

2nd Quarter, 2003

# On The Right Track

## Why are Seniors So Special?

by Sue Burkhard  
Great Lakes Greyhound Gathering

Thank you for asking :-) Let me try to explain.

In life there are so few air tight, rock solid guarantees. Greyhounds are, as most of us agree, a special breed. The breed that we all love for a wide variety of reasons. And adopting animals that for the most part come to us as adults, already imprinted and molded in many ways is different then most dog adopters who seek out puppies and very young adults.

We as humans are compelled for some reason to want more. And I think Americans are more prone to this trait then other nationalities, for the sole reason that there is so much more here then in many other places. We are blessed. So naturally when we look for a new companion animal to share our lives, we look for the ones we think will give us \*more\* time. More time to love, more time to play, more time to share quiet moments, more time to spend happy moments. But then we forget to notice so many of those gifts in our busy homes.

Senior greyhounds don't always give us more. You take the chance of having a couple months, if your lucky, a couple years. However when you adopt a senior greyhound something changes inside your brain. A switch is turned on and suddenly you notice all those things you take for granted in a young dog. You appreciate them more. Those moments of intense play strike a chord deep inside your soul. It's as if a powerful joy hormone is released throughout your whole body. When they run, the real beauty shines through every time. You see every sprint, every jog, every wobble, and every stumble; and yes, you hold your breath the whole time, and when they are done, you sigh a happy sigh.

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When they sleep, you watch them with the wonder you would view a newborn baby. You relish every new day with them. Seniors bring out the best in us. We so want them to be happy and content and comfortable that we strive to make their every moment the best that it can be. We don't take for granted that they will be here tomorrow, for sadly tomorrow may not come. We understand that and because of that realization we live in the here and now. We don't have their past to remember, that belonged to someone else. We know we don't have an extended future with them of many years. What we do have is today.

And today me and my senior greyhound will play in the yard with her ball. I will hold tightly in my mind every toss, every tail wag, every bark and prance. My senior greyhound and I will sit side by side on the sofa, her head resting in my lap, my hand stroking her head, trying to convey just how much I love her, even though I've only had her for a year and 2 months. I will watch my senior greyhound as she rises and as she lies down, as she sniffs the cat, and eats her food. I will notice the light that shines in her eyes when she sees me walk to the treat jar, and I will laugh at the little digging thing she does with her bed. I will fret over her as she comes in out of the rain and make sure she isn't cold as I dry her off and kiss her head. And I will not take her for granted one moment of the day.

I believe this is, sadly, a major difference between seniors and other greyhounds. They teach us exactly how precious life is every day. Because owners of seniors do know that more isn't necessarily better. What is it they say about Quality vs Quantity? Owning a senior Greyhound could easily explain that definition!

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## Area Coordinators

We have broken down the Houston Metropolitan Area into sections to facilitate handling storefronts and other local events. Each area has a "coordinator" that is in charge of things going on in that part of town.

Below is a brief outline of each area and where it is located. Also listed are area coordinators for that area.

**Area 1** Roughly inside Loop 610, beginning downtown and going north and west through the Bellaire area.  
Coordinator Available

**Area 3** West Houston, north of I-10  
Coordinator Jan Szyskzyowski

**Area 4** Southwest Houston  
Coordinator Julie Rowe 832-265-7426  
julie@gpahouston.org

**Area 5** Area south and east of Houston, from Pasadena down to Galveston.  
Coordinator Tom Miller 281 218-0836  
enpaix@evl.net

**Area 6** Cities southwest of Houston (Sugarland, Stafford, Missouri City, etc.)  
Coordinator Jeannine Crowe 281-499-1759

**Area 7** Far northwest Houston and its suburbs  
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**Area 8** The Woodlands and areas north  
Coordinator Diana Ballard 281-367-5014  
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**Area 9** Kingwood  
Coordinator

**Area 10** Beaumont Area  
Coordinator Donna Williame  
peabody54@hotmail.com

**Area 11** Far West Houston and Katy  
Coordinator Laura Marshall 281 599-8918  
llllnm@houston.rr.net



## "A Walk in the Park"

Once again this year GPA Houston will be participating in the Houston International Festival. This year's theme is Mexico. The dates for this year's event are April 26, 27, 28 and May 3, 4, 5. We need **LOTS and LOTS** of volunteers to man our booth.

We have a perfect location in Heritage Park next to the church with lots of shade for the dogs.

Cathryn took very good care of us last year with lots of comforts for dogs and humans alike. Don't miss out on this wonderful event, we promise you will have a great time!

If you would like to participate in this event, email Evelyn ([evelyn@gpahouston.org](mailto:evelyn@gpahouston.org)) and sign up for a shift.

On March 23 many greyhounds and their people participated in our first "Walk in the Park" The walk took place at Mercer Arboretum on Aldine Westfield road north of Houston.

We had a beautiful day and everyone enjoyed spending time with their greys and other greyhound owners while strolling through the park.

We hope to make this a regular event. Our next walk will be planned for the month of May (April is filling up quickly) If you have any suggestions for a walk location please call or email Noreen

([noreen@gpahouston.org](mailto:noreen@gpahouston.org)) 832 594-0882.



