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The catio is complete and the shelter cats are enjoying their new play area.



The Paw

A publication of Paws Animal Rescue

Fun at the Catio openhouse

Despite the cold weather, our catio grand opening on Saturday, November 19th saw a steady stream of visitors. Our board members and volunteers had given the shelter a bit of a makeover in preparation, with artwork paid for by President Brenda Manning.

The final bill for the catio is \$9,431.97. Our contractor Jim McClelland of Precision Property Services did a lot of favors for us and we are so appreciative!

We need your help! As of mid December, we have raised \$6,403.89. That leaves us \$3,028.08 still to raise in order to complete payment without taking from other funds.

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Costello's Story

By Costello, Derek and Kelsey

Hello my name is Costello. Mom and Dad call me Stello for short. Some of you may remember me from the shelter. I was the dog sitting in the corner that would not make eye contact with you, had no confidence, and did not even think that anyone would love me. Then one day this couple comes in to look at me. They took me up to this room and sat and tried to play with me. I was not so sure about that. Instead I sat on the couch and eventually laid down.

The next day they took me to the park. There were so many smells! I then had to go back to the shelter. Mom and Dad went home and decided to adopt me. They tell me that they really wanted to rescue a dog. I had been in the shelter for over a year! They decided they wanted me. They really wanted me! I had never felt like this before.



They picked me up and took me home. They look back at the first family picture and are shocked. They were nervous about the ride to Rapid. But I laid there and was the best boy ever. I got to my new home. Mom and Dad were carrying things up the stairs and I was terrified. The air conditioner would come on and I had no idea what it was. That clicking drove me nuts!! I

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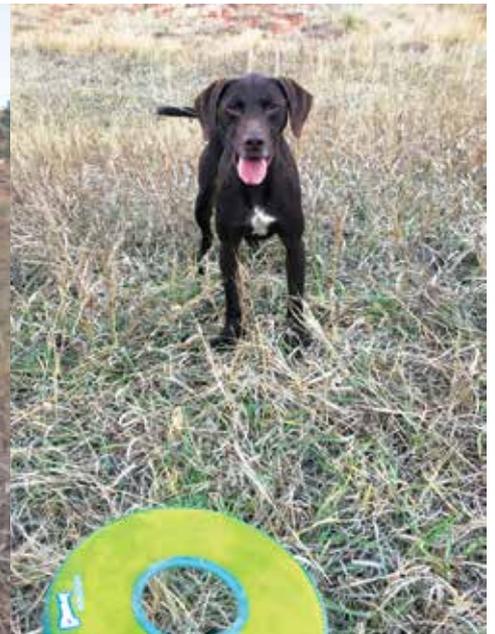
also struggled to eat. Mom and Dad had to pretend like they did not see me. The first night there I snuggled right in between Mom and Dad. Their hearts instantly melted.

It took about two weeks and then I was ready to start playing and



exploring. I could not get enough of that ball! The Frisbee was something so weird. Now I like to try and catch it in my mouth. Right away in the morning usually around 5:30 I start to bring all of my toys into bed. Then if Mom and Dad move I lick their faces like crazy. Now I am not talking about just a few licks, it is a full bath. Then I usually put my nose under dad's head and nudge him out of bed. I am not sure why they tell me to stop. I'm just trying to help.

My days are usually spent waiting for Mom and Dad to get home. Then when they are home they play with me and love me. I love to bring my orange ball to bed. But since I am missing a tooth it is hard to keep



