

PAW TALES



Volume 9 | Issue 2



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**Helping Hungry, Hurting
and Homeless Animals**



2019 – Looking Back

By: Amy Starkey, HPAN Co-founder & Treasurer

Just wow! Those are the words that come to mind when I think of what we've been able to accomplish this year. In CY 2019, our gross receipts, to date, have been nearly \$42,000, and we have paid nearly \$47,000 in sponsorships on behalf of local rescue animals, mostly for vet bills. An astounding 321 broken and homeless animals became whole and loved because we were able to give. It is only through the generosity of donors and supporters that we are able to provide this type of assistance.

Because of some sizable year-end donations, we were positioned to offer a total of \$10,000 in capital grants at the start of 2019 to four deserving rescue organizations:

1. Senior Dog Lodge & Animal Rescue received \$3,500 to install a wash station inside their building for incoming puppies and to purchase small animal kennels.
2. A Chance for Champ received \$3,025 to build a set of indoor kennels for intakes.
3. Peaceful Kingdom received \$2,475 to install metal sheeting inside their transport van to improve sanitation for their long road trips hauling animals to northern destinations.
4. Hooves & Feathers Farm Animal Humane Society received \$1,000 to finish their arena fencing for rescued horses and livestock.

At this point, unless we receive a large amount of year-end donations, we are unfortunately not in a position to offer a capital grant opportunity in 2020, but we are ensuring our ability to assist rescue animals with immediate needs.

If you share our passion, would you consider making a year-end tax-deductible contribution? Gifts can be made via our website, <http://helpingpawsanimalnetwork.org/donate/>, or mailed to us (checks payable to HPAN) at 969 Oak Ridge Turnpike, #304; Oak Ridge, TN 37830.

If you are an ORAU employee, the BEST way to donate is to enroll in Oracle payroll deduction. We currently have 42 ORAU contributors, totaling \$964 per month. This means we can fully sponsor three animals every month! The HPAN Payroll Deduction form is on Shortcuts under Forms.

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How to Pick the Right Dog

Beyond just the breed, this is about the individual

By: Wes Siler Source: <https://www.outsideonline.com/>

I picked out my last two dogs on the Internet, with not much more than a photo and a brief description to go off of. And I got it right both times. At the request of friends and family wondering how to do the same, here's my complete method.

Which Breed Is Right for You?

Are you a golden retriever person? Maybe you like Weimaraners. Having a preference for a certain kind of dog is totally normal and likely based on a lifetime of indoctrination that I'm not going to be able to overcome in this article. But you have to understand that the supposed merits of "pure bred" dogs are largely a case of marketing, and marketing is designed to manipulate you.

Thanks to all the brand's ad buys, you might really identify with the rugged, all-weather ability—combined with the plucky anti-establishment vibe—of a Subaru. But I'd argue that it'd be an even better car if Honda made its motor and Audi supplied the interior. Now imagine if someone was prepared to give you such an improved car not for more money but for free...

Well, that's exactly what you'd get if you adopted a mixed-breed dog. You can still choose a look and some

alleged personality traits of a breed that speaks to you, then you can reduce its health problems, ensure that it's sane, and make it totally unique by adopting a mix with your breed of choice in it.

That's what we did with Bowie. Virginia's always wanted a Siberian husky, but I prefer dogs that are a little larger than those scrawny little rascals and that are easier to train. So when a husky-German shepherd puppy in need of a good home popped up on Instagram, I tracked him down, we video chatted with his family, then decided to bring him home. A year and a half later, he's proved to be the most easily trainable and intelligent dog I've ever had, by far the most athletic, has never had even an inkling of a health concern (not even fleas), and everyone who meets him seems to agree that he's the most handsome pup they've seen. If I sound like a proud dad, well, it's because I am. That's a way better package than any pure bred husky would have given us.



How Old Do You Want Your Dog to Be?

Adopting an eight-week-old puppy gives you the most control over the dog's development possible, but it's also an all-consuming commitment. You will be cleaning pee and poop, you will not be sleeping, and you will lose furniture, clothing, and other possessions to the process.

