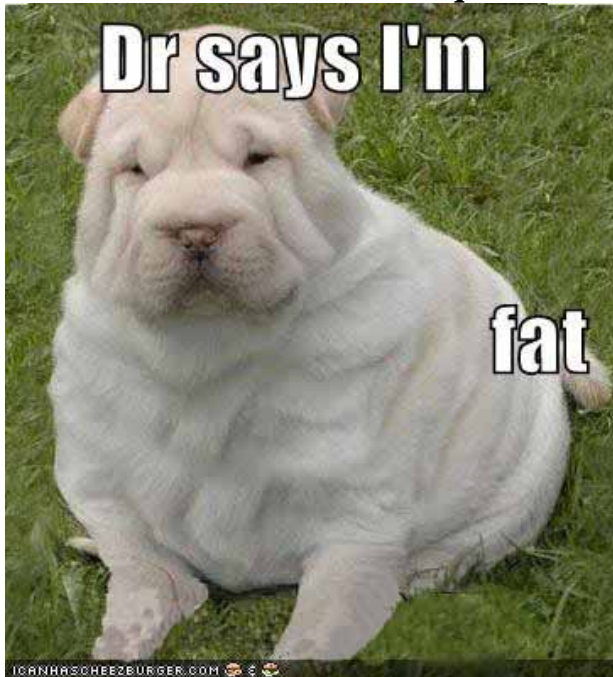




A publication of the Centennial Chinese Shar-Pei Club, Inc.

**No Free Lunch: Pet Feeders Require Tenacity**



Cats and dogs, like many of their owners, are increasingly packing on the pounds—and racking up costly health problems.

One solution emerging from the estimated \$53 billion pet industry: products that make Fluffy and Fido work for their dinner. While not an entirely new concept, "interactive feeders"—toys that release food slowly when your pet nuzzles, chases, chews or swats at the device—have been coming to market with greater frequency in the past few years. *(Continued on Page 3)*

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We don't want much.... We only want food, water,  
 hugs, a nice warm bed, hugs, kisses, sloppy ones,  
 and we will give you Unconditional LOVE!

## No Free Lunch: Pet Feeders Require Tenacity (con't)



Allison Scott/The Wall Street Journal

Aimed at helping keep pets svelte, interactive feeders include the Aikiou Activity Food Center.

Typically made of rubber, plastic or wood, and costing between \$8 and \$30, such play-based feeders now come in a wide variety of designs. The simplest, such as the SlimCat ball from Radio Systems Corp., of Knoxville, Tenn., release morsels when tipped with the nose or batted with paws. Puzzle-type feeders require brain work to win the prize. To get a treat from the Dog Fighter, from Swedish company Zoo Active Products AB, the animal must slide a peg along a channel and then remove it.

The problem of portly pets has hit epidemic levels in the U.S., affecting 1 in 5 dogs and cats, according to data including more than two million animals compiled by Mars Inc.'s Banfield Pet Hospital chain, which has some 800 facilities in 43 states. (The company defines overweight as 20% over ideal body weight and obese as at least 40% over.) In the past five years alone, Banfield says, the prevalence of excess body weight has jumped 37% for dogs and 90% for cats.

While interactive feeders have been employed for years in zoos, there is scant scientific research on their use in companion pets. Companies that sell them say they help control weight by slowing down eating and providing physical activity.

Such toys can help in weight loss, experts say, but are most effective when food is measured and limited per a veterinarian's recommendation.

Anything that gets a pet to move more helps weight control, but "if you are putting in the same amount of food, you are probably not going to make much of a dent," says Omaha veterinarian Christopher G. Byers, a spokesman for the American College of Veterinary Internal Medicine.



Allison Scott/The Wall Street Journal

Busy Buddy's Magic Mushroom

Experts say the toys have other benefits as well—such as slowing the gorging that can lead to digestive ills. And by keeping dogs entertained, food-filled rubber chew toys such as the Kong, from Golden, Colo.-based Kong Co., are great for curbing barking and destructive behavior when owners aren't home, says Ian Dunbar, a Berkeley, Calif.-based dog trainer, vet and behaviorist. (Dr. Dunbar sometimes gets consulting fees from animal-toy firms and has spoken at events sponsored by Kong.)

Some interactive feeders are designed to tap into an animal's natural hunting instincts. The Stimulo Activity Food Center, from Canada's Distributions Aikiou Inc., consists of a base embedded with vertical tubes of varying heights. Cats use their paws to pull out kibble or treats, similar to the action of retrieving a mouse from its hole, says company President Alexandre Tremblay.