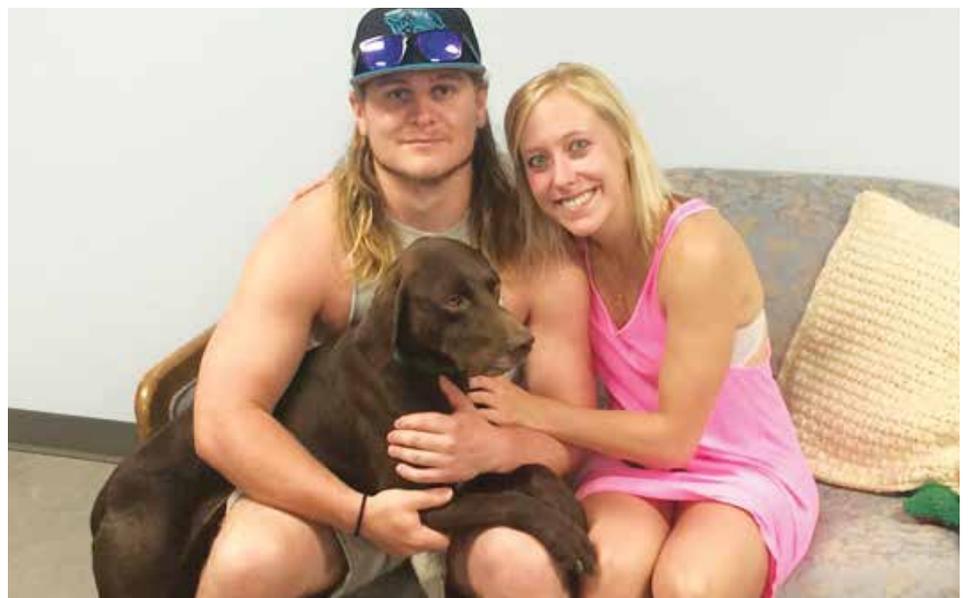
it in my mouth. I am such a different dog now. I love to run, play, and explore. That ball and frisbee are so fun to play with. Dad throws it so far and I have to run and go get it. Mom is not as good at throwing far. She can throw but just not far.

I still eat fast but Mom and Dad can be there now. I still get scared of boxes, the outside world, new people, or loud noises. I am learning that they love me more than anything else. Sometimes Mom and Dad will take me to the movies! How many dogs say they get to go to the movies with their Mom and Dad?! On the weekends we go to the parks and play. I still have my safe spots. My safe spots

are the corner of the couch, bed, or the back of Mom or Dad's car.

I just wanted to let everyone know how I am doing. Which I would say I am doing awesome! I get unconditional love from them. Sometimes I get in trouble because I am being naughty but I know that they still love me. And I love them right back!

I also wanted to let all of the unadopted dogs and cats out there know that you will be adopted. I have finally found my furever home and you will too! ∞





Please consider a donation to the Catio fund. Our fundraising efforts have been successful so far, including a direct mailer, Facebook and website posts, and contractor Jim made a miniature model of the catio to act as a donation box. We are looking to you for help in obtaining the remaining balance.

Donations may be dropped off during open hours at 1530 N Lowell Avenue, Pierre, SD, placed in the lock box outside the shelter front door, or sent to: Paws Animal Rescue, ATTN: Catio Fundraiser, PO Box 954, Pierre, SD 57501. Don't forget that you can also donate online at our website: www.pets4adoption.org. ∞

Generosity Starts at a Young Age

We're always amazed by the generosity of the community, donating their time, money and much-needed items to the shelter. We met some very special children recently who have proven that generosity can start at any age.

Kaydence Horsley, aged 6, recently donated pet food and money to Paws Animal Rescue. These items were requested and received in lieu of birthday presents. Along with her three brothers, Kylen, 12, Damen,

8, and Noah, 7, they have repeated this for the past 8 years! Thank you to mom, Jessi, for inspiring such generosity at a young age and for choosing Paws as the recipient.

At just 8 years of age, this is the fourth time Ryder Dobberpuhl has chosen to forgo birthday presents such as toys and games. Instead, he asks family and friends for pet food and treats, which he then donates to Paws. Ryder lives in Sioux Falls and initially donated to the local humane society, where workers

barely acknowledged his presence and asked him to place the pet food in a corner. Now, he travels all the way to Pierre where we can show him how grateful we are!

At Paws, we are so appreciative of donations - and donors - of any size. Without the generosity of the local (and not so local community in this case), we wouldn't be able to continue our vital work. ∞

Kaydence Horsley, 8, donates pet food received for her birthday. She and her three brothers donate money and pet food each year.



Ryder Dobberpuhl travels from Sioux Falls to donate to Paws each year.