Adopting a juvenile dog (say one to three years old), still gets you in at a time when their personalities are pliable, and gets you past all that puppy hassle. But they will come with some personality traits gained from whatever they were doing before you came along.

Adopting an adult dog nets you less frenetic energy and the ability to see their mature personality and physical form before you commit. But that personality will now be largely set and training may take more time than it would with a younger animal. An adult dog is also more likely to come with some behavior issues, but you will at least likely be able to identify those issues ahead of time.

Adopting a senior dog is a noble thing to do and it means you'll get a dog that's going to be calm and grateful for its new home and family. But you are potentially taking on health problems, your dog's ability to keep up outdoors may be limited, and your time with it may be short.

Teddy was about five months old when we adopted her two months ago. That's proven to be sort of an awkward

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Presenting the 2020 HPAN Board

By: Amparo Atencio

Annual elections result in fresh faces and ideas as part of the regular rotation of the HPAN Board. We are thankful for the 2019 service of outgoing HPAN President, Eboney Johnson, and long-term board member, Betsy Ellis, who has served on the board since 2012!

We are excited to announce the 2020 Board and officers as we look forward to another year of service to the animal rescue community!

- President: Wendy Hill
- Treasurer: Amy Starkey
- Secretary: Amparo Atencio



Left to right: Hill, Starkey, Atencio

Chris Kelley and Susan Wells continue to serve on the Board, and two new members joined after the nomination period closed:

- Jennifer Burnette
- Michael Sharpe



The Sharpes, with Duke

Jennifer and her husband have always had a strong love and passion for animals. They both feel strongly about treating animals with care and respect, whether they are a part of your family, part of your livelihood, or both! Jennifer worked at ORAU from 2013-2015, and returned in May 2019, excited to be part of the HPAN community. She enjoys outdoor adventures, including camping and hiking.

Michael is the SharePoint Administrator for ORAU's Scientific Assessment and Workforce Development Technology Services team. He is currently enrolled at Tusculum University, where he is earning his Bachelor's Degree in Business Administration. He and his wife are the guardian of three rescues: two cats, Harper and Baron, and a dog named Duke.



Jennifer with Auggie
(who is also featured in the HPAN 2020 calendar)

age, as she's still going through the last throes of potty training, while also coming to us with the experience of running feral and likely being physically abused at some point. That means she shows signs of fear and uncertainty easily, and is hyper-competitive with our other dogs for resources. We're applying plenty of patience, consistency, and nurture, but looking at her objectively, we still got kind of the worst of both worlds—a puppy level of commitment, with the personality foibles of a juvenile rescue. We're okay with that, but she'd be a difficult dog in the wrong hands.



What Size Dog Do You Want?

You're reading this in *Outside*, so I'm going to assume you like doing stuff outdoors. It also likely means that you live in a city. That can create problems for potential dog owners, who may be subject to size restrictions, but need a dog large enough to join them outdoors safely. If you live in or visit places with coyotes, that's something you need to consider carefully. A coyote will have no trouble carrying off a dog weighing up to 30 pounds, and you probably want your dog to be at least 45 pounds or so if you want peace of mind on off-leash hikes and camping trips or just while your dog plays in the yard.

Because larger dogs are generally calmer dogs, they can actually make better companions if you live in an apartment or small home. Just make sure you're aware of any potential size restrictions before getting your heart set on a new buddy.

Beyond the need to worry about coyotes and the

tendency of larger dogs to be calmer, I struggle to see a practical consideration in choosing the size of a dog. Dogs can get in and out of cars themselves, so there's really never much need to lift them up or carry them around. I guess larger dogs do eat more, but since you'll be feeding him an affordable, healthy raw food diet anyways, that cost isn't a huge concern. But you probably do have a personal size preference, so just go with that.

How Do You Tell If a Dog Is Healthy and Good Tempered?

This can be a difficult one, especially if you're adopting a dog like Teddy, who had a difficult life before winding up at a rescue center. She was scrawny, dirty, and what little she had been eating obviously hadn't been all that good for her. Her fur was matted, lacked shine, and stunk to high heaven.

But the good news was that she was a mutt and she hadn't come from a puppy mill. Those two factors together generally result in a healthy animal.