## Calendar of Events

| Date                          | Event                                  | Location                            | Contact Information  |
|-------------------------------|--|-------------------------------------|--|
| April 26, 27, 28<br>May 3,4,5 | Houston Intenational Festival          | Downtown Houston                    | <a href="mailto:evelyn@gpahouston.org">evelyn@gpahouston.org</a>         |
| May 9,10,11                   | Greyhound Gathering                    | Kanab, Utah                         | <a href="http://www.greyhoundgang.org">www.greyhoundgang.org</a>         |
| June 13, 14                   | Abilene Greyhound Gathering            | Abilene, Kansas                     | <a href="http://www.racethewind.org">www.racethewind.org</a>             |
| June 20, 21, 22               | Great Lakes Greyhound Gathering        | Benton Harbor, St. Joseph, Michigan | <a href="http://www.glgg.org">www.glgg.org</a>                           |
| Sept 5, 6, 7                  | National Greyhound Adoption Conference | Birmingham, Alabama                 | <a href="http://www.greyhoundpets.org">www.greyhoundpets.org</a>         |
| Sept. 21                      | Greyhound Planet Day                   | To be Announced                     |  |
| October                       | Dewey Beach                            | Dewey Beach, Delaware               | <a href="http://www.adopt-a-greyhound.org">www.adopt-a-greyhound.org</a> |

## GPA Houston Regularly Scheduled Events

| Date      | Event                     | Time      | Contact  | Location   |
|-----------|---------------------------|-----------|--|--|
| 1st Sun   | Sugarland Storefront      | 1-3 pm    | <a href="mailto:jeannine@gpahouston.org">jeannine@gpahouston.org</a>                 | Petsmart:<br>758 SW Freeway  |
| 1st Sun   | Houston Storefront        | 1-3 pm    | <a href="mailto:janny@gpahouston.org">janny@gpahouston.org</a>                       | Petco: Hwy 6 North<br>at FM 529  |
| 1st Sun   | Woodlands Storefront      | 1-3 pm    | <a href="mailto:martha@gpahouston.org">martha@gpahouston.org</a>                     | Petsmart: 1-45/242   |
| 2nd Sat   | Houston Storefront        | 1-3 pm    | <a href="mailto:laura@gpahouston.org">laura@gpahouston.org</a>                       | Petsmart: 19945<br>Katy Freeway  |
| 2nd Sat   | Houston Storefront        | 12-2 pm   | <a href="mailto:cheri@gpahouston.org">cheri@gpahouston.org</a>                       | Petco: 2110 S<br>Shepherd  |
| 2nd Sun   | Houston Storefront        | 1-3 pm    | <a href="mailto:marti@gpahouston.org">marti@gpahouston.org</a>                       | Petsmart: I:45 and<br>FM 1960  |
| 2nd Thurs | GPA Board Meeting         | 6:30-?    | <a href="mailto:board@gpahouston.org">board@gpahouston.org</a>                       | Monthly board<br>meeting takes<br>place at the Pet<br>Hotel. All members<br>are invited to attend. |
| 2nd Sun   | Webster Storefront        | 2-4:30 pm | <a href="mailto:rhenley@pdq.net">rhenley@pdq.net</a>                                 | Petsmart:1549<br>West Bay Area Blvd  |
| 3rd Sat   | Beaumont Storefront       | 1-3 pm    | <a href="mailto:peabody54@hotmail.com">peabody54@hotmail.com</a>                     | Petsmart: 6430<br>Eastex Freeway   |
| 3rd Sun   | Houston Storefront        | 1-3 pm    | <a href="mailto:marti@gpahouston.org">marti@gpahouston.org</a>                       | Petsmart: 10500<br>Old Katy Freeway  |
| 3rd Sun   | Houston Storefront        | 1-3 pm    | <a href="mailto:kim@gpahouston.org">kim@gpahouston.org</a>                           | Petsmart:<br>Willowcreek /249  |
| 4th Sun   | Houston Storefront        | 2-4 pm    | <a href="mailto:tim@gpahouston.org">tim@gpahouston.org</a>                           | Petco: 12015<br>NWFwy 43rd St  |
| Last Sun  | Meyer Walk in the<br>Park | 9:00 - ?? |  | Elizabeth Meyer Park<br>Steubner-Airline &<br>Cypresswood Drive                                    |

# Our Senior Greyhound Gallery

For more information about any of these available dogs please visit our website [www.gpahouston.org](http://www.gpahouston.org)



**Radar**  
11 years old



**Kirby**  
10 years old



**Buffy**  
10 years old



**Billi**  
9 1/2 years old



**Hi-Test**  
8 1/2 years old



**Rocky**  
9 years old



**Flare**  
8 years old



**Maggie**  
8 years old



**Raisin Bran**  
8 years old



**Mike**  
8 years old



**Scratch**  
7 years old



**Bearclaw**  
7 Years Old

Many groups offer free gifts to individuals who adopt senior greyhounds during the month of May. Please go to the following website for more information.

[http://www.geocities.com/Heartland/Hills/7235/sr\\_goodies.html](http://www.geocities.com/Heartland/Hills/7235/sr_goodies.html)



## May is Adopt a Senior Month

Those of us who have let a senior grey into our heart know the magic that they can bring into your life. I have had the pleasure of being owned by four senior hounds (two of which are now at the bridge). It is very hard to put into words how much these dogs have meant to me. Their gentle spirit and soulful eyes can be compared to nothing else. They may not be with us for as long as we would like, but the time we do share is golden.

My latest senior addition was returned to GPA Houston after being in a home for many years. Her family had just moved into a new house and no longer wanted this sweet girl. She was 12 years old, heartworm positive and very weak in the hips. It didn't look like she would have much time left.

Many people know that I have a few dogs that never actually made it to the kennel after I picked them up and Honey is one of them. She was confused and heartbroken, not knowing where her family was or why they had deserted her. There was no way I could take her to the kennel, she had had enough change in her life and needed to know that she now had a forever home.

It took several weeks for Honey to settle in to her new home. She liked to spend most of her time upstairs alone. (I think she was a little overwhelmed by all the dogs in my house). Bit by bit she ventured downstairs to spend more and more time with our gang. The head that was held down began to perk up and her true personality began to shine through.

Honey has been in my home for almost a year now. She has a beautiful, glossy coat and recently received a very good report from our vet. (Because of her age we chose not to put her through heartworm treatment) She turned 13 in January. When I get home from work at night she comes bounding down the stairs to meet me. When she thinks it is time to eat, she will take my hand in her mouth and guide me to the food cupboard. Just recently she has begun play bowing and playing with stuffies.

