

# Friends of the Shelter Newsletter

Volume VX



## Katie's Story

Katie's story began before we even met. I wanted to find a companion for my dog, Daisy. I would check the local shelter web sites, along with Lap Dog Rescue in Tijeras. Finally, I thought I found a match for Daisy in a poodle named Luke. Once I got Luke, however, he and Daisy didn't hit it off so he went back to Marie at Lap Dog Rescue. I felt terrible; Daisy really tried to play with Luke but he wasn't interested. It was heartbreaking to have to give him back. I told Marie that if there was anything I could ever do for them in this part of the state to call me. About a month later I got a call from Marie about a small dog at the Los Alamos Shelter that was having a hard time. She asked if I would foster Katie until we could arrange to meet. I kept Katie at my house for two nights and then handed

her over to the Lap Dog Rescue people. That was a Sunday; that night she escaped from their house in the Tijeras mountains. Everyone was upset and worried about a small dog loose in the mountains of Albuquerque. People put up flyers, called local shelters, and made a call to Valley Vet which had vaccinated Katie against rabies (yes, she had the tag on!). I talked to Marie several times and Sally Wilkins (Friends of the Shelter) quite a few times. I told Sally that if Katie was found that I would foster her as long as it took to get her adopted. The following Monday Valley Vet got a call from someone in Tijeras that had Katie. She had survived on her own for eight days! As it happened, Wendee Brunish was flying into Albuquerque that same day – her plane scheduled to land only five minutes after we got the call that Katie had been found. Wendee brought Katie back to Los Alamos. I picked her up at Wendee's home that evening and took her home with me. I was ready to foster this little girl until she found her permanent home – only she knew where her permanent home would be since the first night at my home a week earlier. I contacted Sally via email and said that I want to keep Katie. She went through a lot to return to my home. She and Daisy have a wonderful time together and are happy little girls. Thanks to everyone to bringing Katie back into our lives!



## **Rodeo Craft Fair a Great Success**

*letter from FOS President, Kathy Gursky*

Friends of the Shelter had a very successful and enjoyable booth was at the Los Alamos festival on Saturday, August 13th. We were very lucky that the weather turned out so well, for starters. We were located on the south side of Ashley Pond with several other animal-related groups, and that helped bring a lot of interested people around to the booth.

I will be sending a letter to the Los Alamos Monitor thanking the many businesses and artists who donated wonderful prizes for our raffle and silent auction, but I would also like to thank them here, and hope you will thank them by supporting these businesses:

### **Artists:**

**Melissa Bartlett  
Sheridan Brown  
Patricia Nix Francisco  
Janice Parker Muir  
Kathi Geoffrion Parker  
Kathy Pfeuffer (from Grand Junction!)  
Marcine Silver  
Robert Villegas**

### **Businesses:**

**Andrews Gallery  
Bob's Bodacious BBQ  
Brownells  
El Parasol  
Fidel's Office Supply  
Las Salsas  
LA Music  
LA Stationers**

**LA Tan & More  
Los Alamos Monitor  
Los Alamos Ski Club  
Metzgers  
Otowi Station  
Pampered Pets  
Papa Murphy Pizza  
Pet Pangaea  
Reel Deal Cinema  
Ruby K's restaurant  
Trinity Beverage Company  
Village Arts**

**I would also like to thank the many volunteers whose efforts made this work so well, both in getting ready and in helping out today:**

**Trish Smith did a heroic job soliciting donations from L.A. businesses, aided by Ellen Borup and Erica Sullivan; and Diann Mills rounded up a number of artists to donate.**

**Many thanks to:**

**Kerry and Serena Benson  
Rick Bolton  
Wendee Brunish  
Barbara Carlos  
Bill Clodius (and his daughters, too, I think!)  
Kathryn Ivanova  
Diann Mills  
Sally Nix  
Leslie and Ellen Sherman  
Judi Shinn  
Katrina and Mary Timmers  
Anna Tugman  
Sally Wilkins  
Jennifer Young**

**for help with setting up and taking down and everything in between. We needed lots of people there to help with handling kitties and puppies, walking dogs, talking to interested people, keeping an eye on the silent auction table, selling raffle tickets**

**and lots of other stuff ... it was a very busy day. And it would never have worked so well without everyone's help -- THANK YOU ALL!!**

**I don't have a final number but I estimate we made at least \$1100 today, which of course all goes to support our spay/neuter and catastrophic care programs. That's a huge success as a fundraiser for us!**

**I have two final big thank yous:**

**LA Dog Obedience Club very generously loaned us a large table and two EZ-Up canopy shelters to use, which made a huge difference in being able to display all our auction items as well as keep them protected.**

**Cyndi Wells and her folks at Pet Pangaea not only donated gift cards and two large gift baskets of goodies for the silent auction, AND sold raffle tickets at the store for a couple of weeks beforehand, but Cyndi also donated a big box of dog bone treats for us to hand out, and they were enjoyed and appreciated by many people and dogs.**

**I hope I haven't left anybody out; if I did, I apologize. I sincerely appreciate the efforts of everyone who helped to make this such a successful event.**

**Kathy Gursky  
President, FOS**





## Are You Allergic to Your Companion Animal?

### ***Breathe easy—you can still keep your pet!***

Although more and more people are discovering the beneficial effects of owning a furry bundle of joy, the fact remains that roughly 15 to 20 percent of the population is allergic to animals. The result? Countless owners in unhappy, unhealthy situations—and their beloved pets are the cause!