If your pet is struggling, make sure it doesn't go without food too long, warns Ken Pawlowski, chief of staff at Banfield Pet Hospital in Folsom, Calif., since serious health problems can arise. Also, adds Dr. Pawlowski, it's not about adding stress to their lives: "It should be fun."

The full article can be found at this link:

[http://online.wsj.com/article/SB10001424127887324407504578185291774202384.html?mod=googlenews\\_wsj](http://online.wsj.com/article/SB10001424127887324407504578185291774202384.html?mod=googlenews_wsj)

## It's Not how They're Raised, It's How Dogs are Managed that Matters Most

by Jessica Dolce

*From notes from a dogwalker on November 20, 2012*



How many times have you heard someone say about a dog, “It’s all how they’re raised”? Probably a lot. If you own a pit bull dog, probably a lot more.

I hear pit bull advocates saying it all the time, as a way to defend our dogs. I hear other saying it as a flippant remark about dogs in general. This phrase gets tossed around all the time, but no one seems to be aware of what they’re really saying....and how damaging it can be.

This saying does have a kernel of truth in it, of course, but “how they’re raised” is just *one* of the factors that contributes to who our dogs are. It’s not the whole story.

When people believe that “It’s All How They’re Raised”, there are some **real-life consequences** for the dogs. So we need to check ourselves. Here are a few ways our words hurt:

**People refuse to adopt adult dogs.** This idea, that how they’re raised determines who a dog is, makes adopting out adult and senior dogs a real challenge. Why would adopters take a chance on an adult dog, who has been raised by someone else, when they could adopt a puppy and raise it “right” themselves? Some folks really believe this. Seriously, shelter workers are constantly confronted by this way of thinking. It stinks.

**Shelters won’t place victims of cruelty up for adoption.** If a dog has survived an abusive or neglectful situation, such as dog fighting, animal hoarding, puppy mills, etc., then it is known they were “raised wrong”. *Some* organizations use this as proof that the dogs aren’t safe or fit to be adopted out. The same thing goes for dogs that are *suspected* of

surviving these situations. If the assumption is made that a dog with cropped ears has been fought, that assumption of their past may wind up costing the dog his life if policies dictate that fight bust dogs are not adoptable because they were obviously “raised wrong.”

**Responsible dog owners feel like failures.** People who have raised their dogs since puppyhood beat themselves up when they’ve done everything right, but despite their very best efforts, their dogs still have behavioral issues. I hear from a lot of you through DINOS because you feel ashamed and guilty about your dog’s issues, despite having raised your dogs right. Let me just say it now: it’s not all how a dog is raised that matters. You guys have to stop beating yourselves up (even if you’re a dog trainer). Here’s the reality – dogs are who they are due to many factors: training, breeding, socialization, management, genes, and environment. All of these things influence who our dogs are.

A dog’s past is a chapter, but it’s never the whole story. Let me show you:

### “Raised Wrong”

Some dogs, neglected and abused their entire lives, are well-adjusted, social dogs. Anyone who has worked in rescue has met countless dogs who were not raised in the best circumstances, but despite this lack of early socialization or care (or worse) they turn out to be safe, family dogs. Many of us share our homes with dogs that were raised in less than ideal conditions, but are still wonderful pets.

One example of this scenario are the dogs rescued from fight busts or hoarding situations. Despite terrible beginnings, many of these victims of cruelty are ready to leave the past behind and enjoy family life. They may need training and structure to get used to living with a family in a house (what dog doesn’t?), but many of them are able to adjust to family life with relative ease. Their past didn’t help them do this, you dig?

### “Raised Right”

Some dogs, purchased from responsible breeders and socialized properly from puppyhood, still wind up with behavioral problems. Many responsible dog owners, who have raised their dogs since they were puppies and did everything right, still find themselves with dogs who

have a variety of behavioral issues. These dogs were “raised right”, but are still struggling.

One example of this is illustrated in an article written by a dog trainer who shared her problems with her own dog. Despite her very best professional efforts to raise him right, he has significant behavior issues, some of which may be caused by a medical condition. It’s not how he was raised that’s causing the problem. [Read it here.](#)

In both of these cases, the common denominator that is actually determining the success of these dogs as family pets and their safety in the community isn’t how the dogs were raised: it’s responsible management. Whether they were raised “right” or raised “wrong” in the past, no matter what behavioral problems a dog does or doesn’t have, when owners recognize their dog’s individual needs and provide them the right care and management tools, dogs have a chance to succeed in our crazy world.