She is a joy to live with. We may not have a lot of

years together but everyday with this little angel is priceless.

May is Adopt a Senior Greyhound Month. GPA Houston currently has several senior greys available for adoption, some with stories very similar to Honey's. Please think about making room in your home and in your heart for a senior greyhound.

Noreen

Owned by Honey 13, Darby 9, Corky 5, Bridie 5, Tac the Cat 15, the babies Tara and Jeanie (2 year old greyhound wannabes) and Classy, Jake, Denny, Misha and Bantry waiting at the bridge

### ONE BY ONE ...

One by One, they pass by my cage,  
Too old, too worn, too broken, no way.  
Way past his time, he can't run and play.  
Then they shake their heads slowly and go on their way.  
A little old man, arthritic and sore,  
It seems I am not wanted anymore.  
I once had a home, I once had a bed,  
A place that was warm, and where I was fed.  
Now my muzzle is grey, and my eyes slowly fail.  
Who wants a dog so old and so frail?  
My family decided I didn't belong,  
I got in their way, my attitude was wrong.  
Whatever excuse they made in their head,  
Can't justify how they left me for dead.  
Now I sit in this cage, where day after day,  
The younger dogs get adopted away.  
When I had almost come to the end of my rope,  
You saw my face, and I finally had hope.  
You saw thru the grey, and the legs bent with age,  
And felt I still had life beyond this cage.  
You took me home, gave me food and a bed,  
And shared your own pillow with my poor tired head.  
We snuggle and play, and you talk to me low,  
You love me so dearly, you want me to know.  
I may have lived most of my life with another,  
But you outshine them with a love so much stronger.  
And I promise to return all the love I can give,  
To you, my dear person, as long as I live.  
I may be with you for a week, or for years,  
We will share many smiles, you will no doubt shed tears.  
And when the time comes that God deems I must leave,  
I know you will cry and your heart, it will grieve.  
And when I arrive at the Bridge, all brand new,  
My thoughts and my heart will still be with you.  
And I will brag to all who will hear,  
Of the person who made my last days so dear.

Author Unknown

*On The Right Track, 2nd Quarter, 2003*

## OFFERING AN ALTERNATIVE...

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*Adoption Tails*

It seems strange to call a 3000 year old form of medicine a “new” treatment option, but that’s exactly what acupuncture has become. Acupuncture is the insertion of needles into specific energetic points, to bring about a desired physiological change, and thus healing. Although it is not a cure all, acupuncture works well when indicated

According to Traditional Chinese Medicine (TCM), disease is due to an imbalance in the bodies life force or Qi (Chi). This energy becomes blocked from its normal flow through the bodies fourteen meridians, or energetic pathways. By way of the application of needles, acupressure, electrical stimulation, moxibustion (heating) or various other methods, the “stagnation” in energy is relieved. From a western point of view, acupuncture is thought to help by; increasing blood supply to affected areas, stimulating nerves, relieving muscle spasms, and causing the release of endorphins, the bodies natural pain killers

Acupuncture, as a form of TCM, can be used to treat almost any imbalance, except those requiring surgery. It’s most often used to treat musculoskeletal problems such as arthritis, hip dysplasia, and intervertebral disk disease. Neurologic problems, such as some forms of paralysis and seizures, can be improved through the use of acupuncture. In addition, chronic disease states like, allergic skin problems, respiratory conditions such as asthma and chronic upper respiratory infections, kidney disease and gastrointestinal diseases leading to vomiting and diarrhea, can all be improved with acupuncture treatments. Finally, improved quality of life for immune compromised patients, such as those with feline leukemia (FeLV) and feline immunodeficiency disease (FIV) has been seen

In a world where everyone wants quick fixes, the biggest draw back of acupuncture is that it requires time and repetition to produce the desired effects. Most veterinary acupuncturists recommend a commitment of no less than four to eight treatments. The severity and duration of the animals’ illness will determine the length and frequency of treatments. On average, patients are seen once a week for six to eight weeks, with the needles being in place from ten to thirty minutes. Once the

desired affect is reached, treatments are tapered off and the owners are told to return at the first signs of relapse. Most animals then will be seen two to four times a year to keep the imbalance under control

When administered by a properly trained veterinarian, acupuncture is one of the safest forms of medicine for animals. The actual insertion of needles is generally well tolerated. Once in place there should be no pain from the needles and a deep state of relaxation may occur. Side effects include, temporary worsening of the animals condition or lethargy for twenty-four to forty-eight hours after therapy. This response indicates changes taking place within the body that most often are followed by improvements in the patient’s condition. Some animals actually show improvement and increased energy from the very first treatment

Acupuncture and Traditional Chinese Medicine work by recognizing patterns of imbalances in the body’s normal energy. A skilled practitioner can correct the bodies’ excesses and deficiencies by using appropriately placed needles. If recognized, these imbalances can be treated prior to a disease state arising, in effect acting as prevention. Although acupuncture does not replace conventional, western medicine, it does complement it and should be offered as an alternative for our animal companions.

Dr. Christy Wilkerson is a 1994 graduate of the University of Missouri-Columbia College of Veterinary Medicine. She received her acupuncture training and certification through the International Veterinary Acupuncture Society (IVAS) in 1999. Dr Wilkerson currently practices acupuncture through Healing Paws Veterinary Acupuncture and Eagle Animal Hospital; both located in Kansas City, Missouri.



Suzi Waddell 20 years old  
At the Bridge 04/14/03

## **An Introduction to Holistic Health Care for Animals**

**Robin Robinett, DVM**

Certified by the American Veterinary Chiropractic  
Association

713-864-4560 713-710-2631

### Definitions:

Alternative or Complimentary Medicine consists of diagnostic and treatment modalities or techniques not commonly taught in medical or veterinary schools. Complimentary simply implies that these techniques are used in addition to conventional “western” or allopathic medicine.

