



AARTA "facts"

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How Our Pets Can Reduce Our Stresses And Anxieties

By: Stanley Popovich

Animals and our pets can be a great way to reduce our every day stresses and anxieties. It is not easy to deal with our fears and anxieties, however, spending time with animals can makes us feel better. Here is a list of ways of how animals can help us to better cope with our fears, anxieties, and stresses.

Spending time with animals can be a great source of companionship. Whether you have a pet or go to your local shelter, spending time with an animal or pet can help us to feel better. Also many people talk to their pets and this can help us to get their problems out in the open. Animals can be of good company to all of us and can prevent the fear of being alone during our troubles.

Helping animals and other people through community service can be a great way to overcome our anxieties. There are many animals out there who could benefit from your time and talents. Doing something that will help your pet or other animals can give you a source of pride and accomplishment and also can lead to possible friendships with others.

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How to contact us: Update email: AkitaAdvocates@cox.net

2009 AARTA Akita Calendar

Is your Akita a ROCK STAR?

We're looking for pictures to put in the 2009 Calendar!! You may have taken some already, or you may need to get the camera out and get clicking! We want just to see your Akita(s), no people in the shot, please.

We need 14 pictures---one to head up every month, and one each to put on the front and back of the calendar. We are asking for \$100 donation to get your picture in the calendar. The donations will pay for the calendar to be printed, and the sale of calendars will help us pay boarding costs for the dogs in our care.

Deadline for photos is July 31st. We will be selecting the front and back covers from the photos submitted, *but if you would like to sponsor a particular month, please let us know!* Electronic files in JPG format are preferred, but we can also scan a print if mailed to us, and can be returned to you. Let us know if you have technical questions --- we can help!

So get creative or pick out your favorite memories and send your pictures to AkitaAdvocates@cox.net ❖

Donations / Fostering

Here's a little insight into how AARTA works.

We charge adoption fees for each dog placed, however this fee rarely covers the boarding and medical expenses for the majority of the dogs we place. Donations go directly to boarding costs to house the dogs we pick up until they find their forever home. This alone is \$10 per day per dog! This is our biggest need--funds to pay for boarding. Just 3 dogs in boarding amounts to nearly \$1,000 a month.

Fostering helps tremendously to reduce boarding costs. If you have a kennel run, a dog-friendly dog, or just space in the yard to separate dogs and would like to help, fostering is one way to help us help more dogs. Foster families also help

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Pets Reduce our Stress (cont.)

Sitting around and accomplishing nothing will not make things any better whether its dealing with the fear of being alone or something else. Animals can help us to be active and to focus our energies on working with them instead of worrying about things that may or may not happen. This will prevent us from worrying about our current situation.

One of the ways to manage stress is to challenge your negative thinking with positive thoughts. Animals can help us to relax and help us to focus on the good things in our lives. This will help us to focus positively on any situation. Playing with animals can help reduce our fears and anxieties in any situation.

Animals can get our minds off of our problems. A person could do an activity with their pet or other animals that will give them a fresh perspective on things. Spending time with animals will get your mind off of the problem and give you the energy to do other things. Most importantly, playing with animals will give you the self-confidence that you can cope and that you can get through the day.

Remember that there are many ways that animals can reduce the stresses of our every day life, however, they are not a substitute of getting professional help. If your fears and anxieties become overwhelming, then you will need to talk to a counselor. The next time you feel stressed, spend some time with your pet or other animals and you will be better able to cope with your worries.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/> ❖

DOG WASH EVENT

We are thinking of organizing a dog washing event to raise money for kennel costs. If you own a business that has good street visibility and would be willing to let us use the parking lot and water to wash dogs some weekend, or your favorite groomer would host it for us, please contact us. Or if you think that bathing dogs might be a fun activity and want to volunteer, contact us. This would best be held in the fall, as it starts to cool down (to avoid heat stroke to either the volunteers or the dogs). Either email us at AkitaAdvocates@cox.net, or call Carol or Deb.

Donations / Fostering (cont.)

dogs become more adoptable by teaching them some basic commands like sit and down, and walk on leash. By fostering, you also get to know the dog well, so their online bio can better describe their personality, which helps them get adopted more readily. Personality Plus is what attracts people to a particular dog.

Also, some dogs require a lot of medical attention before they go to their new homes. Recently, Rio developed Bloat (see our first issue) and his medical costs were \$3,557. Most of our medical costs are not this high, but it still takes a lot of money to cover even spaying and neutering each one.

If you think you'd like to help by fostering a dog, or if you can't take a dog in, sponsoring their kennel fees or donations toward medical expenses would help, then contact Deb Harlow 602-882-4542 or Carol Harris 602-547-9658 for more information. ❖

Sebaceous Adenitis

Sebaceous Adenitis is a genetic skin disease that sometimes affects Akitas (see Raven on the Adoptables page). It is caused by an inflammation and eventual destruction of the sebaceous glands (oil-secreting glands that open into the hair follicles in the skin). Dogs with this problem have hair loss, crusty skin lesions and sometimes a dandruff that is difficult to remove. Hair can regrow, but is thin, dry and brittle. Secondary skin infections can set in. Although the coat looks bad, the dog does not seem to suffer, and their personalities do not change.