*Allergen* is the medical term for the actual substance that causes an allergic reaction. Touching or inhaling allergens leads to reactions in allergic individuals. Symptoms can include red, itchy, watery eyes and nose; sneezing; coughing; scratchy or sore throat; itchy skin, and most serious of all, difficulty breathing.

The most common pet allergens are proteins found in their dander (scales of old skin that are constantly shed by an animal), saliva, urine and sebaceous cells. Any animal can trigger an allergic response, but cats are the most common culprits. People can also become allergic to the urine, dander and saliva of exotic pets such as ferrets, guinea pigs, birds, rabbits and rodents. There is no species or breed to which humans cannot develop allergies. Fur length and type will not affect or prevent allergies. Certain pets can be less irritating than others to those who suffer from allergies, but that is strictly on an individual basis and cannot be predicted.

Once the diagnosis of a pet allergy is made, a physician will often recommend eliminating the companion animal from the surroundings. Heartbreaking? Yes. Absolutely necessary? Not always. Keep in mind that most people are allergic to several things besides pets, such as dust mites, molds and pollens, all of which can be found in the home. Allergic symptoms result from the total cumulative allergen load. That means that if you eliminate some of the other allergens, you may not have to get rid of your pet. (Conversely, should you decide to remove your pet from your home, this may not immediately solve your problems.) You must also be prepared to invest the time and effort needed to decontaminate your home environment, limit future exposure to allergens and find a physician who will work with you. Our three-part program follows:

## Improving the Immediate

### Environment

1. **Create an allergen-free room.** A bedroom is often the best and most practical choice. By preventing your pet from entering this room, you can ensure at least eight hours of freedom from allergens every night. It's a good idea to use hypoallergenic bedding and pillow materials.
2. **Limit fabrics.** Allergens collect in rugs, drapes and upholstery, so do your best to limit or eliminate them from your home. If you choose to keep some fabrics, steam-clean them regularly. Cotton-covered furniture is the smartest choice, and washable blinds or shades make good window treatments.
3. **Vacuum frequently** using a vacuum equipped with a HEPA (high-efficiency particulate arresting) filter or a disposable electrostatic bag. Other kinds of bags will permit allergens to blow back out of the vacuum.
4. **Install an air purifier** fitted with a HEPA filter. Our modern, energy-efficient homes lock in air that is loaded with allergens, so it's smart to let in some fresh air daily.

5. **Use anti-allergen room sprays.** These sprays deactivate allergens, rendering them harmless. Ask your allergist for a product recommendation.
6. **Clean the litter box frequently.** Use low-dust, perfume-free filler. Clumping litter is a good choice.
7. **Dust regularly.** Wiping down the walls will also cut down on allergens.
8. **Invest in washable pet bedding** and cages that can be cleaned often and easily.

## Decontaminating Your Pet

1. **Bathe your pet at least once a week.** Your veterinarian can recommend a shampoo that won't dry out his skin. Bathing works to wash off the allergens that accumulate in an animal's fur.
2. **Wipe your pet with a product formulated to prevent dander** from building up and flaking off into the environment. Ask your veterinarian to suggest one that is safe to use on animals who groom themselves.
3. **Note any symptoms of dermatitis** exhibited by your companion animal. Dermatitis often leads to accelerated skin and fur shedding, which will up your allergen exposure.
4. **Brush or comb your pet frequently.** It's best to do this outdoors, if possible. (The ASPCA does not recommend keeping cats outdoors, so make sure your feline is leashed if you take him outside.)

## Taking Care of Yourself

1. **If possible, have someone other than yourself** do the housecleaning, litter box work and pet washing, wiping and brushing. If you must clean the house or change the litter, be sure to wear a dust mask.
2. **Wash your hands** after handling your companion animal and before touching your face. The areas around your nose and eyes are particularly sensitive to allergens.
3. **Designate a "pet outfit"** from among your most easily washed clothes. Wear it when playing or cuddling with your companion, and you'll leave other clothing uncontaminated.
4. **Find a physician,** preferably an allergy specialist, who will make sure that your pet is the cause of your allergies and will help alleviate your symptoms. Medications and immunotherapy (desensitizing shots) can often allow you and your companion animal to remain together happily ever after.

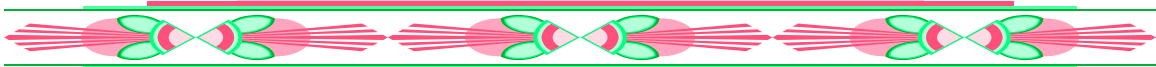


The American Society for the Prevention of Cruelty to Animals

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**To find out more information about animals available for adoption, call the Los Alamos Animal Shelter, 662-8179**

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**Volunteers who can help with cat adoption questions:**



**Mary Timmers 672-9276, Peter Roberts 662-2652**

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**Volunteers who can help with dog adoption questions or for information on volunteering:**

**Wendee Brunish 662-3252**



**Sally Wilkins 662-2773**

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**If you have questions or would like to make a donation:**

**Friends of the Shelter  
162 Chamisa St.  
Los Alamos, NM 87544**

**Or email:**

**sitstaygooddog@earthlink.net**

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**Visit our Web Store !**

**[www.cafeshops.com/fos\\_lanm](http://www.cafeshops.com/fos_lanm)**

**We have t-shirts, baseball caps, dog shirts, hoodies, frisbees, aprons, greeting cards, lunch boxes and many other items. You can get one of our special designs or our unique Friends of the Shelter logo.  
(See samples below)**



Find your new best friend at the [Los Alamos Animal Shelter](#) !!