



PAW TALES



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Dear HPAN Supporter,



Now in existence for over 5 years, Helping Paws Animal Network (HPAN) continues to strive to expand financial assistance to fulfill our mission of helping local verified rescue groups with funds for food, shelter, vet services, boarding, and other critical needs for animals that are hungry, hurting, or homeless. In order to effectively meet our mission and serve Anderson and surrounding counties, we rely on the generosity of individuals and businesses for financial support.

This year alone, we were able to help 28 rescue groups, and many dogs, cats, horses, and even a silver fox. Many of those animals were placed in loving homes where they are wanted, loved, and will live out their lives returning that love to their forever families. You can see their stories on our blog: www.helpingpaws37830.wordpress.com.

Would you consider making a cash donation? Every contribution makes a difference, regardless of size. Your tax-deductible gift helps us help animals in need. Checks should be made payable to HPAN and sent to our address noted below. Or make a donation online at www.helpingpawsanimalnetwork.org, or via PayPal to info@helpingpawsanimalnetwork.org.

We could not do our work without all of you. Everything you are doing is important, makes a difference, and is so appreciated.

Thank you in advance for your support and have a happy holiday season.

Sincerely,

HPAN

Board Officers:
Janet Kile, President
Amparo Atencio, Secretary
Amy Starkey, Treasurer and Co-founder

Board Members:
Betsy Ellis
Karin Jessen, Co-founder
Eboney Johnson
Susan Wells

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**Helping Hungry, Hurting
and Homeless Animals**



969 Oak Ridge Turnpike, #304, Oak Ridge, TN 37830

HPAN is a 501(c)(3) federally exempt charitable organization. Your donations are tax deductible! Our federal tax ID (EIN) is 46-0702089

HPAN Sponsored Rescue Feature:

RescuesForJoJo (RFJ)

By Karen Pyle, Co-Founder

In May 1999 I adopted my first rescue dog from the shelter. Young Williams Animal Center was holding an adoption event at our local Pet Smart that day. I wasn't even really looking for a dog, but he and I found one another that Saturday. His name was already Joe; he was a 9 month old beagle mix, and we fell in love right there on the spot. He was my very best friend, my first true love, and the only constant in my life during my early 20's. Through the years, he continued to be there for me no matter what. No one was ever happier to see me than he, and no one could ever bring a smile to my face like he could. In October 2015, after many wonderful years together, I lost Joe to a sudden onset of Congestive Heart Failure. I was ready to fight the fight for him, but he told me he was done, and I always promised that I'd listen.

In June 2014 I decided I was ready to adopt another dog. I had fallen in love with the beagle breed and so set out on a quest to find a beagle to rescue. Petey was located in Memphis, TN and had been rescued from Memphis Animal Services. He was heartworm positive and emaciated. At some point, he had suffered a significant head injury. One side of his skull was depressed and he had a big scar on top of his head. His rescuer had treated his heartworms and he was ready for adoption. We drove to Nashville to meet him. He and Joe got along great, so we brought him home that same day. Adopting Pete opened my eyes to the huge problem of overcrowding in shelters and the alarming rate at which some shelters euthanize pets. In 2010, Memphis Animal Services took in 15,401 pets. That same year, they euthanized 11,662 (www.memphistn.gov). The problem had become painfully obvious to me and I knew there had to be something I could do to help. So, I did what I always do in a time of crisis, I called my sister. We talked about it, cried about it, and RescuesForJoJo (RFJ) was born.

RFJ was officially founded in July 2015. We are a 501c3 non-profit located in Fountain City, Tennessee, but we rely on fosters all over the Tennessee region. Our mission from the beginning has been very simple; we strive to save the undesirables. We see dogs in shelters that no one else wants, we rescue them, rehabilitate them, and find them loving forever homes.

We look beyond outward appearances to the beauty that lies underneath. We have been fortunate enough over the past year and a half to rescue some of the most wonderful pets that would have, otherwise, perished alone in a cold shelter, all through no fault of their own.

Our rescue focuses primarily on medical cases; heartworm positive dogs, mange cases, extreme abuse, and pregnant dogs or moms with new litters. We've also taken in several dogs that were at risk for euthanasia for behavioral issues, trained them, and now they thrive with their forever families. All it took was a little patience and effort to shape them into wonderful pets. Our rescue works closely with Off Leash K9 Training, and together we have successfully rehabilitated several dogs with "aggressive" behaviors and helped them be able to lead extremely fulfilling lives with their owners.

Since we began, Becky and I, along with the help of some amazing people, have been able to rescue hundreds of dogs. Some of these pups, like Huckleberry Finn, may not have lived much longer without medical care. Others, like Lucy and Stella Rose, were already tied up in the euthanasia room. We were able to save them literally minutes before death and they have repayed us a million times over by becoming phenomenal additions to loving families who can't now imagine life without them. We believe in our hearts that this is our mission. This is what we were put on this earth to do. To be a voice for the voiceless and to fight for those who cannot fight their battles alone. It is a daily struggle, but we will never quit. These wonderful animals give so much of themselves to us. And so it is our duty to be their voice. It is Joe's legacy.

