suspended dog use of the Golden Eagle field for good, with no alternative area offered.

In March 1998 a group of 19 dog owners, together with Al Lorenz, a Parks Commissioner, met to discuss the Town establishing a permanent dog park. In April 1998, ADOG (Association of Dog Owners Group), was established with a group of ten people. The membership soon increased to 24 families with a mission statement and By-laws. The first Board of Directors was Dan Regard, Cloud Downey, Morton Mitchell, Hillary Quinton, Phil Gollon and Ken O'Hara.

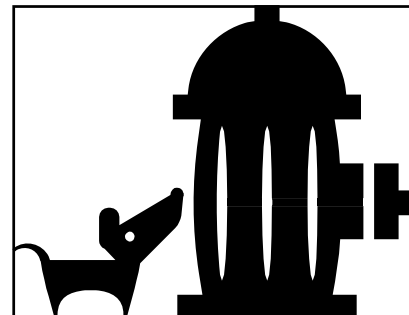
From April through September 1998 a major controversy between those favoring the establishment of the park and those adamantly opposed took place. After many emotional debates and ADOG's determination to stick with this project, the Town Council voted overwhelmingly to establish a 3.5 acre facility at Desert Vista Park in September 1998. This land (12 acres) had been originally donated to the Town by MCO as a potential schools site, but was later designated as a park. What most people don't know is the Off-leash facility cost the Town very little money to establish. The Town agreed to pay \$18,000 for fencing and then the Sanitary District funded the grading, watering system, seeding and landscaping. This helped the Sanitary District continue to meet their need to dispose of the Town's treated wastewater.

On December 11, 1999 (20 months from the establishment of ADOG), the Off-Leash facility was opened. The park soon became the most used park in Fountain Hills, silencing detractors and changing many minds.

ADOG was formally incorporated as an Arizona non-profit organization in March, 2000. In those early days ADOG was able to raise enough money to fund many of the park improvements we still enjoy today.

These include the multi-station watering fountains (these were to be maintained by the Town) and two of the three shade structures. Since those early days we have continued to raise funds through annual membership and additional contributions. They have allowed us to replace the dirt/mud under two of the shade structures with crushed granite. They have also helped to provide for many of the benches and trees in the park.

In May 2000 ADOG created a donation account for the purpose of raising money to have lighting installed in the Off-leash facility. In the seven years that have passed, the fund was able to grow to a total of \$27,217, thanks to the hard work and efforts of so very many of our past and present ADOG members. This money was made available to the Town in May, 2007. The actual cost of the lights was in excess of \$100,000, so our thanks goes out to the Town for its help and support with this project. What was once only a dream, to have lights installed in the park, has finally reached fruition. ADOG will try to continue to maintain a strong organization to work with both our members and the Town to ensure we continue to have one of the greatest Off-leash dog parks in the country!



A non-profit organization
www.adog.org
PO Box 17134
Fountain Hills, AZ 85269-
7134

2007 ADOG Membership/Donation Form

ADOG (Association of Dog Owners Group)

New Member Renewal Contribution

Name (s):
Address:
City, State, Zip
Home Phone:
Mobile/Cell Phone:
Work Phone:
Fax:
E-mail Address:
Names(s) and Breed of Dog (s):
Is/are your dog (s) licensed? (Your dog must have a valid license prior to using the Dog Park)

Would you like your contact information shared with other ADOG members and/or affiliations? Yes No

Privacy Statement: ADOG will *not* release member information without your permission.

Annual Membership is \$20.00

One of the primary purposes of ADOG is to raise funds for improvements to the Desert Vista Off-leash Dog Park in Fountain Hills. If you would like to make an additional contribution, it would be greatly appreciated! Working with the Town of Fountain Hills Parks & Recreation Dept., our 2007 fundraising focus will be for general park improvements.

<input type="checkbox"/>	Annual Membership	\$	20.00
<input type="checkbox"/>	Additional Contribution *	\$	
	Total Amount Enclosed	\$	
	(Make your checks payable to ADOG)		

ADOG is a 501(c)(3) non-profit organization. It is our understanding that all donations are 100% tax deductible. However, you should first consult with your own tax advisor. Your cancelled check is your receipt. * A receipt will be mailed acknowledging additional contributions only if requested

Volunteers: ADOG wouldn't exist without volunteers. We have ongoing maintenance issues and many projects and programs throughout the year. We hope that you will be able to help out. Please check any of the following committees that you might be interested in so that we can contact you.

General: Fundraising Adopt-a-Street
 Membership Park Maintenance

Thank you!

From the 2007 Board of Directors:



ADOG

(Association of Dog
Owners Group)

PO Box 17134
Fountain Hills, AZ 85269-
7134

THE NEWSLETTER

GOT NEWS?
GOT PHOTOS?
NEWSLETTER
VOLUNTEERS?
SUPPORTERS (ADS)

CALL JERRY WISE
480-816-0196



*W*ould like to thank all current
and past members for their
contributions of time, effort *and*
money to help light our
Desert Vista Dog Park.

During the past 7 years we have
been able to raise over \$27,000 to help
the town pay for this much anticipated
improvement. Your help, great or
small, has made this possible.

Thank You!