Pup-dates

Updates on our pups in their forever homes



ZOILA (NOW MAYA)

"Maya is fitting in perfectly with our family. Thank you so much for everything you do."



JOJO

She is loving her new home— look at that smile!!



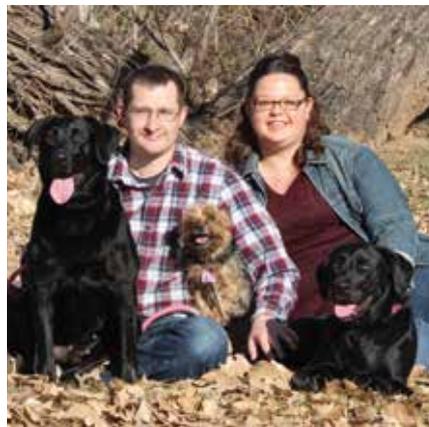
MANNY

"Manny is doing great! He lives to go to the dog park! We go every evening after work. He runs around with other dogs, especially little ones, and has gotten so good at always circling back to me, or running back if I call his name."



SAM

"I wanted to tell you Sam's doing great. My friend has a new puppy he's still shy around her, but other than that, he's doing awesome!"



ELLA (NOW ELLIE)

"We switched her name to Ellie and she is learning it great. She is loving the new home and all the guest that come to visit. She loves giving kisses. She follows Burgundy (human mom) around everywhere."

"Manny is a good companion to Nik from Texas. Nik is older and has pretty severe muscle atrophy, which is improving but my vet said he's always going to have physical struggles. Last night Manny woke me up at 4:15 a.m. because Nik had slipped past the baby gate, gone down into the basement, and couldn't get back up the stairs by himself. I was amazed. Manny knew to come and get me to help Nik. I just love both of my boys!"



ALEX (NOW COPPER)

"Thought you might like to see some updated pictures (taken yesterday) of Copper (aka Alex). He's doing so well!"

RIZADO (NOW ROSIE)

Rosie's new owner reports that Rosie is already the boss at her new home, waking her mom up at 7:30am each morning by licking her eyes, nose and ears! She likes to climb up and perch as high as possible and her favorite spot is on top of the couch cushions. At feeding time, she takes one piece of food at a time into the next room to eat. Lynette also has to use the child locks in her car because Rosie has figured out how to roll the windows down!

YALE

"He's doing really well! He's definitely acclimated and gotten attached to us, as have we with him. He's really such a love! He's been getting more used to us leaving. We got him a pretty big crate, so we know he can't get into anything, and with his bed and toys, he seems pretty comfortable. We've been using a gentle leader for walks, which has helped a lot. He does love the snow!"

Let's cat-ch Up

Updates on our cats in their forever homes



GRAYSON (NOW DOBBY)

"Grayson (Dobby as we now call him) has truly been the perfect addition to our family. You guys are appreciated so much! Grayson is doing good and has adjusted very well. He and the resident cat still have a few hissing matches but they are now both eating out of the same food dish. The resident cat is totally all Mom's so Dad was looking for Grayson to be 'his' cat and that is the way it is turning out. Grayson loves to jump on his lap and sleep."



NAVIDAD (NOW ARCHIE) AND HAZEL (NOW IZZY)

Navidad is doing great. He and his new owner bonded immediately and both are so happy. Archie (Navidad) and Izzy (Hazel) got to spend Thanksgiving together and got along quite well.

PETE

"Pete is great. We love having him as part of our little family. He loves playing with the kids and has claimed his own special places to relax and sleep."



ELLIOT

Elliott is very loved and is doing great!



NIKKI

Nikki has adjusted well and is very loved. Her new owner can't believe how much she plays. You can also see her with her new BFF, Bonzai.



GARFIELD

"Garfield is doing great!! He really didn't have any problems adjusting and things are going well."



PETE

"Pete is great. We love having him as part of our little family. He loves playing with the kids and has claimed his own special places to relax and sleep."



JACK

Jack is doing wonderful and his new owners absolutely love him. They couldn't be happier with him! He adjusted so well and is best friends with their youngest cat. They cuddle with each other all the time.