Holistic Medicine means that when treating an animal or a person - the whole individual, their environment and any other influences on the individual are taken into account prior to treatment. This means that the individual is treated, instead of treating a disease. Many holistic practitioners feel that conventional medicine treats disease in an emergency fashion, by waiting until something goes wrong and then treating the symptoms and suppressing them but not solving the underlying problem. Holistic medicine is composed of many disciplines. Most of these treatment modalities are based on the belief that the body has a central force that keeps it in balance and that the body has an innate ability to heal itself.

List of the more common holistic treatments:

Acupuncture

Chiropractic

Homeopathy

Chinese Herbs

Western Herbs

Clinical Nutrition and Food Supplements

Bach Flower Essences

Magnetic Therapy

Laser Therapy

Massage and Physical Therapy

Aromatherapy

Reiki

Acupuncture has been around since 2000-3000B.C. and is gaining an increased following here in veterinary medicine. Acupuncture involves the stimulation of specific predetermined points on the body to achieve a therapeutic effect. In order to effectively perform acupuncture treatments one must learn the traditional medical theories. A 150 hour certification course is

available to veterinarians offered by the International Veterinary Acupuncture Society.

Chiropractic for people has been around for over 100 years and although the early practioners practiced on animals as well as people, it is just recently becoming an accepted technique in veterinary medicine.

Chiropractic adjustments help to correct subluxations of the spine and rest of the skeleton by restoring proper biomechanics and function to the nervous system. Chiropractic treatments are best when used as a preventative or regular maintenance therapy. Many of the subtle lameness problems in horses, as well as dogs have now been recognized as chiropractic problems. There is a 150 hour certification course in veterinary chiropractic offered by the American Veterinary Chiropractic Association

### *When East Meets West and Alternative Solutions*

Growing up with western medicine, I, like many others, developed the “quick fix” method of healing. I’m sick, give me a shot or a pill. I hurt, give me a shot or a pill. Whatever is wrong—fix it, and make me better quick!

As the year went by and I developed many allergies to prescription medicines, lost my first Greyhound to a “side effect” of a prescription medicine and was at my wits end with my Doberman’s medical treatment, I started exploring the world of Eastern medicine and alternative medicine both for myself and my dogs. Over the past five years, my attitudes and approach to treatments have changed dramatically. I have come to appreciate both the western ways and eastern ways and recognize the value of combining them. I’d like to share a few experiences to illustrate:

My Doberman Burp was diagnosed with gastritis and helicobacter pylori (more commonly referred to as h pylori). The treatment to eradicate the disorder took almost a year. During that time Chinese herbs were added to help his stomach. I learned through trial and error not to run out of them. He started having chiropractic adjustments and acupuncture treatments which helped him enjoy his favorite passion—squirrel chasing! He was diagnosed with congestive heart failure and lived six months after that diagnoses. The western veterinarians were amazed at the fact he was living, much less enjoying life. I am convinced it was

the combination of all methods available that kept him happy and going on for those many months. He had prescription medicines he needed for his stomach and heart, supplements for his arthritis, eastern herbs and acupuncture and chiropractic treatments for his arthritis and well being. He was 12 when he went to the bridge—the oldest Dobe I ever owned.

My second Greyhound, Jesse, needed chiropractic adjustments for her neck (that she managed to put out—yep, squirrel chasing). With the adjustments she was able to do without prednisone which was very good since she had developed a kidney problem. When her neck hurt, she'd walk around pressing into anyone that was there “asking” for an adjustment. The trick was learning how to schedule the appointments in a time frame that kept her from getting very painful. There were times when she injured her neck that she had a few days of a muscle relaxant and/or prednisone. She went to the bridge at what I now consider a young age—12.

Last year, Shadow (who was 13 ½ at the time) developed a serious case of pancreatitis. We were not sure he'd make it. He spent the days at the clinic on IV fluids and would come home with me for the night. This went on for three or four days. The first day he was so stressed, he received an acupuncture treatment in addition to fluids and antibiotics. It helped the pain, brought his heart rate down to a reasonable number and allowed him to rest for the balance of that day. He received several acupuncture treatments during the days that followed and as a follow up several weeks later.

Recently SieSie injured her back. Probably doing laps in the house—from the family room, down the hall, up on the bed, repeat the pattern. No one has told her she is 13! With acupuncture and chiropractic treatments she was able to heal using only three days of prednisone.

There are supplements that help the aging (or injured) dog. Chondroitin sulfate, glucosamine, vitamins E and C, and MSM are the ones I use for my senior crew. I suggest anyone with a dog that has aging issues to try the supplements and acupuncture and/or chiropractic before using a more radical type of treatment including prescription medicines.

Sometimes treatment can be all Eastern. Many times it's a combination. Shadow (now 14) and SieSie need chiropractic adjustments once a month to manage their arthritis in addition to their supplements and recently I've added acupuncture for them when needed. My other two, Heart and Austin have had only two adjustments in three years. Each dog is different.

A word of caution: make sure that if you use acupuncture and chiropractic methods that you use a practitioner certified by either IVAS or AVCA. Do NOT use anyone not certified.

Many conditions can be managed with supplements and alternative medicine. In my opinion, it is safer and better for the dogs.

Diane L. Jackson  
aka, Burpdog  
Burpdog@msn.com

## Bottoms Up Leash

One of the problems senior greyhound owners often have to deal with is arthritis in the hips and spinal problems which may cause your grey to have weakness in the back end. I recently came across a website that sells a device called the Bottoms Up Leash which is specifically designed to support the rear end of dogs while walking or pottying. Their website is located at [www.bottomsupleash.com](http://www.bottomsupleash.com).



## Jolly Joints

Good parents want the best and longest life for their children. Greyhound parents are no exception. Just about every greyhound has joint issues – Osteoarthritis, also called Degenerative Joint Disease (DJD), is the most common. Broken hocks and toes, spinal injuries, disk compressions and calcifications, ruptured cruciate ligaments, spondylitis and others are appearing as more greyhounds find their way to loving homes and longer lives.