Future plans for RFJ include purchasing property and constructing a free-standing shelter. Our hope is to be able to have an even larger outreach to rural and high-kill shelters across the state.

Be an Extraordinary Pet Owner

By Karin Jessen

Before adding that cute puppy or kitten or any other animal to your household, there are things you should consider. For example:

- Does anyone in the family have any pet allergies?
- Does anyone in the family have any fears of the pet you are considering?
- Do you have the appropriate amount of space for your pet?
- Can you financially afford the new pet?
- Do you have the time and the energy to properly care for a new pet?
- Is your house/property pet friendly?
- If you live in an apartment, are you allowed to have any pets? If so, there may be a size limit and/or a type of pet you can have.
- Have you done your research on the needs of whatever pet you are considering? For example, if you live in an apartment, and you want a Great Pyrenees, you might want to reconsider this dog choice, as this type of dog needs more room than an apartment.
- If you are considering a puppy, and you have small children, this might not be a good choice. Puppies don't understand they can hurt children unintentionally.



Pets are extraordinary and can provide their humans with so many benefits, if you let them.

You are the center of their world and they will look to you for all of their needs. Can you live up to their expectations? What does it take to be an extraordinary pet owner?

Veterinary Care

Veterinary care is expensive, and the expense can be a shock, even for a seasoned pet owner. Pets should be seen annually by a licensed veterinarian for checkups, shots, and heartworm tests (dogs). There are monthly doses of heartworm medications and flea preventative to keep your pet healthy. If a health problem is discovered during an exam and caught early, the treatment may be less expensive and actually save the life of your pet. As your pet ages into senior status, veterinary visits should be more frequent.

Your veterinarian will probably advise to have your pet spayed/neutered. Not only does this control the pet population, it may also lower the risk of cancer.

Have you considered what type of food you will feed your pet? There are so many choices of pet food that this can be a very difficult choice. Does your pet need special food? Your pet might be allergic to certain meats or grains and may need a special diet. Just like humans, pets can have allergies, not only to foods, but to molds, grasses, fleas, medications, etc. Your pet may be a "chow hound" and eat as much as allowed. This can cause weight gain and other health problems. Monitor your pets' weight and make sure they stay at a healthy weight.

Medicines should be prescribed by your veterinarian. Don't give your pet human medicines, unless prescribed by the vet. Brushing pets teeth may need to be done with some frequency (no human toothpaste), but your veterinarian may recommend an annual dental cleaning for your pet.

Get to know your veterinarian and learn what to do in the event of an emergency during times when the vet office is closed. Have emergency numbers handy. There are pet emergency rooms, which are very costly; however, some vets will meet you at their office if there is an emergency.

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Safety

Your dog and cat should wear a collar from day one and have your name and phone number, either on a tag on the collar or embroidered into the collar. It is also a good idea to have your pet microchipped.

Pets are curious creatures and can easily get into trouble. Some pet toys are extremely dangerous, especially if the pet likes to pull toys apart. Some toys have squeakers, fluffy stuffing and eyes on the toy that have sharp pins to hold the eyes in place. Swallowing any part of pet toy can result in a sick, unhappy and potentially expensive pet if surgery is needed to remove such items!

If your pet is an outside pet, make sure plenty of water is available, as well as shelter and dry bedding. Pets should be contained within a fence with no escape route. This keeps the pet within a safe area and keeps other animals out.

Pets should never be tied up without supervision, especially for long periods of time. It is easy to get tangled up, which might prevent the pet from reaching food or water. When walking your pet, consider using a harness or gentle leader, especially if your pet pulls on the leash. This will help prevent neck problems for your pet and will help you control your pet. When walking during times of low visibility, consider reflective gear for both you and your pet. Restrain your pet while traveling. This allows the driver to concentrate on driving and protects you and your pet in the event of an accident. Unrestrained pets can escape from cars and can be at risk of getting hit by another vehicle or worse, running off, never to be found again.

Training

Training is highly recommended for you and your pet. It allows a strong bond to develop; it develops good behavior and helps with socialization. Pet training methods have changed over the years and more positive methods of training have been developed and are successful.

Exercise

We all need exercise...and to laugh more. Pets love to play and will make you laugh. What better way to burn off calories and have fun? Dog parks are popping up all over the place. What a great place to let your dog run and have fun with other dogs...and what a great place to meet with like-minded (animal) people!

A word of caution: if you run with your dog, please, please do so when the temperature is comfortable. Don't take your dog running in the middle of the day in the middle of the summer. Always carry water for you and your dog.

