



**QUARTERLY RESULTS:**

**Adoption Events**

Brookfield, CT  
Clinton, CT  
Granby, CT  
Hartford, CT  
North Haven, CT  
Wallingford, CT  
Windsor Locks, CT

**Fundraisers**

Photos - Cheshire, CT  
Tupperware Sale

**Info Tables**

Beach Haven, NJ  
Monmouth Jct., NJ  
Ship Bottom, NJ

**4th Quarter Totals:**

**\$2,656** was raised to help Labs in need!

**360 LABS** Adopted Since October!

**THANK YOU VOLUNTEERS!**



# The Labbie Ledger

Winter 2011

Issue #9

## Riley...A Story of Courage and Survival by Amy Lovett

Riley is a typical 1-year-old yellow Lab. He's a tad overweight - his mom, Vicki, isn't sure whether he's getting too much food or eating too many of the kids' socks. He's chewed up five remote controls. And he runs all day until 7 p.m., when he passes out on the sofa until his mom wakes him up in the morning.

But the six months of his life before he got to this point were anything but typical.

In April 2010, Riley was run over by a car in Northeast Tennessee and left for dead. A Good Samaritan found him and enlisted the help of Deborah Yokely, a Labs4rescue volunteer, to get him to the University of Tennessee Veterinary School. There he underwent four hours of surgery to repair a broken leg, fractured spine and open head wound. As the doctors worked, they made a grisly discovery - Riley also had been shot several times.

Despite his injuries, Riley healed remarkably well. He learned to walk again, now with a steel rod in his back and a plate in his leg. His hair grew in. He won the hearts of everyone he met, especially Deborah, who visited him at the hospital nearly every day. As Riley got stronger, he began going home with Deborah on weekends.



Riley After Surgery

Meanwhile, Deborah started a page on Facebook to share Riley's remarkable story: <http://www.facebook.com/home.php#!/group.php?gid=114857428545508>.

Nearly 4,000 people joined, and some generously donated money to Labs4rescue to help defray the cost of Riley's hospital bills. The interest was overwhelming; early in the pup's recovery, one person offered to build him a wheelchair.



Riley Recovering

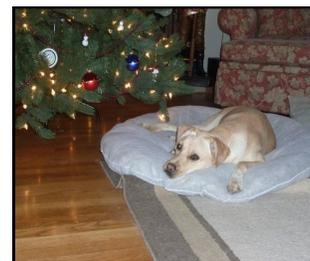
In August, Deborah got the happy news that Labs4rescue had found Riley a home in Massachusetts. "I spoke to his new mama Vicki and, oh my goodness, she is going to spoil Riley rotten," Deborah posted on Facebook. "She and I spoke for

over an hour about our boy. Her family is that special family for Riley." On Friday, Aug. 13, Riley made the trip to his new home.



Riley Meets His New Family

Fans continue to follow the pup on Facebook, where Deborah posts updates and photos from Riley's family. The most recent one, right before the holidays: "I was hoping it would have snowed here by now so I can see how he likes it. My friend told me to take Riley to see Santa. He is friendly enough, but he would probably eat Santa's beard! Enjoy the pictures, and I will send you some more when we get some snow so you can see him playing in it. - Vicki."



Riley Comfy & Cozy in His New Home

## UPCOMING EVENTS:

### Adoption Events:

Sat., February, 19  
Dog Cabin  
Middletown, CT  
10 a.m.-1 p.m.  
(Toy & Supply Donations Accepted)

Sun., February, 20  
PETCO  
Clinton, CT  
11 a.m. - 3 p.m.

Also additional  
Sunday dates for  
PETCO, Clinton,  
CT:  
3/13, 4/10, 5/15,  
6/12, 7/17, 8/14,  
9/11, 10/9, 11/13

### **For More Event Information Visit:**

<http://Labs4rescue.com/events/>



### **DO YOU TWEET?**

Check out Labs4rescue on Twitter. Keep up-to-date with new adoption listings, events and much more. Follow us at:

<http://www.twitter.com/labs4rescue>

**Don't Forget to Join our Cause on**



<http://www.causes.com/labs4rescue>

## **DNA Testing: Discover Your Dog's Noble Ancestry** by Cheryl T. Campbell

Family history is important to me. My husband Al and I live on land that has been in our family for over a century. *Farm of Four Winds* has seen five generations of births, deaths, weddings and gatherings; today we share it with three black Labs and a Golden Retriever.