Memorials and Honors

October

Don Lungren made a donation to the building fund in memory of Margaret (Mabbi).

The Board of Directors at Paws made a donation in memory of LaVonne Marshall.

Tash Harkless made a donation in memory of Gizzy, her beloved chihuahua. Tasha is a hair stylist and donated a week's proceeds to Paws.

SD Paralegal Association made a donation in honor of Art Aplan. Diane Mellan made a donation in memory of Mrs Myra Knox.

November

A donation was made to the catio by JoAnn Fischer, James Pearson and Margot Pearson in memory of Dagmar, their cat.

A donation was made in memory of Bob Voeltz by the Board of Directors at Paws Animal Rescue.

December

Brandi Valenti made a donation in memory of her fiance, Bruce Dyker. Maxine Thomsen made a donation in memory of her husband, Elmer "Tommy" Thomsen.

An anonymous donation was made in memory of Beautyfull KiKi. KiKi was a dog that was always faithful, loyal and obedient. I hope she is in heaven herding the cats! Beautyfull is spelled correctly. Her name was Beauty before she was adopted.

Donation Information

DONATE ONLINE

Go to pets4adoption.org and click on Donate.

DONATE BY MAIL

Checks or Wish List items can be sent to the following mailing address:

Paws Animal Rescue,
PO Box 954, Pierre, SD 57501

DONATE IN PERSON

Donations may be dropped off at 1530 N Lowell Avenue (behind Walmart off Airport Road):
Thursday 5:30 P.M. to 7:30 P.M.
Saturday 11:00 A.M. to 2:00 P.M.

Call (605) 223-CATS and arrangements will be made for another drop off time or to pick up your donation.

WISH LIST

Temptations Cat treats
Cat beds and pillows
Bully Sticks and Antlers for dogs (please no rawhides as they can cause digestive problems)
Frontline for Puppies (8 weeks to 6 months)
Clumping Litter
Purina Complete Cat and Kitten Food
Purina One Adult Dog Food (lamb and rice) and Purina One puppy food
Bleach
Borax
Laundry Detergent
Dryer Sheets
Clorox Wipes
Dish Soap
Febreze Fabric Freshener
Paper Towels
Pine Sol
Upholstery Cleaner
Tall Kitchen Garbage Bags
Toilet Bowl Cleaner

Spayghetti Supper a Success



Our annual free-will donation spayghetti supper took place on Monday, November 14th and was a huge success! Diners starting arriving for their food just before 5pm and numbers remained steady until after 6:30pm.

Thank you to all the people who participated and enabled us to raise over \$1,300! Thank you to all the volunteers who made the event possible. A big thank you to Dave Voeltz, Melita Hauge, Betty Truax, Sally Boyd and Dakotamart for donating food and supplies, and the American Legion Cabin for allowing us to use their facility. ∞

Volunteer Spotlight: Jenna Schiefelbein



How did you become involved in animal advocacy?

"When I lived in Sioux Falls, I volunteered as a dog walker at the Humane Society. Then I fostered for Northern Plains Boxer Rescue, and ended up with a foster "failure" on my first attempt. When I moved back to Pierre, the first thing I did was visit Paws. I was so impressed with the facility and the people I

met, I knew right away this was an organization I could support and become involved with."

What do you find most challenging about volunteering at Paws?

"Time management, for sure. There's always something to be done, dogs to cuddle or walk, kennels to clean, emails to send. It could easily be my full time job!"

What do you wish other people knew about Paws?

"We are entirely ran on volunteers and donations. The support we get from the community is phenomenal, but we can always use more volunteers and resources."

When your friends/family find out that you volunteer with Paws what do they say or ask?

"They typically want to know what

volunteering entails or how certain animals come into our possession."

What would you say are some of the guiding principles of Paws?

"Animal advocacy, first and foremost. We are all there as volunteers because we love and care about animals. Every decision we make is based on doing what is right for our furry tenants."

What's it like to be a volunteer?

"It's awesome--it's as close as I can come to having all those sweet pups as my own without having my own home overtaken by dogs!"

Do you have a favorite memory or story about PAWS?