### **More Present, Less Past**

So, it’s not “how they’re raised” (what happened in the **past**) but rather, “how they’re managed” (what’s happening in the **present**) that needs to be our focus, if we want to help our dogs and create safe communities for us all to enjoy.

We can look to their past for clues and guidance, of course. I don’t mean ignore it all together. But we do more for our dogs when we look at them right now, without the haze of a bad (or good) past fogging up our thoughts. Who are they right now? What do they need to succeed today?

Whoever they are, dogs always exists and act in the context of human beings. They don’t live in a vacuum. They live with us. We need to recognize dogs as individuals, then determine what they need from us in order to succeed in the world.

What this means is that when dogs are **properly managed** by a human, a dog with or without behavior problems can be a safe, family dog. Dogs may need a variety of management tools, depending on what behavioral issues (if any) they have. Beyond training, various management tools might include: space management (crates, gates, etc.), muzzles, leashes, fences, proper supervision, etc. I’d also include

medication in this category, if it’s necessary. When these tools are used, owners are setting dogs up to be successful.

This also means that *any* dog that is **not managed properly** can be a nuisance to the community or a danger to others. We see this often in the case of dogs that are running loose in neighborhoods. The dogs may be friendly (or not), but by allowing them to roam the streets or chase other dogs, their owners are setting these dogs up to get into trouble. They are not managing them. They are setting them up to fail.

*Side note: This is why I’m such a stickler for obeying leash laws. It’s a management tool. I just wish the laws were enforced.*

I think that dogs are only as successful and safe as humans set them up to be – no matter what their past may be. When a dog gets in trouble or acts dangerously, somewhere along the line, a person has failed to make the right choice. But that’s not the same as “how they were raised”.

How they’re raised may be one factor that influences dogs, but it doesn’t determine the whole being of a dog. Perpetuating this idea only winds up hurting dogs with less than perfect pasts and shaming people who own dogs they’ve had since puppyhood.

The truth is that it’s how we currently manage dogs that determines how any dog interacts with the world. When we focus on managing them in the present, based on their individual needs, we can set dogs up for success despite what may have happened to them in the past. So can we trash “its all how they’re raised” once and for all? It’s such a drag for dogs and their owners.

Let’s replace it with the truth:

**It’s all how they’re managed. Dogs are only as successful as we set them up to be.**

<http://notesfromadogwalker.com/2012/11/20/its-not-how-theyre-raised/>

*About the author:* Jessica writes a blog about her experiences with dog that can be found at this link: <http://notesfromadogwalker.com/about/>

*Editor’s Note:* Jessica offers some interesting points to think about.



## Lemon Benefits

By Jacqui Percious

How can you use the whole lemon without waste? Simple..place the lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods. Sprinkle it to your whiskey, wine, vegetable salad, ice cream, soup, noodles, spaghetti sauce, rice,

sushi, fish dishes. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before. Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles. What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting. But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body.

### Frozen Lemons and Cancer

So place your lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the frozen lemons and cancer secret! Better late than NEVER!

The surprising benefits of lemon!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about that? Because there are laboratories

interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas ...The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells

<http://dynamichealthnow.com/lemon-benefits/>

About the author: Jacqui is a vegetarian and has studied nutrition. She has a garden and grows her own organic food. She has certification from the T. Colin Campbell Foundation under the auspices of Cornell University in Plant Based Nutrition

### Foods for Health

By Laura Scott and Elizabeth Pask

The best thing we can do for our dogs is to provide them with healthy nutrition. There are many foods that fulfill basic nutritional needs, but what about foods that actually improve health? Specific foods can have a

positive impact on many health conditions. You can feed these foods in addition to your dog's regular food, or, if you are feeding homemade food, you can incorporate these foods into your dog's meals.

Here are a dozen health-related conditions that your dog may experience and suggested foods for combatting them.

**Flaky skin.** Skin is an important protective barrier that prevents bacteria, viruses, and fungi from entering the body and prevents fluid from escaping. The skin's strength will determine how well it protects the body. Strong, flexible skin with good moisture balance is resistant to foreign invaders. Weak, dry, and flaky skin has microscopic tears or holes making it easier for foreign invaders to get past the outer layers of skin and cause local inflammation and itching. To keep skin healthy, we need to make sure that our dogs consume enough omega 3 fatty acids. Omega 3 fatty acids help improve the integrity of skin and reduce inflammation. Omega 3 fat can be found in trout and salmon (mackerel and herring are very good sources but they are higher in mercury than farm-raised fish). Other sources of omega 3 fat include fish oil capsules, flaxseed oil, or flax meal and walnuts. Vitamin E can also be very beneficial to skin health. The body can store large amounts of Vitamin E, so it is important not to over supplement. Wheat germ and corn have the highest sources of vitamin E, but other sources include peanuts, eggs, fish (many fish oil capsules contain added vitamin E) and a wide variety of fruits and vegetables.