Grooming

Pets should be groomed on a regular basis. It is a personal choice to groom your pet yourself or have someone else do it. Even if someone else grooms your pet, consider brushing your pet daily, even for only a minute or two to massage the coat and get out any extra hair. Your living space may stay just a little bit more fur free! Grooming also includes nail trims. This is tricky and is generally best done by your veterinarian.

Summary

Each pet has its own unique personality, just like people. It is important to find the right pet for you and your lifestyle. Provide a healthy, safe, and enriched environment for your pet and in return, your pet will provide you with unconditional love, companionship and laughter.

What to Feed Your Dog or Cat

By Betsy Ellis



You are standing at the beginning of the pet food aisle looking at all the bags and cans of food lining both sides of the aisle. How do you decide what to buy? Is one brand better than another? Is dry better than canned? Is price a good indication of the quality of the food. You can tell a lot about the quality of the food and what food is best for your pet by understanding what is written on the package. Look for a food that is labelled as “balanced” and “complete”. This label means that the product meets the standards for nutritional adequacy set by the Association of American Feed Control Officials (AAFCO). The product should also be appropriate for the life stage of your pet, such as growth stages for young pets, maintenance, or senior stage. A general guideline for the amount to feed your pet based on weight should also be printed on the package.

The next thing to consider is how the food is named because this indicates the amount of “good” ingredients it has. The ingredient list is printed in the order of most to least amount of ingredients in the food by weight. There are four ways the food can be named which indicate the amount of meat ingredients in the food. Let’s use beef as an example.

- Beef Dog food: If the food begins with the meat ingredient in the name, then the product must be at least 95 percent of that meat.
- Beef Dog Food Dinner: A product that has the words “dinner,” “entree,” “platter,” or “formula” has to be at least 25 percent of the product. If there is a combination of meats, such as a “Chicken and Fish Entree,” the product must have a combined 25 percent of both meats, but more chicken than fish, since chicken is named first. The amount of the meat in these cases would be indicated by their place on the ingredients list.
- Dog Food with Beef: The word “with” on the package only requires that 3% of the product has to be meat.
- Beef Flavored Dog Food: adding the “flavor” to the name means only a detectable amount of meat needs to be present in the product. The food is very low in beef, but tastes and smells like beef because of the addition of meat broths.

By-products and fillers may be included in the list of ingredients. By-products are high in nutritional value and include parts of the animal that is not normally intended for human consumption, such as lungs, spleen, kidneys, brain, livers, blood, bone, stomachs, and intestines of meat animals, and the necks, feet, undeveloped eggs, and intestines from poultry. By-products do not include hair, horns, teeth, or hoofs.

However, fillers are used to replace higher quality ingredients. They may also be biologically inappropriate for your pet and may lead to health and weight problems. For example, cats should not be eating foods with corn in the ingredients and, in fact, should have as little filler as possible in their foods, since cats are meat- and not vegetable-eaters.

On the other hand, dogs are omnivores meat and vegetable eaters. Fillers are a necessary ingredient in their foods, since the total nutritional food value must include a combination of fats, proteins, carbohydrates, minerals, and vitamins. Fillers can be nutritious when done right, but done wrong, fillers can lead to obesity and high blood sugar. This goes back to reading the ingredients list. Know the good fillers from the bad fillers. Healthy amounts of corn and rice can be good for your dog; corn syrup, and MSG (monosodium glutamate) are never good. Look for foods that have the fillers low on the list so that you know your dog is not getting an unhealthy amount of fillers.

One other thing to look for on the ingredients list is “Splitting.” This is a term used for when the same ingredient is listed in several ways within the first five ingredients so you think you’re getting more (or less) of that ingredient than you really are. For example, a cat food may have fish broth as the first ingredient, corn gluten meal as the second, fish as the third, and animal fat preserved with ground yellow corn as the fourth. It looks as if fish is a big part of the food, but this is a corn-based product.

So as you wander down that pet food aisle in the grocery store, consider more than the pretty packaging and the price of the food. Pay attention to what is written on the package to determine the best quality food you can afford to feed you dog or cat.

Source of material for this article adapted from www.petmd.com



HPAN's newest board member:

Eboney Johnson!

I remember always loving animals. Fortunately for me, my mother is an animal lover too, and she had a hard time telling me no! I had cats, dogs, fish, birds, rats, reptiles, amphibians, ants... we called it a zoo. I would try to make friends with any animal, and strays somehow knew where to find food.

I studied psychology and animal behavior at the University of Tennessee, Knoxville. While I was there, I got the privilege of aiding with research of hamadryas baboons. I also studied the play behavior of white-handed gibbons. It was such a memorable time and a special experience getting to know the primates and their personalities. Learning about animals and supporting species survival to ensure animals are not lost to extinction have always been very important to me.