When a dog is rescued with no known history, it's natural to wonder what *their* family history is. Our Blu appears to be part Beagle, despite his 90 pounds, while Peach has the jowls of a Bloodhound. Milly has the temperament of a Fox Terrier and I am convinced Andy is 10% Tasmanian devil.

Recently, I researched canine DNA testing as a possible way to "know" a dog's family history. For the testing, DNA can be collected in two ways:

**Method 1** is known as "the swab test" and collects cells by swabbing the inside of your dog's cheek; **Method 2** is referred to as "the blood test" because your vet draws a small vial of blood. For those with a casual curiosity, Method 1 is much less invasive and can be done at home.

There are two major players in the field of canine DNA Testing. One is MMI



Genomics and they offer the "Canine Heritage® Breed Test," and the other is Mars Veterinary, who offer a test called "Wisdom Panel Insights™."

The two tests mentioned above are for determining your dog's breed composition and both use the swab method for collection of test cells. At the time of this publication both companies charge \$79.99 per test.

So why go to all this trouble? Most would say that when you understand the predisposed health risks associated with different breeds you can provide better health and wellness management for your pet. Or, perhaps like me, you are a sentimental fool who values family history and enjoys exploring the way our heritage influences our daily lives.

For additional information or to order a test you can visit <http://www.canineheritage.com> or <http://www.wisdompanel.com>. You can review which

breeds are identifiable in the test panels offered and see how each company reports the results to you.

## **Photo of the Season**

In each newsletter we will showcase a photo. Please submit your photos to the Labs4rescue photo gallery:

<http://Labs4rescue.com/forms/photogallery/photoform.php>

Several photos will be chosen by the newsletter staff and featured on the Labs4rescue Facebook cause page for voting:

<http://www.causes.com/Labs4rescue>



**Sam**



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## Arthritis: Cause & Prevention by Debbie Midford

No one likes to see a family member suffer. With our Labs, it's particularly hard to see because they can't tell you why they are hurting. While limping can be caused by a variety of factors, as our dogs age arthritis is of obvious concern.

Arthritis results from inflammation in the joints. It may be degenerative, caused by the breakdown of protective cartilage which covers and protects the bone joints. The inflammation could also be caused by infection or an immune system malfunction.

### Degenerative Joint

#### Disease

A key factor in the destruction of cartilage is stress on the joints. Symptoms seem to appear overnight, but wear and tear has been happening over a period of time.

Larger dogs seem to be prone to this because they carry more weight. This is just one more reason why it's important to keep them fit and trim. Extra pounds increase the stress on those joints and, since cartilage has no nerves, damage can progress with no outward signs until the situation becomes severe.

Injury, a broken bone or muscle/tendon/ligament tear, is another potential cause. While this is generally hard to prevent, it's a good idea to have your dog checked out after any serious injury to help alleviate any lingering effects.

Some dogs are born with physical malformations, like hip dysplasia, that makes them prone to degenerative joint disease. Physical issues

might be treatable with surgery prior to the development of arthritis in those dogs.

### Inflammatory Joint

#### Disease

Certain infections, like Lyme disease, can cause the inflammatory form of joint disease. The condition might also be the result of an immune system dysfunction like rheumatoid arthritis. This often affects multiple joints and is hard to control since the dog's own body is attacking itself.

### Prevention

Weight control is the most overlooked preventative for our dogs' overall health – and especially for arthritis. Keeping those joints free of unnecessary pounds and the accompanying stress can help to stave off the onset of

the degenerative form of the disease. Tick control products and available vaccinations can help to minimize the risk of infections that might cause the inflammatory disease. New joint diets along with dietary additives, vitamins and supplements, like glucosamine and fish oil, are options that you should discuss with your vet for your older dogs, even before symptoms occur.

But what if you have already noticed changes in your best friend behavior? A stiffness in the legs, limping, reluctance to jump or climb stairs, less interest in food, noticeable pain or a difference in general demeanor are good indicators that it's time to seek a diagnosis and treatment. More on that next time!

## Tips For Caring For Your Senior Lab by Missy Garnett

**Buy yourself a set of steps or a ramp.** Avoid the frustration of trying to get a large dog in and out of the car when he can't do it himself. Steps or a ramp can be purchased online or from most major pet stores. Make sure they're sturdy enough that he feels safe on them.