**Tooth plaque.** Your dog's mouth is the gateway to her body. Plaque and tartar build-up on your dog's teeth can lead to gingivitis and periodontitis. Bacterial infections in her mouth can lead to septicaemia (blood infection) which, cause infections in other areas of the body.

The best way to prevent this is with regular brushing, but you can also help your dog keep her teeth clean by feeding her treats that promote chewing. The best treats are gently abrasive to your dog's teeth, just like a tooth brush. Vegetables that are low in sugar are the best choice for these types of

treats. Carrots, broccoli stalks, cauliflower, and rutabaga are all good choices.

**Stiff joints.** Stiff joints are a natural part of aging in dogs. Some dogs with hip dysplasia or osteochondrosis (cartilage malformation during growth) will suffer joint pain and stiffness at a young age. Without a doubt, the best thing to do with dogs with joint pain is to keep them lean and fit to minimize the stress on the affected joints. However, we can also provide some nutritional support for these dogs. Feeding diets high in omega 3 fat will help reduce inflammation. In addition, glucosamine HCL, vitamin C (in fruit), and vitamin E can also be beneficial in helping to maintain joint health.



**Reduced eyesight.** A number of diseases, including progressive retinal atrophy, cataracts, and glaucoma, affect sight. Recent research has suggested that omega 3 fat can help reduce age-related changes to human eyes. It is possible that dogs may get the same benefit. In young puppies, the omega 3 fat called DHA is important in proper development of the retina. So, if you breed dogs, consider making sure the puppy's mom has additional sources of fish oil to enhance the development of the puppies' retinas. To help your adult dog make the best of his sight, supplement with beta-carotene (or other orange vegetables), which are an excellent source of provitamin A. Other sources of vitamin A include eggs and liver.



**Inflammation.** Current research has implicated inflammation as a contributing factor to premature aging. Lifetime obesity can result in whole-body, low-grade inflammation. To avoid this, keep your dog at a healthy weight, and feed foods high in antioxidants, such as raspberries, strawberries, blueberries, and cranberries. Broccoli is also thought to be a good source of antioxidants.

**Anxiety.** There are a number of herbal remedies you can add to your dog's diet to help her cope when she is anxious. Look for something with valerian root, chamomile, or L-tryptophan in it.

**Dull coat.** A shiny coat is a sign of a Healthy dog. Help your dog's coat shine by adding the B vitamin biotin to his diet. Biotin is involved in making the building blocks of healthy hair and skin. A good source of B vitamins is brewers yeast (NOT active baking yeast) which can be purchased at most health food stores.



**Depressed immunity.** A good balanced diet is the best recipe for supporting a healthy immune system; however, adding foods that are high in antioxidants has been proposed to enhance some types of immunity. Foods such as raspberries and blueberries are high in antioxidant ability.

**Cancer.** Cancer can occur in any type of cell. It happens when a mistake in the DNA of the cell allows the cell to grow uncontrollably. There has been a lot of press on foods that can prevent cancer but there is little research available on dogs. In human research, diets high in fruits and vegetables have been linked with a low incidence of cancer. So adding fruit and vegetables to your dog's meals may be beneficial in preventing cancer. Broccoli, Brussels sprouts, berries, and citrus fruits are all thought to have anticancer properties.



**Upset stomach.** In most cases, dogs that have an upset stomach do not want to eat. This self-enforced fast helps rest the stomach and intestines allowing them to return to normal. If your dog seems to have an upset stomach but is still eating, ginger, dill, and anise can all help soothe a troubled tummy.

**Poor appetite.** While poor appetite can be a sign of illness, some dogs just get a little bored with their everyday food. Mix it up for them by adding a cooked egg, some cottage cheese, or a little of last night's chicken to their bowl. Just remember, keep it to small amounts and make sure that it is lean and not high in fat.