Treatment is primarily consistent use of oils (mix with water and spray on). This should remain on the body for 1-2 hours while scrubbing and massaging the body. Oil soaks are followed by bathing with liquid soap. This oil and bathing ritual should be done twice a month for optimum results.

Raven was given up by her owner who could no longer afford to treat her. AARTA took Raven on because she has an incredibly sweet personality that shines through her ailment. Currently, just weekly baths and vitamin supplements is all she needs.

If you know of anyone who would be willing to foster Raven or who might like to adopt her and take care of her, please call Deb or Carol. She even comes with her own Booster Bath for convenient bathing! ❖

CALENDAR OF EVENTS

RESCUE ROUNDUP

JULY 12, FOXGLENN PARK
4200 E. BUTLER, FLAGSTAFF, AZ
(WANT TO COOL OFF, COME HELP US FOR THE DAY)

*** SPECIAL EVENT—FUNDRAISER ***

BOWL A RAMA: AUG 2, 10 AM TO 5PM.
AMF SHEA VILLAGE LANES, 10870 N. 32ND ST.

THIS IS OUR ONCE A YEAR BIG FUNDRAISER. WE HAVE PLEDGE FORMS YOU CAN TAKE TO WORK TO HELP US RAISE MONEY. OR COME OUT AND BOWL OR JUST CHEER ON THE TEAM! THERE ARE LOTS OF SILENT AUCTION ITEMS TO BID ON WHICH PROVIDES FUNDS FOR MEDICAL TREATMENT.

PROFESSIONAL PHOTO SESSION

A professional photographer, Shelly Fields, who specializes in dog photography, has made AARTA an offer of a photo shoot day in which AARTA would receive a portion of the proceeds.

We are looking for someone to offer space for the event: either a garage or a room in a house where you could clear out about a 10x10 space to set up the backdrop, lighting and camera.

We also need to know if you are interested in the photography session. Right now, all we need to know is that you would like quality pictures of your dog, and then we can get the event scheduled. Either email us at AkitaAdvocates@cox.net, or call Deb Harlow (602-882-4542) or Carol Harris (602-547-9658) if you are interested.

Here's a sample of Shelly's work:



SPOTLIGHT ON AVAILABLE DOGS



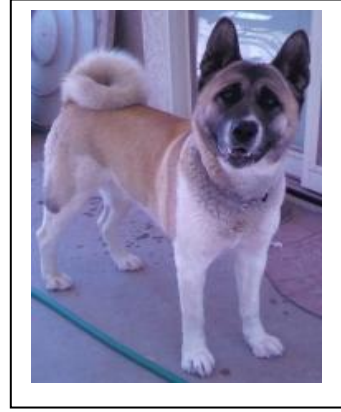
Nikko—Is Mr. Personality Plus! He's an active youngster (about 1 ½) who's been waiting longer than he should for his forever home. He loves to play ball, would love to go hiking in the mountains, and his black patch give him a quizzical look when he turns his head to listen to you talk. Sort of reminds you of a pirate---- Arrrrggg!



Rosie—A senior at 9 yrs old, Rosie is so sweet and loves everyone. She just wants to be a house dog and couch potato, although she loves to go for walks. Rosie has extreme dry eye and needs drops several times daily (but none are prescription). She has lost some sight due to corneal scarring but still sees well enough to get where she is going. She has some minor hearing loss also. She knows all kinds of commands and is well trained.



Sadie—Sadie was turned into the shelter after having several litters. She was turned in with her son, who found his new home. Sadie would love a male companion, has learned sit and down, walks nice on leash, thinks ice cubes are fun to chew, and does happy circles for her food and treats! She is really drop-dead gorgeous! Approx 3-4 yrs old



Raven—is our Sebaceous Adenitis girl. She’s doing well on weekly baths and a vitamin supplement only. She comes with her own Booster Bath to make bath time easier on her family. She is a sweetie and a wiggle-butt! She will be fine with a cat in the house. She is housetrained, and knows sit and down. She will require some extra care, but she is well worth the effort.

Tessa—Doesn’t Tessa seem to be saying “Hi, there, can I come home with you?” She plays shy at first, and seems to like women more than men, but will warm up once she is given some time. Tessa needs to be an only pet, or may get along with just the right male dog.

Adopted: Sequoia, Uno, Taz, Zoe & Mama Zoey all got adopted from the last newsletter!



Editor’s Apology---We’ve gotten a little behind on the newsletter publishing. We’ll try to get better in the future, and will extend any subscriptions. But on the other hand, we’ve been busy with adoptions!

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