



AWS NEWSLETTER

AWS at the WASHINGTON FARMERS' MARKET



Saturdays
July 6 & 20 from 10-1

Please come by and meet our AWS canine ambassadors, have a chat with us about AWS and learn more about our cats and dogs for adoption.

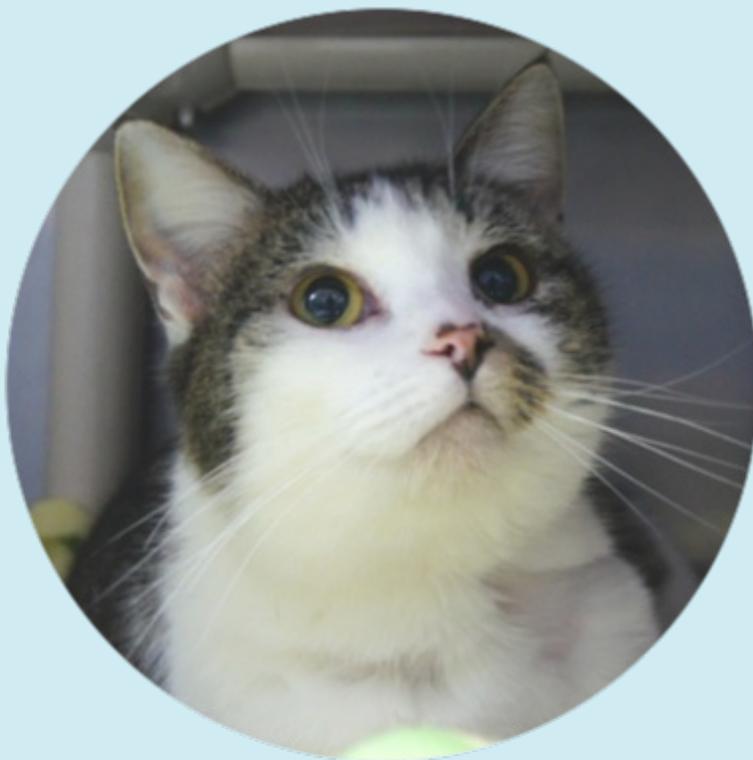
ONGOING EVENTS



VISIT US AT PETCO
July 6 - 7
at Petco
(169 Danbury Rd.)

AWS representatives will be there from 10am-2pm to answer your questions, and introduce you to some of our feline friends.

Meet Vandy





PET THRIFT SHOP

July Cancelled.
The next Thrift Shop will be
August 10th.

Vandy came to the shelter from West Virginia. He is a sweetheart but can be reserved and a bit wary of people. Vandy is hoping for a patient home where he can settle in at his own pace. He just wants to be loved.

To learn more about Vandy, call the shelter at 860.354.1350



Watermelon

Yes, dogs can eat watermelon! Be sure to remove the majority of seeds, which can cause intestinal discomfort or even blockage if too many are ingested. Since watermelon is made of 92 percent – you guessed it – water, the sweet fruit is great for keeping pets hydrated and preventing heat stroke. It's also chock-full of vitamins A, B6 and C, which can make your dog's coat shinier and keep teeth in good shape.

Strawberries

Another fruit dogs can safely have, strawberries are perfect bite-sized treats for pups with a sweet-tooth. Removing the leaves and stem is optional – dogs do eat grass, after all – and even wild strawberries are okay, too. Limit Fido's strawberry intake to a handful; like with any food, too much of a good thing can cause gastrointestinal upset and diarrhea. Obviously, keep the chocolate-covered strawberries out of paws' reach.

Cantaloupe

Loaded with vitamin A, cantaloupe is a great fruit for dogs. The melon gets its orange color from beta carotene, which is known for improving eyesight. Senior dogs or those with glaucoma or cataracts can benefit from consuming cantaloupe, and it's great for preventing eye conditions. Use a melon baller to scoop out bite-size bits, or chop into chunks – just make sure they're small enough and not a choking hazard.

Raspberries

Another berry dogs can eat, raspberries can be a little tart for some pets. This fruit is low in sugar – which is a plus, considering most pet parents don't brush their dog's teeth regularly – and provides pups with a little fiber. Raspberries also have anti-

Blueberries

Often called a "superfood," blueberries are just as good for dogs as they are for humans. Their bright color indicates high antioxidant levels, which keeps pets' immune systems in tip-top shape. With 3.6 grams of fiber per serving, blueberries are perfect for senior pets; their relatively low sugar content makes them a healthful snack. Blueberries also contain potassium, a type of electrolyte that keeps pets healthy and hydrated. Dogs with low blood potassium, or hypokalemia, can suffer from weight loss and even death, so it's important to maintain a balanced diet.

Oranges

Feed this fruit to your pet in moderation, as the citric acid can cause gastrointestinal upset, just like in humans. Don't go

inflammatory properties, perfect for dogs with arthritis or bowel disease. However, limit your pet's portion to a cup or less, as raspberries naturally contain xylitol, which is dangerous for dogs in large doses.

Peaches

Before we get into the fun side of this fruit, it's very important to note that you should never ever give your dog a peach pit. (this goes for other stone fruits too, like plums, pears and apricots!) Don't give your pet canned peaches either – while they not have a pit, the sugary, preservative-heavy syrup can create intestinal discomfort and has no nutritional value.

Leave the skin on peaches for added fiber.

Apples

High in fiber and naturally sweet, apples are a staple of most homemade dog treat recipes. Core the apple and remove all seeds before feeding to your dog, as they contain low amounts of cyanide. Apples slices and peanut butter, a popular human snack, is a great natural teeth-cleaner for dogs – they also freshen bad breath! For dogs on a bland food diet, unsweetened or homemade applesauce is the perfect healthy dessert.

overboard the first time you give your dog oranges – they can cause diarrhea in some pets. Oranges, tangerines and clementines are all high in sugar, so make citrus fruits an occasional treat or use sparingly in frozen treats to prevent obesity and dental issues.

Bananas

Another fruit that goes perfectly with peanut butter, dogs will gobble down a frozen banana faster than you can say “lickety banana split.” Don't overdo it though – an inch-long section of banana is the perfect portion. Too much of a good thing can cause elevated potassium, putting pets at risk of developing constipation or hyperkalemia.

adapted from healthypawsinsurance.com

Does Fluffy Really Want to Be an Adventure Cat?



With a leash and a harness, any feline can safely explore the great outdoors. But owners need to be mindful of signs of stress.

"The literature is scant on whether or not taking a cat on a walk or for a more intensive outdoor activity is a good experience for either the cat or human.

"We have to rely on what we know about the housecat's development, socialization and territoriality to help

inform whether or not this is a good idea," said Mikel Delgado, a cat behavior researcher at University of California, Davis School of Veterinary Medicine."

[READ MORE ON NYTIMES.COM](http://www.nytimes.com)

PROTECT THOSE PAWS THIS SUMMER!



Animal Welfare Society | www.aws-shelter.org | 860.354.1350