My most favorite topic of discourse on greyhound health is arthritis. The majority have it. You might not notice it as it may not have progressed to a point where pain is evident, and they might be stoic and not telling you - but they are feeling it. The wear and tear from training, racing, and living in crates wreaks havoc on the joints and cartilage. It's visible in the hundreds of greyhounds that have passed through the Gang's home. It's visible in all those dogs walking Dewey Beach each year. Greyhounds, in particular, need help to ease the pain in those joints.

Here's an analogy for a very basic joint/cartilage summary. You're sitting on the wood floor. It's hard and inflexible. You put a pillow under you, and it's softer and more comfortable. The longer you use that pillow, the less cushiony it becomes as it suffers the trauma of you using it (some more vigorously than others), and the dog pulling pieces out of it (some more vigorously than others), and the more you start to feel the hard floor.

As you read this list of natural supplements, which can help retard and correct this arthritic degradation, please understand that this is information based on research and knowledge gleaned from hundreds of greyhounds passing through the Gang on their way to their forever homes. Consulting a qualified traditional vet and holistic vet is always a good idea. I consult with a few vets at all times, because not all vets have the same knowledge base; and I use the internet. The more information I have and the more educated I am on the subject, the best help I can give my dog. A traditional vet will prescribe traditional medicines like buffered aspirin, rimadyl, prednisone for arthritis. These medicines will provide pain relief, but they will only mask the problem, not correct it. From my experiences with arthritis, I prefer to try and fix the problem by using more natural methods first.

This list (which is always mutating) is what I give to any greyhound that has trained, raced or broken something. (I also use this for all the spinal/disk injuries evident as greyhounds age.) I start with the first supplement - glucosamine, and add and subtract as I watch the dogs and their reactions. You can even give when no signs are visibly present, but other issues present themselves – like broken hocks, toes, racing career, age, etc. Preventative care, as well as treatment of current aches and pains, is always a good idea. The web has lots of technical information about how and why these supplements work. This article will not go into detail about why this stuff works. You can find that information on the internet. These natural supplements have the ability to replenish the fluids, decrease the inflammation, and stop enzymes from killing all the good cells. These herbal remedies have been used for centuries by the Chinese and Europeans, and in the past years Americans are finally starting to see the value of these supplements. Do give them a try for it's a win-win situation for you and your dogs. They are inexpensive, and they can truly make a difference. Glucosamine HCL - To help repair cartilage, replenish synovial fluids

1500 mgs a day for a dog over 50 lbs.

Two months minimum, daily

Chondroitin – Bovine or Shark -To help repair cartilage. Anecdotal evidence for tumor reduction with cancer when using Shark Cartilage.

800 - 3000 mgs a day

Two months minimum, daily

Omega 3's - For antioxidants and inflammation, and skin.

As needed or daily

Acupuncture – monthly or more often as needed

Chiropractic – monthly or more often as needed

Massage – daily J. Please come to my house too.

MSM - For inflammation, as needed

1000 – 1500 mgs a day

Yucca - For inflammation, as needed

Ester C - For antioxidants, as needed

Velvet Elk Antler – [www.qeva.com](http://www.qeva.com)

For joints, as needed

Other herbal tinctures – [www.herbsforanimals.com](http://www.herbsforanimals.com)

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

Adequan – A very intensive application of glucosamine. Six shots over a month's time frame.

Expensive when done by your vet.

Other ways you can help arthritic Dogs

Dogs getting into cars.

Help your dog. Spot them. Have them put their front feet up and then you put your hand underneath their belly, and behind their butt and gently move them forward into the car. It doesn't hurt you, and doesn't hurt them. It helps their spines with the wear and tear of jumping into a car. Or get a ramp or steps made.

Walking

Don't take your dogs for a longer walk than they can handle. Don't make them stand forever while you are busy talking to a neighbor, doing Meet & Greets etc. Always bring a bed for them to lay down on at Meet & Greets.

Bedding

While any soft, deep surface is coveted by greyhounds. Egg Crate mattresses with lots of padding (comforters, blankets etc.), and heated beds are helpful for arthritic dogs.

Caveats:

1. Not all supplements are created equal, and you want to make sure you are getting a good product. Bottle should say standardized, high quality, and disclose complete information. Bottle should tell you how much and what is in each pill. Look also for testing information. ([www.drtheo.com](http://www.drtheo.com) reviews glucosamine/chondroitin products; [www.consumerreports.org](http://www.consumerreports.org) also reviews supplements)
2. Dog supplements are just human supplements repackaged. No difference, just the price. You can buy good products for your dog (and you) at health food stores, and even Wal-Mart. Check the labels closely on items bought in grocery stores and warehouses – they might not be high-quality and a waste of money and time. Supplements bought in vet offices are usually high quality, but also very expensive because of the distribution chain.
3. Glucosamine in food or treats is NOT enough to help most arthritic situations. 1500 mgs a day (for a dog over 50 lbs.) is needed initially, and you will not get that from glucosamine baked in food. I'm not even sure glucosamine retains its efficacy when baked. In my opinion, those products are just using it as a marketing ploy.

4. My review of the studies indicates that Glucosamine HCL is a better product than Glucosamine Sulfate. It only goes through one process, and so the efficacy of the glucosamine is much higher per mg.
5. Every dog is an individual, and what works for one, doesn't necessarily work for another. You need to try, and monitor and judge, and make decisions based on your observations and your intuition. If you are trying to help, you will.
6. When any of my greyhounds have a health issue, I become an expert in my own mind. All the information presented here is knowledge gleaned from research and first hand. I am not a vet, though I pretend to be one many times. J

Please don't let arthritis debilitate your dog. Have a jolly holiday season, and give your dog the opportunity to romp and cockroach and play bow. The suggestions above can help, and keep your dog (and you) alive longer and in better health.