Still, it was crucial that I made sure she was healthy both physically and mentally before deciding to bring her home. My first resource was the rescue organization itself. People who run those tend to be pretty experienced with dogs, and are invested in making sure their animals go to the right homes. So, I called up the woman who runs this one on the phone, and had a sincere and honest conversation with her about our needs and wants, and the dogs in her care.

That conversation resulted in two siblings of interest. Driving up there, I actually thought we'd end up adopting Teddy's sister, but on initial interactions with them, it was Teddy who appeared to be more interested in and appreciative of our attention. I felt her over to see if anything felt out of place or if she reacted to any sore spots. I made sure her teeth, gums, eyes, and paws all looked healthy. I looked inside her ears for signs of infection or sensitivity. Then I looked in her eyes and saw a soul. Just to make sure, I got our dogs out of the car and let them all interact off-leash to make sure they got along. They did, and that was it: she was our dog.

Determining a dog's physical health can be hard if you're not an experienced dog owner. If you're not, I'd encourage you to take one with you to the pound or rescue center for advice. But determining a dog's personality is a lot easier. Dogs evolved specifically to be our companions, so their expressions and body

language are designed to communicate with us and we're adapted to understand them. Trust your gut, basically.

Make sure you take all members of the family, canine or human, who will be living with the dog, and observe how they all interact. Approach the dog calmly, and so long as it doesn't appear fearful or aggressive, pet, handle, and cuddle it. You want a dog that enjoys all that. Put it on a leash, and walk it around the block, observing how it interacts with you and the world. In a fenced location, watch it interact with other dogs. Call it over and feed it a treat. Is it as interested in you as it is in other stuff? Through all that, just ask yourself if it looks like the dog you want.

As a note: Please don't adopt a dog that shows signs of fear or aggression (the PC way to say this is "reactive") unless you have significant experience with such animals and live somewhere that the animal won't have to interact with strange people and other dogs every day. A lot of people bite off more than they can chew trying to rescue an otherwise sweet dog with aggression issues and that ends up not only ruining their life, but burdening other dog owners. That crazy person at the dog park screaming at you because your good dog committed the grievous sin of sniffing their dog's butt? That's someone who shouldn't have adopted an aggressive dog.

Nurture Is More Important Than Nature

Ethically speaking, there is no moral argument for purchasing a pure breed. According to the Humane Society, 3.9 million dogs enter shelters each year in America, of which 1.2 million are euthanized. Every single one of those could have been a good member of someone's family.

Our oldest mutt, Wiley, is as good at fighting bears as a Karelian bear dog. Bowie will make a great therapy dog at my fiancé's mental health clinic as his puppy energy continues abating. We've had Teddy for two months, and she's already the sweetest, calmest dog I've ever had. None of that is reliant on anything inherent in their breeding (or lack thereof); it's a combination of their unique personalities and the way in which we've shaped those during the time that we've owned them.

You should set yourself up for success by following the advice I laid out above or that of any vet or qualified dog trainer. But you also have to realize that your dog will only ever be what you make it. The right dog for you is the one shaped over time through a deliberate program of socialization and training. There is no shortcut; a good dog is not something you buy, it is something you create.

Year in Review

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There are even "free" ways to help where you lose nothing. Shop AmazonSmile, instead of just Amazon, and choose Helping Paws Animal Network (Harriman, TN) as your charity of choice. Also link you Kroger Plus Card to us on Kroger's website via their Community Rewards page. In 2019, we received \$294 from Amazon and \$1,342 from Kroger.

Lastly, please remember HPAN when your birthday is getting close and Facebook prompts you to launch a birthday fundraiser. I raised \$1,500 for HPAN for my 2019 birthday! "Giving Tuesday" is another Facebook opportunity to encourage donations. This comes every year between Thanksgiving and Christmas. HPAN received just over \$500 this year because of two supporters who launched "Giving Tuesday" fundraisers for us.

We are excited for what 2020 will bring. We are kicking off the year with a celebration on January 21, to thank our supporters for helping us to achieve a milestone of \$250,000 in support! We also have some fresh new fundraisers on the horizon, so stay tuned to our monthly updates and our SM pages for event details! Our vision of "ending animal suffering one rescue at a time" is happening. Together, let's keep up this great work!