As an adult, I went to an animal shelter for the first time. I was shocked at all the perfectly good animals in need of homes! I don't know what I was expecting, but it was heartbreaking. I realized it's not only wild animals that are in need of help, but also adoptable animals in shelters. My Puggle (Beagle and Pug mix) is a rescue from the Union County Humane Society. Her name is Bindi Sue, and she is an excellent dog! She was the last of her litter to be adopted, and she seemed so appreciative when I brought her home. I couldn't have gotten a better dog. I realize I can't help all the animals, but we can make a big difference in the lives of so many by supporting organizations like HPAN!



Baby Goat

Submitted By Tom Amidon

Never judge a book by its cover... or a "pet" by its name...

Baby Goat is a 2,000+ pound bull. So perhaps I should begin by explaining the name. My brother-in-law names his bull using the name of the farmer where he got it. In this case the farmer's last name was Goat. Makes sense, right? Goat was placed in the field with all the cows to go to "work", and sired a male calf. It was his first male calf so we called him "Baby Goat." Normally we don't name the calves but this one was special. Baby Goat was unable to walk normally, because the tendons in his front hooves would not allow him to flex his "wrist," (just above the hoof). So he would walk on his "wrists."

We carried Baby Goat to the barn and began a daily ritual of bottle feedings and working with his front legs to stretch the tendons. For about two months we handled and talked to him many times a day. He adapted to us being around and was eventually able to walk normally. Baby Goat wasn't a "baby" anymore but he didn't know that...

Fast forward two years... and it's time for Baby Goat to go to "work." So now he is in the field with the cows and whenever he sees us, he comes running! Imagine a 2,000+ pound bull running at you! Very intimidating at first until we realized he just wanted attention, usually his head or ears scratched. And he didn't let you ignore him... if you didn't scratch his head, he would scratch it on you! And he still doesn't know he weighs 2,000+ pounds... But he is our pet bull and we love him!

Thank You Corner

"HPAN has been a blessing so many times when the needs were great. We truly appreciate HPAN and the unique work you do to help so many! Thank you so much!"

~ Hope, Roane County Paws

"Thank you to the moon and back for all the wonderful things you do! We appreciate HPAN so much! We are so grateful."

~ Cindy, Animal Wellness Foundation

"Thank you so much for your help to both our rescue and all the dogs!"

~ Mary Lynn, K9 Lifeline Rescue

"Thank you so much for your amazing help. HPAN is such a blessing to us. We can't save these lives without you."

~Heather, Humane Society of Roane County

"Thank you for all you have done for shelter animals!"

~ Carmen, GoNorth Animal Transport

"We appreciate all that you do and we thank you from the bottom of our hearts."

~ Vanessa, Smoky Mountain Animal Rescue of Tennessee

"We are so grateful for HPAN!"

~ Carla, Fighting for the Bullies Pit Bull Rescue

"Thank you all so much for the generosity! You guys are all amazing!"

~ Becky, Rescues for JoJo

"Wahooooo!!!! Thank you so much!! We appreciate all that you have done for us!"

~ Wendy, East TN Pit Bull Rescue

"Thank you so much for your continued support."

~ Jennifer, Little Ponderosa Zoo & Rescue

"Thank y'all, as always!"

~ Kim, Southern ROOTS Rescue

"THANK YOU! We truly appreciate you and the generosity of HPAN."

~ Amy, Humane Society of Roane County

"THANKS!"

~ Cyn, At Risk Intervention

HPAN by the Numbers

By Amy Starkey

Since HPAN's inception in the summer of 2010, when a handful of passionate animal lovers came together with a desire to pool our resources and make a difference, we have grown in many ways. Our Board of Directors is now at 7. Our exclusive network is at an all-time high of 87 people. Of the 87, 37 participate in payroll deduction, enabling the receipt of \$393.50 every two weeks. When our payroll deduction program began, we started with 9 donors for a total of \$35 every two weeks. Because the needs in the rescue community are so great, we must fundraise. We have increased our number of fundraisers from 3-4 per year to around 12. In 2012, knowing we couldn't solicit funds or fundraise without paying taxes, we quickly submitted an application to become a tax-exempt, non-profit organization under IRS Section 501(c)(3), which was approved and enables taxdeductible donations. Our annual income has increased to nearly \$35K, with every dollar used on our mission to assist local rescue animals who are hurting, hungry or homeless. Since inception we have helped over 25 rescues and hundreds of dogs, cats, a few exotics, and even a couple cloven beasts. All of these success stories can be seen on our blog: www.helpingpaws37830.wordpress.com. One thing is for sure...we cannot succeed without support, so we will work tirelessly to sustain and grow, and ultimately achieve our vision, which is to END ANIMAL SUFFERING ONE RESCUE AT A TIME. HPAN is grateful to everyone who believes in this vision and stands with us. It truly takes a village.