

The Telegram

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We are launching our FIRST-EVER bulletin...called "The Telegram"! This is being sent out FREE to those Sheltie fanciers who want more up-to-date news about Shelties and their activities.

You are invited to e-mail us timely articles that you think should be shared among other Sheltie folks. We accept Specialty show dates and contact information, along with announcements of upcoming events, warnings and seasonal news.

If you know of someone else who would like to receive these e-mailed notices and articles, please send us his or her e-mail address.

Of course, should you ever wish to stop receiving these free Sheltie updates and articles, simply let us know by sending an e-mail to s.pacesetter@sheltie.com.

Dangers to Dogs Lurk During Holidays



The ASPCA warns of certain holiday accompaniments that are harmful to dogs and cats.

Take notice of Thanksgiving dangers for dogs because Thanksgiving is nearly upon us. While that means family, food and festivities for us humans, it could mean increased risk of injury or illness for our pets.

"Many of our winter holiday traditions can pose a threat to our companion animals," says Tina Wismer, D.V.M., senior director of veterinary outreach and education for the ASPCA.

The most frequent offender—chocolate, which can cause a variety of symptoms, including vomiting, diarrhea, hyperactivity, abnormal heart rate and occasionally seizures, Dr. Wismer says.

"Dark chocolate and baker's chocolate are more damaging to pets, but it's best to err on the side of caution and keep all chocolate out of reach," she says. Pet owners should also be wary of sweeteners, such as xylitol, which cause a sudden drop in blood glucose.

Another food to watch out for is turkey, a favorite treat for both cats and dogs. It contains bones that can splinter and cause blockages in the throat or digestive tract, in addition to causing stomach upset from grease and fat. Wismer also urges pet owners to be extremely careful with any alcoholic drinks.

"Pets who ingest alcohol can become very sick and may fall into a coma, leading to an untimely death," she adds.

Dr. Wismer advises owners to head to the vet immediately if their dog experiences excessive vomiting or if there is any sign of blood in the vomit. She says mild stomach upset—a couple episodes of vomiting—can be treated at home by removing access to food and water for 30 to 60 minutes.

Owners also need to protect pets against seemingly innocuous decorations throughout the holiday season. Ribbons, tinsel, glass ornaments, as well as wires, cords, candles and even Christmas tree water can all pose potential danger to pets.

Last year, the ASPCA Animal Poison Control Center received 8,000 calls about potentially poisonous plants and flowers. "Flowers such as lilies, which are commonly used this time of year, can cause kidney failure in cats," Wismer says. "The more traditional festive plants, such as holly and mistletoe can also be dangerous for cats and dogs alike, causing gastrointestinal upset or, in rare cases with mistletoe, cardiovascular problems. It's best to use non-toxic decorations, such as wood, fabric or even pinecones."

And what about the popular poinsettia? A persistent holiday myth insists that the poinsettia plant is toxic to pets. In reality, poinsettias cause only mild to moderate gastrointestinal irritation. Keeping it out of pets' reach is still a good idea, but there's no need to banish it altogether.

If your dog or cat accidentally ingests a potentially toxic substance this holiday season, contact your local veterinarian or the ASPCA Animal Poison Control Center at 888-426-4435 for immediate assistance. There is a \$65 consultation fee. For more information, visit www.aspc.org or www.facebook.com/aspcateam. □

Upcoming Specialty Shows

Chicagoland SSC—February 4, 2012

Conformation: Beverly Llewellyn

Sweepstakes: Meredith Hector

Obedience: Joy Pool

Rally: Stephen Pool

Chicagoland SSC—February 5, 2012

Conformation: Liz Bianchi

Sweepstakes: Hector Hector

Obedience: Stephen Pool

Rally: Joy Pool

www.ChicagolandSSC.org



Holiday Shopping



As the holidays approach, the giant Asian factories are kicking into high gear to provide Americans with monstrous piles of cheaply produced goods—merchandise that has been produced at the expense of American labor. This year will be different. This year Americans will give the gift of genuine concern for other Americans. There is no longer an excuse that, at gift-giving time, nothing can be found that is produced by American hands. Yes, there are plenty of ideas for American-made gifts!