Sincerely,
Amy Starkey

The 10 Best Apartment Dogs Might Surprise You

By: Kelly Pulley Source: - <https://www.dogster.com>

Our picks for best apartment dogs may surprise you. For example, large dog breeds like Great Danes make our list of best dogs for apartments!

Today, let's talk about the best apartment dogs. First off, many dog owners will tell you that dogs and apartment living don't go together. But you don't need a huge yard in suburbia for your dog to be happy. If you live in an apartment and you want a dog, there's a wide variety of breeds that make good apartment dogs. If you haven't already acquired a dog, check out our list of breeds (or mix of breeds; we LOVE mutts) below that make the best apartment dogs.

First, Size Doesn't Always Matter When it Comes to Choosing the Best Apartment Dogs

Just because a dog is small doesn't mean he'll make the cut for good apartment dogs. Some small-breed dogs are far too vocal to meet the requirements of the best apartment dogs. Others are too antsy and have too much energy to be cooped up, even if their smaller size makes the space seem bigger. For example, though he is among the smallest dog breeds, the Chihuahua doesn't make our list of top apartment dogs because of the breed's tendency to bark, as well as his energetic, nervous demeanor. However, many Terriers, though they are high energy, tend to make the best apartment dogs as long as they get enough exercise.

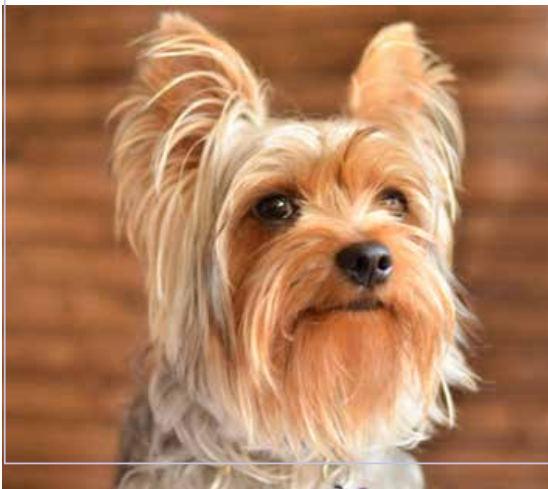
Some large breeds also make excellent dogs for apartments. For example, the Greyhound is often thought to need room to run because he was bred



*Greyhounds are, surprisingly to some, among the best apartment dogs.
Photography by krushelss / Shutterstock*

to do just that. But many rescued Greyhounds are retired racers and are much more inclined to lie around with that sexy, languid look than to chase bunnies on sticks. And, again, as long as exercise requirements are met, many large dogs can live comfortably in an apartment or a small house.

10 Best Apartment Dogs (Small to Large)



*Yorkshire Terriers make our list of best dogs for apartments.
Photography by Yazmin Mellado / Shutterstock.*

1. Yorkshire Terrier:

At around 7 pounds, this extra-small wonder makes the list of best apartment dogs not only because he takes up little space but also because he is not a barker. He is also friendly with people and other pets and very adaptable to new experiences.

2. Maltese:

The slightly larger Maltese (around 9 pounds) has a silky coat with no undercoat that sheds very little, making cleaning in a small space easier. He is also a quiet dog who mostly wants to be where his owner is, earning him a solid spot on this roundup of good apartment dogs.

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HPAN Sponsored Rescue Feature:

The Anderson County Animal Shelter

Submitted By: Melonee Lund, ACAS

The Anderson County Animal Shelter was created out of a need for additional shelter and placement of animals in the county since the Oak Ridge Animal Shelter obtained no-kill status. We are a very small shelter with only 12 dog kennels and 20 cat cages, yet area Animal Control Officers pick up anywhere between 1,500 and 3,000 animals per year. Due to the urgent need, the shelter was built inside the Blockhouse Valley Recycling Center with the help of labor from inmates and minimal county and community funds for materials. It opened its doors as the county's first animal holding facility on January 29, 2016. Shortly thereafter, we received certification to function as an actual animal shelter. This allowed us to offer adoptions and no longer act just as a holding center.