Claudia Presto founded the Greyhound Gang in 1995. Her adoption, fundraising and education efforts continue and are totally supported by the sales of Get Up & Go Glucosamine and Shark Cartilage. It's inexpensive, high quality, and proceeds go back to help greyhounds still in need. A win-win-win situation. The Gang's web site - [www.greyhoundgang.org](http://www.greyhoundgang.org) - has an Overview, Q&A, (unsolicited) Testimonials and more. Claudia spent hours agonizing over this article just so she could get that (very important) plug in.



## I'm Free

Reprinted from *Tails from the Northwest*, Winter  
2000

Author Unknown

*Don't grieve for me, for now I'm free -  
I'm following the path God laid for me.  
I went to Him when I heard Him call -  
I turned my back and left it all.  
I could not stay another day - to eat, to run, to  
work or play.  
Tasks left undone must stay that way -  
I simply had to go away.  
If my parting has left a void, then fill it  
with remembered joy.  
A friendship shared, a walk, a kiss -  
Ah yes, these things I, too, will miss.  
Be not burdened with times of sorrow -  
I wish you the sunshine of tomorrow.  
My life's been full; I savored much -  
Good friends, good times, my master's touch.  
Perhaps my time seemed all too brief -  
Don't lengthen it now with undo grief.  
Lift up your heart and share with me -  
God wanted me now, He set me free.*

## Greyt Eats...

GPA / Houston proudly announces our 2nd  
cookbook! Greyt Eats will be debuting this  
summer—and because the number of cookbooks  
published will be limited, we are beginning to take  
reservations now. Be sure to reserve your copy  
today! E-mail the Cookbook Committee at  
Evelyn@GPAHouston.org to reserve your copies  
**now!** Let's see....one for you, one for your  
neighbor, one for the parents, the grandparents,  
Christmas gifts, one for.....the list could go on  
and on!

We are selling Sponsorships and ad's for the  
Cookbook. A Sponsorship is \$10.00 ~ your name  
or your Greyhound(s) name(s) will be listed on a  
page. Ads available are: Business Card Size:  
\$20.00, 1/2 page ad is \$38.00 and a full page ad is  
\$56.00 ~ black and white only. (Cheap advertising

## In Memory of....

Our deepest sympathies to those who have re-  
cently lost their greyhound. May your memories  
bring a smile to your face.

|             |                             |
|-------------|-----------------------------|
| Dylon       | The Schultea Family         |
| Silver      | The GPA Family              |
| Denny       | The Reid Family             |
| Prissy      | The Devere Family           |
| Tory        | The Whitmore Family         |
| Buckskin    | The Hyre Family             |
| Bandit      | The Kurenske Family         |
| Radar       | The Wills Family            |
| Penny       | The Edgington Family        |
| Cora        | The Meller Family           |
| Layla       | The Sonnamaker Family       |
| Rock Island | The Matson Family           |
| Brynna      | The Johnson Family          |
| Mugs        | The Harmson Family          |
| Style       | The Ingraham Family         |
| Spice       | The Maresca Family          |
| Smokey      | The Williams Family         |
| Gayla       | The Arbaugh Family          |
| Suzi Q      | The Hartman Family          |
| Hickory     | The Garcia Family           |
| Ginny       | The Garcia Family           |
| Alex        | The Edgington Family        |
| Spuds       | The Filipiak Family         |
| Alfredo     | The Duke Family             |
| Justin      | The Garcia Family           |
| Willy       | The Hughson Family          |
| Ivy         | The Rowe/Fitzpatrick Family |

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rates! Please email Evelyn for more details and to  
place your order for your ads.) The book size is 8 1/2"  
x 5".

Also the deadline for recipe submissions is April 15<sup>th</sup>  
but we will accept any late entrants until the end of  
the month. Please submit a photo of your grey with  
the submission as well as name and adoption info  
each submission will have a photo with it.

We look forward to your submissions! This book  
has a lot of surprises in it and we are real excited to  
work on it! We can't wait until everyone sees it!

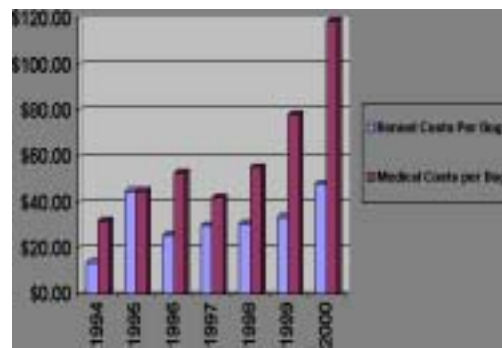
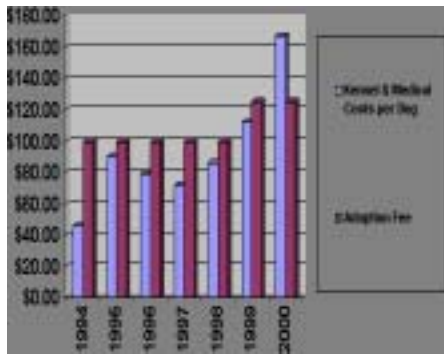
The Cookbook Committee