"Every adoption is a success story to me. Those happy endings are what we strive for; that's why we all do what we do."

Shop + Donate = Win Win!

Buy some fun Paws merchandise while donating to a good cause! View available merchandise at <http://pets4adoption.org/shop>. Contact us with your orders or stop by during open hours. *Please note: Availability will waiver depending on demand.*

Paws "Adopt Don't Shop" T-Shirts - \$20 each, \$25 extended

Paws 2017 Desk Calendars - \$10/calendar

Paws Greeting Cards - \$5/set



2017 Board Members

President:	Brenda Manning
Vice President:	Melita Hauge
Secretary:	Jenna Schiefelbein
Treasurer:	Betty Truax
Members:	Sally Boyd
	Dave Voeltz
	Joanne Pullman

Keep Those Receipts!

Paws Animal Rescue is asking for your Dakotamart receipts. With every \$10,000 we turn in, Dakotamart donates \$100 to the rescue. Your receipts can be dropped off at the shelter during open hours or please feel free to mail them in. This is an ongoing fundraiser so please keep them coming!

The Health Benefits of Animal Ownership and Interaction



Adapted from the dissertation "Implementing Animal Therapy into Current Medicinal Practices" by Paws Board Member Jenna Schiefelbein

It's a fact: interacting with animals can be good for your health. Studies have shown that incorporating animal-assistance therapy into modern medicinal practices can have a positive effect on patient health and well-being.

In the right situation, animal therapy has the ability to provide pain relief, alleviate depression and anxiety, and improve overall mood and disposition.

THE HISTORY OF ANIMAL THERAPY

Utilizing animals to assist humans with differing diseases and afflictions is certainly nothing new. Records of pet therapy begin as early as the 19th century, when Florence Nightingale incorporated pet interaction while caring for wounded soldiers during the Crimean War. In 1919, dogs were allowed to accompany psychiatric patients at St. Elizabeths Hospital in Washington, DC. Since that inception, animals have been used in many different instances as adjunct therapy.

PROVIDING PAIN RELIEF

An increased pain threshold has been noted in patients after performing animal therapy due to the increased levels of oxytocin within the body. In patients with chronic pain, a decrease in pain perception along with several other positive effects was noted.

In studies conducted on pediatric patients aged between 3-17 years, pain reduction amongst patients utilizing animal therapy was four times greater than that of those who did not utilize animal therapy.

During research involving patients receiving hip replacements, not only was a lower overall pain level reported after each physical therapy session, but a

more rapid decrease in pain between therapy sessions was reported as well.

The dependence and abuse of pain medication is a big issue in our society. These medications often have other negative side effects such as drowsiness and nausea. Pet therapy can provide substantial lessening of pain, with minimal risks or side effects to the patient.

ALLEVIATION OF DEPRESSION AND ANXIETY

The increase in oxytocin due to a pleasant interaction with an animal results in an increase in social interaction and empathy. This in turn decreases aggression and depression. Oxytocin has also shown to be an anxiolytic, promoting a decrease in anxiety.

Chronic pain patients have shown a decrease in fatigue, stress, anxiety and sadness, along with an increase in cheerfulness.

IMPROVEMENT OF MOOD AND DISPOSITION

Research has shown a decrease in stress hormones as well as the activation of mirror neurons when confronted with a happy, pleasant animal. This prompts the display of a cheerful, pleasant disposition within subjects.

In a study on psychiatric patients with violent behavior tendencies, the use of an equine therapy interventional program resulted in a decrease in violent behavior episodes. Positive psychiatric symptoms such as self-esteem and self-determination have been noted among schizophrenic patients.

Chronic pain patients have shown a decrease in aggravation and irritability, along with an increase in calmness and pleasantness.

ADDITIONAL BENEFITS

There are so very many loving and affectionate animals out there that need a home or a purpose. By utilizing these animals in the ways stated, they get a second chance. An animal that may have spent an much of its life in a kennel is now able to be utilized to bring happiness and comfort to those who need it. In this respect, there is mutual benefit for both the owner and the dog.

Stop by your local animal shelter when you get a chance. You may find a companion that can change your life in more ways than you imagined. ∞