Our mission is to save as many lives as possible by either reuniting missing pets with their owners, placing surrendered or abandoned animals in new, loving homes or getting them to area rescues. We strive to get them out of the shelter as quickly as possible because more keep coming in. We preach spay and neuter and have partnered with the Humane Society of Oak Ridge and Anderson County to provide Anderson County residents with \$20 spay/neuter vouchers on the second Wednesday of the month. It is the only way to stop the cycle.

So many people out there still are not aware of our shelter. Our main source of publication is Facebook. Every animal that comes into the shelter is posted there. So if you are missing an animal, please check our page, message us or call the shelter. You can either adopt directly from the shelter or at any one of our adoption events at PetSmart. We have also partnered with PetSmart Charities in Oak Ridge, and they provide six spacious condos for our cat and kitten adoptions. We are so grateful for their support as we get three times as many cats as dogs due to their heat cycle. It gives us a place that's easily accessible to people without having to go into a shelter environment, which can be upsetting for some. We have also partnered with Planned Pet-Hood and are now able to get a maximum of seven cats and three dogs spayed

or neutered every week! The adoption fees generated are used to pay for these spay and neuters, so in a sense, the adoption of a stray/surrendered animal pays for the spay or neuter of another stray/surrendered animal. This has helped us place many animals in a very cost effective way. We believe our adoption fees are very reasonable: Dogs/Puppies \$85, Kittens \$75, Cats \$50. They include spay/neuter, vaccination, rabies shot, flea treatment, de-wormer, heartworm and FeLV/FIV testing.

We couldn't do what we do without the help of our amazing community! We always need volunteers to walk dogs, help socialize the animals, and assist with adoption events. If you have space in your home, fostering an animal is one of the best things you can do to save a life! We always have handyman-type projects and no "extra" money for service providers, so if you have a particular skill and would like to donate your time, we would love to hear from you!

Anderson County Animal Shelter
1480 Blockhouse Valley Road
Clinton, TN 37716
865-441-2068



10 Best Apartment Dogs (Small to Large)

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3. Boston Terrier:

At 12 to 18 pounds, this breed is also very attached to his owner, which means he doesn't mind being indoors in a small space as long as his owner is attentive. He is also an easily trainable dog.

4. French Bulldog:

A smallish dog (around 20 pounds) with the traits of a larger dog. He is calm and quiet, often relaxing on the most comfortable seat in the place. His practical demeanor makes him suitable for any living space, including an apartment.

5. Cavalier King Charles Spaniel:

This is one of the friendliest breeds, making it easy to deal with other tenants and their dogs. At 13 to 18 pounds, the Cavalier King Charles Spaniel is also calm and very adaptable.

6. English Bulldog:

This is the larger cousin of the French Bulldog who weighs 49 to 55 pounds, a stable dog who is comfortable in small spaces. Indeed, most seem to prefer the couch to the dog park.

7. Basset Hound:

This breed might not seem likely to land on the list of best apartment dogs with his bulky stature (around 60 pounds), but like the Bulldog, he is a very calm dog who is easily kept busy with treat toys and lots of petting.

8. American Staffordshire Terrier:

The show dog version of the American Pit Bull Terrier is more dog-friendly than his cousin. He is easily trained and forms a tight bond with his owner. As long as he gets adequate exercise, he is a good apartment dog. He weighs 55 to 65 pounds.

9. Greyhound:

This racing dog (60 to 80 pounds) might seem an odd choice for a list of best apartment dogs, but retired Greyhounds are some of the biggest canine couch potatoes. They are very trainable and adaptable. They seem to appreciate a more sedentary lifestyle.

10. Great Dane:

"Huge dogs" don't seem to be good candidates for "great apartment dogs," but the Great Dane (at a majestic 100 to 130 pounds) is such a natural loafer that, though your couch will probably be fully occupied, he'll take up far less space than you might think. Add to that his calm demeanor, friendliness, trainability and quiet nature, and the Great Dane makes an excellent choice among best apartment dogs.

If you live in or are moving to an apartment or small house and already have a dog, don't worry. The following tips can help you all live happily in a small space.

10 Tips for Having the Best Apartment Dogs — No Matter What Breed(s) Your Dogs Is

1. Acclimate:

If you've adopted a new puppy or adult dog, or if you're moving your current dog into a small space, try to acclimate him slowly by visiting for shorter and then longer periods.