It's time to think outside the box, people. Who says a gift needs to fit in a shirt box, wrapped in Chinese-produced wrapping paper?

Everyone—yes, EVERYONE—gets his or her hair cut. How about gift certificates from your local American hair salon or barber?

A gym membership? It's appropriate for all ages who are thinking about some health improvement.

Who wouldn't appreciate getting his car detailed? Small, American-owned detail shops and car washes would love to sell you a gift certificate or a book of gift certificates.

Are you one of those extravagant givers who think nothing of plunking down the "Benjamins" on a Chinese-made flat-screen? How about an American-made flat-screen instead?

Perhaps that grateful gift receiver would like his driveway sealed or his lawn-mowed for the summer or his driveway plowed all winter. Maybe he'd like games at the local golf course.

There are a gazillion owner-run restaurants—all offering gift certificates. And, if your intended isn't the fancy-eatery sort, what about a half dozen breakfasts at the local breakfast joint. Remember, folks, this isn't about big National chains—this is about supporting your hometown Americans with

their financial lives on the line to keep their doors open.

How many people couldn't use an oil change for their car, truck or motorcycle—all done at a shop run by the American working guy?

Thinking about a heartfelt gift for Mom? Mom would LOVE the services of a local cleaning lady for a day.

My computer could use a tune-up and I KNOW I can find some young guy who is struggling to get his repair business up and running.

Okay, you were looking for something more personal. Local crafts people spin their own wool and knit them into scarves. They make jewelry and pottery and beautiful wooden boxes.

Plan your holiday outings at local, owner-operated restaurants and leave your server a nice tip. And, how about going out to see a play or ballet at your hometown theatre?

Musicians need love too, so find a venue showcasing local bands.

Honestly, people, do you REALLY need to buy another ten thousand Chinese lights for the house? When you buy a five dollar string of light, about fifty cents stays in the community. If you have those kinds of bucks to burn, leave the mailman, trash guy or baby-sitter a nice BIG tip.

You see, Christmas, Hanukkah and other gift-giving holidays are no longer about draining American pockets so that China can build another glittering city. They're now about caring about US, encouraging American small businesses to keep plugging away to follow their dreams. And, when we care about other Americans, we care about our communities, and the benefits come back to us in ways we couldn't imagine.

THIS is the *new* American tradition.

UPCOMING TRIBUTES & FEATURES....

SPRING ISSUE —

Ads due January 5

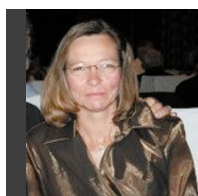


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(Crinan)

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Carol G. Howell (Jade Mist)



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The Mayo Clinic On Aspirin

Dr. Virend Somers, a Cardiologist from the Mayo Clinic, is lead author of the report in the July 29, 2008 issue of the *Journal of the American College of Cardiology*.

Most heart attacks occur in the day, generally between 6 a.m. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest (for years—and when it gets old, it smells like vinegar).

Bayer is making crystal aspirin to dissolve instantly on the tongue. These crystals work much faster than the tablets.

Why keep aspirin by your bedside? It's about heart attacks. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

Note that there may be NO pain in the chest during a heart attack. Among other symptoms of a heart attack are pain in the left arm, intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also

occur less frequently.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards:

- Call 911.
- Phone a neighbor or a family member who lives very close by.
- Say "heart attack!"
- Say that you have taken two aspirins.
- Take a seat on a chair or sofa near the front door, and wait for their arrival and...DO NOT LIE DOWN!

A cardiologist has stated that if each person shares this information with 10 people, probably one life could be saved! ☐