# Greyhound Vet Network

| CLINIC NAME                          | VET NAME                    | ADDRESS                      | CITY, ST        | PHONE          |
|--------------------------------------|-----------------------------|------------------------------|-----------------|----------------|
| Bissonnett/Southampton Vet Clinic    | Dr. Taffi Tippett           | 2028 Bissonnett              | Houston, TX     | (713) 520-8743 |
| Memorial Town and Country            | Dr J M Brasher              | 12661 Memorial Dr            | Houston, TX     | (713) 464-4686 |
| Rice Village                         | Dr. Wilkie                  | 2348 Rice Blvd               | Houston, TX     | (713) 527-0489 |
| Memorial 610 Animal Hospital         | Dr. David Shell             | 910 Antione                  | Houston, TX     | (713) 688-0387 |
| Southside Place Animal Clinic        | Dr. Alice Frei              | 6902 Stella Link             | Houston, TX     | (713) 349-0718 |
| Meyerland Animal Hospital            | Dr. Werner                  | 4995 W Bellfort              | Houston, TX     | (713) 723-8612 |
| Post Oak Willowbend                  | Dr. John Shelton            | 11227 S Post Oak             | Houston, TX     | (713) 729-5210 |
| Fairbanks Animal Clinic              | Dr Glen Reiger              | 7151 Fairbanks N Houston     | Houston, TX     | (713) 937-7274 |
| Wilcrest Animal Hospital             | Drs. Milan and Chandlen     | 704 Wilcrest Dr              | Houston, TX     | (713) 781-3770 |
| Voss Road Animal Hospital            | Drs. Tharp, Hayes & Glass   | 2215 S Voss Rd               | Houston, TX     | (713) 782-1500 |
| Bay Glen Animal Hospital             | Dr. Lisk & Janney           | 1616 Clear Lake City Blvd    | Houston, TX     | (281) 480-8800 |
| TLC Animal Hospital                  | Drs. Kuecker & Richardson   | 14870 Space Center Blvd S    | Houston, TX     | (281) 282-9944 |
| Tanglewilde Animal Hospital          | Dr. Stiles                  | 2717 Rockyridge              | Houston, TX     | (713) 783-4044 |
| Animal Medical Center                | Dr. Wayne Johnson           | 11100 Cypress N Houston      | Houston, TX     | (281) 469-1171 |
| Northwest Animal Clinic              | Drs. Peggy Huckabee         | 3031 FM 1960 W               | Houston, TX     | (281) 444-1084 |
| FM 1960 Animal Hospital              | Drs. McLaughton & Simpson   | 6703 FM 1960 W               | Houston, TX     | (281) 444-4170 |
| South Gessner Pet Clinic             | Dr. Tabatha Rowe            | 10323 S Gessner              | Houston, TX     | (713) 777-0543 |
| Nottingham Animal Clinic             | Drs. James Fix & Jon Brooke | 14465 Memorial Dr            | Houston, TX     | (281) 493-1919 |
| Bellfort Animal Hospital             | Dr. Harkness                | 6633 Bellfort St             | Houston, TX     | (713) 643-2626 |
| Longenbaugh Veterinary Hospital      | Dr. Keadle                  | 15703 E Longenbaugh          | Houston, TX     | (281) 856-7023 |
| King's Crossing                      | Dr Diana Blessman           | 3425 W Lake Houston Pwy      | Kingwood, TX    | (281) 360-5550 |
| Atascazoo Animal Hospital            | Dr Bolleter                 | 5910 FM 1960 E #5            | Humble ,TX      | (281) 852-8398 |
| Porter Animal Hospital               | Dr Phillip Elmer            | 23545 FM 1314                | Porter, TX      | (281) 354-8099 |
| Critter Fixer                        | Dr. Bob Rogers              | 5703 Louetta                 | Spring, TX      | (281) 370-3262 |
| Kuykendhal Veterinary Hospital       | Drs. Green and Dunn         | 17740 Kuykendhal             | Spring, TX      | (281) 353-5700 |
| Stuebner-Airline Champions Vet Clini | Dr Max Heimlich             | 16116 Stuebner-Airline, St 7 | Spring, TX      | (281) 376-2505 |
| Enchanted Oaks                       | Dr Tony McCall              | 153 Cypresswood Dr           | Spring, TX      | (281) 350-3730 |
| Southwest Animal Hospital            | Drs Von Eiff and Silberman  | 4570 Bissonett               | Bellaire, TX    | (713) 668-4466 |
| Telge Rd Vet Clinic                  | Dr. Ricardo A. Battistini   | 11430 Telge Rd               | Cypress, TX     | (281) 955-9797 |
| All Pets Animal Clinic               | Dr. Pat Choyce              | 959 S Mason Rd               | Katy, TX        | (281) 579-7083 |
| Lake Olympia Animal Hospital         | Drs. Jacob and Dobson       | 3603 Glenn Lakes Lane        | Missouri City,  | (281) 499-7242 |
| Paws, Claws and All                  | Dr Deb Cunningham           | 2499 Cartwright Rd           | Missouri City,  | (281) 261-7953 |
| Brazos Bend Animal Hospital          | Dr. Karen Ross              | 721 FM 359                   | Richmond, TX    | (281) 342-1117 |
| Animal Hospital Highway 6            | Dr JP Hauke                 | 3429 Hwy 6                   | Sugarland, TX   | (281) 980-8387 |
| Arkmobile Vet Housecall Service      | Dr. Cordon                  | PO Box 45                    | Sugarland, TX   | (281) 265-7387 |
| Old Town Animal Hospital             | Dr Shannon Hicks            | 6025 Highway Blvd            | Katy, TX        | (281)392-8387  |
| Deer Park Animal Clinic              | Dr. Lonsford                | 202 W San Augustine          | Deer Park, TX   | (281) 479-0405 |
| Bay Creek Animal Clinic              | Dr. Hoffman & Mogas         | 1236 E Main                  | League City, T  | (281) 332-3051 |
| Forest Lake Animal Clinic            | Dr Roof                     | 3942 Nasa Road 1             | Seabrook, TX    | (281) 326-2576 |
| Brenham Veterinary Hospital          | Dr. Glen Gaines             | PO Box 241, 2455 Hwy 290 w   | Brenham, TX     | (979) 836-2472 |
| Aggieland Animal Hospital            | Drs. Herron and Hannes      | 13223 FM 2154                | College Station | (979) 690-7775 |
|                                      |                             |                              |                 |                |
|                                      |                             |                              |                 |                |
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|                                      |                             |                              |                 |                |
|                                      |                             |                              |                 |                |
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## GPA Houston Cost per Dog

GPA continues to experience increasing medical costs, and for the first time, our adoption fee does not cover the costs of basic dog care while they are in the Shelter waiting for a home, and our total cost per adoption is now over \$400.00 per dog. We have a number of vets who donate their services or offer their services to us at a discounted rate, however, we are faced with the reality of what it costs to care for these dogs. Efforts are underway to try to get corporate donations, and a number of additional fundraising events have been planned. Please visit our website and consider sponsoring a special needs greyhound. Please see if your employer has a program to make donations to animal charities. Finally, please contact the GPA office or a board member if you have an idea for increasing GPA revenues or cutting our medical and kennel costs.