**Keep the weight down.** Extra pounds not only put a strain on a dog's heart, but put extra stress on the spine and joints as well. If your older dog is overweight, talk with your vet about an appropriate diet and exercise plan. Old dogs need exercise too, just be sure to keep in mind any physical limitations.



Jet

**Be careful about diet changes.** Check with your vet before making major changes to your older dog's diet. An abrupt change in dog food—even to a better dog food—can lead to stomach upset, diarrhea, and vomiting. Make any change very gradually over a few weeks.

### **Dealing with arthritis?**

Be sure to read the article in this newsletter (above) on the causes and prevention of arthritis.

**If you have stairs, consider a gate.** If your dog is used to coming upstairs with you (particularly at bedtime), but is starting to have trouble coming down, work on changing the routine. You might consider eliminating stair climbing for your older Lab if it becomes too risky or uncomfortable.

**Seniors are more sensitive to temperature.** The heat your dog could tolerate as a 2-year-old can seriously stress their system

later in life. Try to schedule outside time for the coolest parts of the day in the summer and avoid the extreme cold in the winter.

**Loss of appetite is not a sign of aging in labs.** If your senior dog is no longer interested in his dinner, consult your vet for possible medical issues.

**Old dogs can learn new tricks!** Remember to keep your dog mentally stimulated – learning a new trick can be fun for you both!



## FUNDRAISER Now Through February 28th!

Check out the Lia Sophia and Pampered Chef fundraiser to benefit the long term care dogs in the Labs4rescue program. The funds will go toward their vet bills, medications and supplies.

Lia Sophia is generously donating **25%** of their sales and Pampered Chef is donating **15%** of all sales.



*Cherokee & Cheyenne*

Purchases may be made online and your product will be shipped to your home. To log on to the Lia Sophia site go to: [www.LiaSophia.com/NinaSargent](http://www.LiaSophia.com/NinaSargent) then click "Our Jewelry" and under hostess type in (First name) Labs4 (Last name) Rescue.

For the Pampered Chef site go to: [www.pamperedchef.biz/kimberd](http://www.pamperedchef.biz/kimberd) then click "Shop Online" and the under hostess type in the word "Labs" under "if you've been invited." Thank you for your support!

**lia sophia**  
SHARE THE LOVE OF JEWELRY®

**The Pampered Chef**

## What's For Dinner? Choosing a Quality Dog Food - Part 1 by Elizabeth Sullivan

"Okay, I have the crate, toys, bowls, collar, and leash," I thought to myself, as I wandered around the local pet supply store. It was five years ago, and I was in the process of getting ready to welcome my first dog home from Labs4rescue. As I turned into the dog food aisle I felt instantly overwhelmed. With so many possibilities, how do you decide what is best for your dog?

I have since learned there are three basic options for feeding your dog:

- Raw diet
- Homemade diet
- Commercial/dry food diet

Part 1 of our "What's for Dinner?" series focuses on choosing a high quality commercial dry food.

Many experts seem to agree that a meat-based, rather than grain-based, food is healthier for your dog. A higher quality food will list a meat, such as lamb or chicken, as the first ingredient. Another good ingredient would be meat meal, such as "lamb meal" or "chicken meal." After meat or meat meal, the next listed items should be healthy ingredients, including healthy fats, fruits, and vegetables. Corn and other grains, otherwise known as "fillers" should be avoided as much as possible. Many

dogs are sensitive to corn products, which can lead to itchy skin, ear infections, and digestive issues. Other important ingredients would be Vitamin E, Vitamin C and omega-3 fatty acids.



Try to avoid ingredients labeled "by-products." By-products are ingredients that are unfit for human consumption and can actually include items such as beaks and feet!

Higher quality dog foods are more expensive, but ultimately it will lead to fewer health problems for your dog. Dog owners who make the switch to a high quality food have seen the following benefits:

- Higher energy
- Beautiful, shiny coat (and less shedding!)
- Healthier teeth and gums
- Firmer stools
- Fewer trips to the vet

The search for the perfect dog food can be a process of trial and error. Remember, "You are what you eat!" Check out <http://www.dogfoodanalysis.com> to read rankings of various commercial foods. Speak

with your local experts, including your vet, groomer, or doggy daycare. If you decide to switch to a higher quality food, remember to make the change gradually over a period of 7 to 10 days, to avoid stomach upset. Your dog will thank you!



*Rubble*



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