2. Be present:

Again, if an apartment or small house is a new environment for your dog, try to stay with him as much as possible. Go out for short periods alone at first, and then lengthen them.

3. Create space:

Think storage, storage, storage when it comes to furniture. Anything that takes up space should serve as storage as well. Try to keep as much floor space open as possible.

4. Darken and lighten:

Apartments can be very dark because of the surrounding buildings. They can also get too much light if they're high up. Drapes and special bulbs can help keep the lighting natural.

5. Establish a routine:

This is vital for dogs who have to wait to go outside. Feeding and walking times should be consistent.

6. Find a good trainer:

One trait that all good apartment dogs have — they're not prone to be excessively vocal. If you're having behavioral issues such as a dog who won't stop barking, find a trainer in your area who specializes in that issue.

7. Get a bench:

A small or large bench against a windowsill gives your dog a place to jump up and observe the world — and also makes the space seem larger.

8. Hire a dog walker:

The best apartment dogs are the dogs who get adequate exercise and enrichment. For the times when you can't get your dog out for extra exercise, a trusted dog walker is a necessity.

9. Invest in a gate:

If you have a studio or open floor plan, make sure you can put a gate up to keep your dog separated from others. Using the kitchen or bathroom often works. Also, make that space your dog's haven with his bed and toys.

10. Juggle those balls:

It's perfectly fine to play fetch in your apartment, as long as it's not too early or too late. Installing rugs helps absorb the noise of dog nails. You don't have to be at the dog park to have fun with your dog.



*No matter which breed, or mix of breeds, you choose to bring into your apartment, here are a few tips!
Photography by Patryk Kosmider / Shutterstock.*

A few final thoughts on the best apartment dogs

It's easy to find a dog who will live well in an apartment or small-house setting. Size isn't everything — quiet, lower-energy, non-working dogs are really what make the best apartment dogs. And if you already have a dog who needs to adapt to a small space, remember: If our dogs are with us and we're happy, they're happy, too. Rather than fretting over sharing a small space, look at it as a bonding experience. After all, tripping over each other is just a game of tag, if you look at it that way.

Why read breed profiles?

Dog breed profiles help everyone, whether you have a mixed breed or purebred dog, to better understand and improve the quality of your dog's life. If you have a mixed breed dog, read up on all of the breed profiles that make up your dog. Not sure what breed your dog is? There are a number of easy DNA tests out there to help you find out.

Read more about dogs and apartment living on Dogster.com:

- City Dogs: 5 Dog Breeds for 5 Major Metropolises
- Cats and Dogs in Apartments: 5 Tips for Getting Along
- Dog Laws Every Pup Parent Should Know



There are many ways to support the HPAN mission. You can participate in a number of programs, volunteer, or donate!

For more information on how you can help, visit the HPAN website.

Thank You Corner

"Thank you so much!!!"

DeTrease, Humane Society of Roane County

"Thank you all so very much."

Amy, Pet Path

"Thank you! I appreciate it!"

Melia, Slumdog Rescue Crew

**"Thank you oodles for all you do for us.
You guys rock!"**

Patricia, Campbell County Animal Shelter

"Thank you soooo much!!!"

Annette, Almost Home Animal Rescue

**"Thank you so much. As always, I appreciate
HPAN's help with these cats that require lots
of extra care."**

Holly, The Stray Connection

"Thanks so much!!"

Carla, Fighting for the Bullies Pit Bull Rescue

**"As always, thank you for everything you do
to help us continue rescuing."**

Rebecca, Halos Second Chance

"We appreciate you guys so much."

Lauren, For the Love of Paws

"Thank u more than anything."

Kimmey, Loudon County Friends of Animals

"Big thanks to you for helping us!"

Wendy, East TN Pit Bull Rescue

"You guys are amazing! Thank you so much."

Angela, East TN Miniature Horse & Donkey Rescue

"Thank you! You guys are awesome."

Sue, Humane Society of East TN

**REMEMBER TO KEEP YOUR PET CURRENT ON
HEARTWORM PREVENTATIVE!**