Figures for 2001 and 2002—

2001: \$379.88 per dog

2002: \$412.94 per dog

Please note that the above 'costs per dog' are based upon the total boarding, caring, and feeding costs for each year, divided by the number of dogs adopted.

## Adopt a Senior Gifts

Many groups and individuals offer gifts to people who adopt a senior greyhound, especially during the month of May. Here are just a few of the gifts you can receive when you give a forever home to a senior greyhound. For the complete list visit the webpage at [http://www.geocities.com/Heartland/Hills/7235/sr\\_goodies.html](http://www.geocities.com/Heartland/Hills/7235/sr_goodies.html)

Nancy Beach will give a blanket to anyone who adopts a senior 9 years or older. Adopters should contact Nancy via her website, [The Senior Greyhound Blanket Project](http://www.unc.edu/~nbeach/blanketform.htm), (<http://www.unc.edu/~nbeach/blanketform.htm>) for their blanket

[Greycoach Inn](http://www.geocities.com/greycoach/) (<http://www.geocities.com/greycoach/>) will donate a gate sign, custom designed by Greycoach Inn, to anyone who adopts a Senior in May. Adopters need to contact Donna at [jimoland@in-motion.net](mailto:jimoland@in-motion.net).

[Kerry McMullen](mailto:Phunta@aol.com) ([Phunta@aol.com](mailto:Phunta@aol.com)) [Phunta@aol.com](mailto:Phunta@aol.com)>will donate jammies to anyone who adopts a senior in May. Contact Kerry McMullen in Lake Orion, MI via her [No Nude Hounds](http://www.nonudehounds.com/) (<http://www.nonudehounds.com/>)(website to take advantage of this greyt offer!

[Cindy Brooks](mailto:koenenb@telusplanet.net), ([koenenb@telusplanet.net](mailto:koenenb@telusplanet.net)) [Northwest Canadian Greyhound League](http://www.northwestcanadiangreyhoundleague.com/), will make a fancy nylon martingale collar for the first 10 seniors adopted in May 2003 and a plain nylon martingale for every senior adopted after that in May 2003. Contact her at [koenenb@telusplanet.net](mailto:koenenb@telusplanet.net) with your senior's neck measurement, your mailing address, and your senior's name.

[Kathy Walsh](mailto:walsh.kathleen@worldnet.att.net) ([walsh.kathleen@worldnet.att.net](mailto:walsh.kathleen@worldnet.att.net)) will donate a hand stenciled tote bag, measuring 14 inches by 14 inches. Send her your name, address of adopter; name & age of the senior hound, group adopted from, & name to be added on, if so desired.

2003

**ANNUAL ADOPTION QUESTIONNAIRE AND MEMBERSHIP RENEWAL**

GPA/Houston, Inc. P.O. Box 741176 Houston, TX 77274-1176 713 667-3804 / 713 866-4466

Completion of this annual questionnaire by each greyhound adopter is required per GPA/Houston's Adoption Application. This information is essential for the benefit of you and your greyhound(s). Please return the completed form by mail to the above address, or bring it to the adoption center. Please make a copy of this form if you have more than four greyhounds.

Owner's Name(s) \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone 1 \_\_\_\_\_ Work Phone 2 \_\_\_\_\_

Is this a new address? Yes No

Cell Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Occupation 1 \_\_\_\_\_ Employer \_\_\_\_\_

Occupation 2 \_\_\_\_\_ Employer \_\_\_\_\_

Greyhound's Name \_\_\_\_\_ Age \_\_\_\_\_ GPA Tag # \_\_\_\_\_

Greyhound's Name \_\_\_\_\_ Age \_\_\_\_\_ GPA Tag # \_\_\_\_\_

Greyhound's Name \_\_\_\_\_ Age \_\_\_\_\_ GPA Tag # \_\_\_\_\_

Greyhound's Name \_\_\_\_\_ Age \_\_\_\_\_ GPA Tag # \_\_\_\_\_

Has your greyhound experienced any health and or behavioral problems during the past year?  
If yes, please provide a brief explanation. \_\_\_\_\_

Vet \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Brand of Heartworm Preventative Used \_\_\_\_\_

**I am renewing my GPA/Houston membership for 2003.** (If you adopted after October, your dues are paid for 2003)

\$25 Member \$50 Supporting \$75- \$100 Benefactor \$200-\$500 Angel \$1000+ Saint

Payment Information Check Visa Mastercard

Visa or MC # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

I would like to help the greyhounds by.....(Please circle all that apply.)

Volunteering at the kennel Being a holiday or as-needed foster home Transporting greyhounds to the vet Participating in storefront events in my area

Other: Please list any other skills (professional or hobbies) that you have that you would be willing to share with GPA Houston.

I am enclosing a tax deductible donation in the amount of \$ \_\_\_\_\_  
Please apply this donation to...

The building fund Special Needs Emergency Fund Food for the greyhounds Operating expenses

My employer offers matching funds. Please contact me at \_\_\_\_\_

GPA Houston would like to acknowledge members who donate to our organization on our website. Do we have permission to post your name on our website. Yes No

**The greyhounds appreciate your continued support. Thank-you.**

GPA/Houston, Inc.  
P. O. Box 741176  
Houston, TX 77274

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**713-866-4466**

**[www.gpahouston.org](http://www.gpahouston.org)**

**Adopt A Greyhound**