**Overweight or underweight.** Some dogs are harder to keep weight on than others. If your dog sheds the pounds easily, try supplementing his food with some extra protein and fat. A bit of extra fat can be added by using peanut butter or flaxseed oil, while meat and cooked eggs are always good sources of protein. If you are feeding eggs more than once a week, the eggs should be cooked because raw eggs contain a protein that prevents the intestines from absorbing biotin (a B vitamin). Other sources of protein and fat include yogurt (not fat-free), cottage cheese, meat, chicken, and fish.

On the other hand, older dogs with a tendency toward plumpness may need fewer calories, so you can supplement their diets with extra lean protein and a little extra fibre in the form of pumpkin or green beans to avoid packing on pounds.

Many health conditions can be relatively benign but others can be a symptom of a serious disease that cannot be managed with diet alone. For example, if your dog has poor coat condition and is lethargic and overweight, he may have hypothyroidism. Attempting to treat the dull coat and weight problem with diet will not solve the underlying illness; medical intervention is required. So if your dog has multiple symptoms or if a symptom persists despite your best efforts, have the dog examined by a veterinarian. Nutrition and health food are only able to support the body; they are not a medical treatment.

[www.moderndogmagazine.com/articles/foods-health/12686](http://www.moderndogmagazine.com/articles/foods-health/12686)

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Did You Know?

The U.S. has the highest dog population in the world.  
 France has the 2nd highest dog population in the world.  
 The average city dog lives 3 years longer than a country dog.  
 There are 703 breeds of purebred dogs.  
 Dogs' sense of hearing is more than ten times more acute than a human's.  
 The oldest dog on record - a Queensland "Heeler" named Bluey - was 29 years, 5 months old.



### UNBELIEVABLE HERO MOM

During an early morning response to a house fire in Santa Rose de Temuco, Chile, firefighters witnessed the unbelievable. A mother dog risked her life to save her puppies from the fire surrounding the burning house, which started because of a car bomb.



The mother dog, Amanda, raced back and forth between the house, putting her 10 day old puppies in the safest place she could find - a firetruck!



She didn't stop racing back into the fire until all of her puppies were safely away from the fire. The firemen on scene could not believe their eyes. Most people have never seen a dog this smart or this brave!



After rescuing all of her pups from the blaze, Amanda sat down next to them, protecting them with her body. Onlookers called an emergency veterinary service and she and her pups were rushed to the hospital. Aside from one puppy being treated for serious burns, the entire family



are alive and well - thanks to the bravery of Amanda! What a heroic mother! :)

<http://www.dailymail.co.uk/news/article-2186895/Incredible-photos-heroic-mother-dog-carrying-day-old-puppies-blazing-home-safety.html>

### Adorable Shar-Pei Mailbox



\$155

[www.mailboxesandstuff.com/Shar\\_Pei\\_Mailbox\\_Unique\\_Novelty\\_Dog\\_Mailboxes.htm](http://www.mailboxesandstuff.com/Shar_Pei_Mailbox_Unique_Novelty_Dog_Mailboxes.htm)



K & H Self Warming Bed  
It is made of recycled bottles and radiates the heat back to your pet. \$27- \$40 at various retailers.

### Calming Collars



These collars help with separation anxiety, fear of thunderstorms and other bad weather, fireworks or other loud noises, and in most stressful situations like a trip to the groomer or to the vet. They work using aromatherapy and contain all natural ingredients. \$32

They also make them for motion sickness and to keep your pet cool.

[www.calmingcollars.com/](http://www.calmingcollars.com/)

### Bow Tie Collars



The bow tie collars from The Brooklyn Bakery are made in the USA with premium leather, brass buckles and a soft suede interior. They have designs for both female and male dogs of all sizes. They are designed so your dog will look perfect at the finest of affairs. \$65

<http://shop.thebrooklynbakery.com/collections/collars>



## Make it Yourself Scoop



## Call That a Ball? Dogs Learn to Associate Words With Objects Differently Than Humans Do



Nov. 21, 2012 — Dogs learning to associate words with objects form these associations in different ways than humans do, according to research published Nov. 21 in the open access journal *PLOS ONE* by Emile van der Zee and colleagues from the University of Lincoln,

Previous studies have shown that humans between the ages of two to three typically learn to associate words with the shapes of objects,

rather than their size or texture. For example, toddlers who learn what a 'ball' is and are then presented other objects with similar shapes, sizes or textures will identify a similarly-shaped object as 'ball', rather than one of the same size or texture.

Earlier research with dogs has shown that they can learn to associate words with categories of objects (such as 'toy'), but whether their learning process was the same as that of humans was unknown.

In this new study, the scientists presented Gable, a five year old Border Collie, with similar choices to see if this 'shape bias' exists in dogs.

They found that after a brief training period, Gable learned to associate the name of an object with its size, identifying other objects of similar size by the same name. After a longer period of exposure to both a name and an object, the dog learned to associate a word to other objects of similar textures, but not to objects of similar shape.

According to the authors, these results suggest that dogs (or at least Gable) process and associate words with objects in qualitatively different ways than humans do. They add that this may be due to differences in how evolutionary history has shaped human and dog senses of perceiving shape, texture or size.

The bottom line: Though your dog understands the command "Fetch the ball," but he may think of the object in a very different way than you do when he hears it. As the authors explain, "Where shape matters for us, size or texture matters more for your dog. This study shows for the first time that there is a qualitative difference in word comprehension in the dog compared to word comprehension in humans."

<http://www.sciencedaily.com/releases/2012/11/121121210253.htm>



### 7 Ways Dogs Can Help Your Health



Photo by Amanda Bauer

Dogs may be good at more than fetching sticks and greeting you after a long day at work. As it turns out, simply having them around may lessen your kids' chances of getting the common cold.

Owning a dog may improve the health of children in that household, according to new research from the University of California, San Francisco. In a study of mice, researchers found that the house dust from homes with dogs worked to protect against a common cold strain, the respiratory syncytial virus.

"Mice aren't identical to humans. There are obvious differences," explains Dr. Susan Lynch, co-investigator of the study and a professor at UCSF. "But we can do things in the animals that we could not possibly do in humans, and we can get samples to examine disease that would be very difficult to assess in humans."

Animals fed house dust from dog-owning homes did not exhibit the usual symptoms of RSV, including mucus production and lung inflammation. In fact, their symptoms were comparable to animals that weren't exposed to the virus in the first place.

So what's the big deal about RSV? It's a virus to which almost everybody has been exposed within the first few years of life. However, it can be severe -- and sometimes fatal -- in premature and chronically ill infants. It is the leading cause of bronchiolitis, which is an inflammation of the

small airways in the lung, as well as pneumonia in children under 1 year of age in the United States, and it is associated with increased risk of developing asthma.

What excited researchers is that this work may help explain why pet ownership has been associated with protection against childhood asthma in the past. Their thought process is as follows: exposure to animals early in life helps "train" the immune system, which plays an integral part in asthma development. In short, there is reason to believe that germs, such as those associated with dogs, may be good for children's health under certain circumstances.

"Everybody appreciates the fact that we're all missing something big in asthma," says Dr. Robert Mellins, a pediatric pulmonologist at Columbia University in New York. "People have appreciated that viral infections clearly have an association, and this kind of experiment is interesting because it suggests a mechanism of how that could come about."

The study is far from the first to suggest the health benefits of having a canine in the family. The following are six other ways that owning a dog may improve your health and well-being.

<http://abcnews.go.com/Health/dogs-cut-common-cold-risk-ways-dogs-health/story?id=16604565>

\*\*\*\*\*

Have you ever thought your pet had been poisoned? Don't know what to do or what to look for? Get the help you need here. Post this number on your refrigerator.



### Officers of the Centennial Chinese Shar-Pei Club

**President-** Alice Fix                      **Vice President-** Jeanne Hill- Jurik  
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 Public Education: Jeanne Hill-Jurik  
 Rescue: Louise Watson  
 Show Chairman: Alice Fix & Jeanne Hill-Jurik  
 Webmaster- Laura Brown

#### A note from the Editor:

We would like to thank everyone who has taken the time to contribute an article to this newsletter. The Rocky Mountain Wrinkle is a club publication, and as such requires the participation of club members through- out the year. Your participation will help to make this publication meaningful and worthwhile for the membership of the club. All contributions and ideas are greatly appreciated.

Please forward your input for inclusion to the Publisher at the address listed below.

#### *The Rocky Mountain Wrinkle*

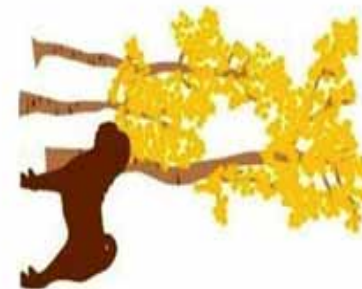
**Awarded Best CSPCA Newsletter-2005, 2008, 2009**

**Awarded 1<sup>st</sup> Runner- Up CSPCA Newsletter- 2006, 2007**

**Awarded Best CSPCA Club Website-2006, 2007, 2008, 2009**

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