

Photo by Mark Caughel



Shadow - Jasper - Joslyn

In memory of
our Editor - Shadow,
Jasper & Joslyn -
The Founders of
Paw Prints



"These highly-trainable dogs are given the chance to find placement as pets, as therapy dogs or as fully trained service dogs for Veterans."



AGA'S Hounds and Heroes

- Part 1 -

It has been said that Greyhounds are addictive. They are admired for their speed, regal beauty and calm, sweet temperament. All of this is true, but until you become acquainted with one of these beauties, you don't realize how special they really are.

Let me introduce you to a group in Florida: **Barbara Masi is the founder and president of Awesome Greyhound Adoptions (AGA)**. She said that 16 years ago she adopted her first Grey and was "hooked" on the breed. "In May of 2011, I started my own project called **AGA's Hounds and Heroes**, to train a select few of the retired racers as Service Dogs, for the U.S. War Veterans. This is done at no cost to the Vet. It works to forge that rare bond between a dedicated canine and a disabled Vet, restoring dignity, purpose and honoring both for their service."

Helping people cope with emotional and physical problems, the selected Greyhounds have excelled in their jobs as Service Dogs. "We train for mobility assistance, Parkinson's, MS, PTSD and Traumatic Brain Injury among other things. Greyhounds are gentle. They are sweet. They are clean and do not bark," said Masi, who for 16 years has helped home Greyhounds when their demanding careers in professional dog racing come to an end.

The Greyhound - A Coat of Many Colors

"The training is strictly force-free and reward-based. Greyhounds are so sensitive that raising your voice or harsh leash snaps could cause them to simply shut down. Positive training encourages the dog to think in order to offer the correct response to get a reward. It helps create confident partners, not fearful subordinates."

"Training for Service Dogs is a 6 month process. The dogs live with the trainer and go everywhere with them as a Service Dog in training. The final two months the Grey is paired up with a Veteran, and we train for the specific needs of that person. We work with trainer, dog and Veteran so the transition will be smooth when it comes time for the Veteran to take ownership of the dog."

"The dog must be young, uninjured and eager to learn. They are born athletes, working dogs, and although many are 45 mile an hour couch potatoes, some do like to work. This is a win-win situation for Veterans and Greyhounds alike." There are some very beautiful moments when the Greys are coupled with their new partners and it makes the effort worthwhile.

Trainer Carolee Ellison is one who volunteers her skills and home to AGA'S *Hounds and Heroes* candidates. "Greyhounds are unlike other breeds I've trained. They are very unique in how they process things and how they need to be taught."

To be continued next month.

Source: Barbara Masi

"No act of kindness, no matter how small, is ever wasted." ~ Aesop

In This Issue

Paw Prints

1. AGA'S Hounds and Heroes
2. Honey Bees On The Move
3. A Duck for Diamond Girl
3. A True Angel - Misty Rose
3. Lolly's New Recipe
3. The Book - Angel on a Leash
5. Your New Best Friend
6. Around Town - Reegan

People 'n Pets

4. A chat with Bill & Joan: Our Readers Want to Know! The benefits of Vivix & More about Bones

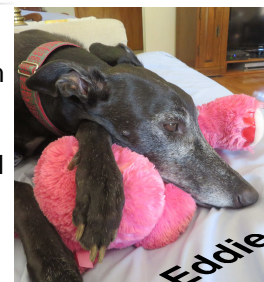
Paw Prints by Shadow

In Our Eighth Year of Making a Difference

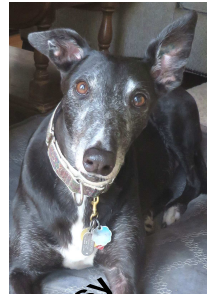


Jenny

We are so proud to introduce AGA'S *Hounds and Heroes* program to you. Please visit their website, awesomgreyhoundadoptions.org, and learn more about them. We will give you more information next month. So please stay tuned.
Jenny, Eddie & Chrissy



Eddie



Chrissy

*Paw Prints is presented by People 'n Pets
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Gotta Getta Grey!

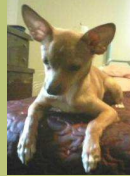
♥ In loving memory of the three Founders of Paw Prints.

In Our Eighth Year of Making a Difference



Kiki & Max

Field Reporters
for Paw Prints
By Karen Burns



Honey Bees On The Move



The above photo is a small portion
of the Cowell's Beekeeping operation.

Dear Paw Prints readers, I am very excited about having the opportunity to share information about the Honey Bee and Beekeeping with all of you. Over the next few issues I will share what I have observed with my own bees as well as what scientists are reporting about the welfare of the Honey Bee.

I am the current President of the Sussex Branch of the New Jersey Beekeepers Association. My husband & I have a small Beekeeping operation managing about 50 hives in Sussex County NJ. We were introduced to the "hobby" by members of the Sussex County Beekeepers Association (SCBA) at the Sussex County Farm & Horse Show/NJ State Fair. We were hooked and immediately began studying the Honey Bee & Beekeeping. After a few years of study, we took a beekeeping course and bought our first Packages of bees. Our first two hives led to 3 then 5 and on up.

The Honey Bee is a fascinating creature on its own, but it is also vital to our food supply. One third of all the food we eat is a direct result of Bee pollination. Many commercial Beekeepers ship their Honey Bees on trucks to Florida to pollinate citrus crops then to California for Almonds, then back through the Midwest to the east coast for blueberries & cranberries and various other fruits & crops. Without the Honey Bees, most of these crops could not be produced in the volume we need to feed ourselves.

Despite the cold temperatures in some parts of the country, the moving of Bees across the country has already begun. There is no real "down time" in the food or Beekeeping industry.

The Bees that aren't on the move to warm temperatures and blooming fruit trees are quietly huddled together in what is called a "cluster". The Bees twitch their wing muscles and are able to keep each other warm enough to survive the winter. During this time they consume the honey they produced and stored all summer. I hope you can see that strong healthy bees and a good food supply are needed to get a hive through the winter.

I'm sure you all have seen or read about the struggles Honey Bees face with habitat loss, pesticides and disease. All of this weakens the bees, reduces their honey production and makes them less able to survive the winter. You may also wonder what you as an average person can do to help the Bees & protect our food supply. You can't do much to prevent diseases but you can help by using pesticides responsibly (if at all), using lawn care products that are not harmful to Bees or other pollinators and provide some Bee habitat. Good Bee habitat can be as simple as not mowing a corner of your yard & let the native wild flowers take over. If you do much gardening, I'm sure your mail box is full of seed catalogs - find a mix of pollinator-friendly wild flower seed or a pre-designed pollinator garden and dedicate a small area to these plants. You will attract, butterflies, local native pollinators as well as any Honey Bees in your neighborhood.

Fall is a critical time for Honey Bees. They are making & storing the food they need to feed themselves through the winter. They are not able to make more honey until plants begin to flower in the spring. So when you are planning your pollinator habitat remember to look for early season blooming plants and especially late summer/fall bloomers. Asters, Knappweed and Goldenrod are great choices for fall. It is typically the pollen from the small ragweed blooms that effect allergy sufferers - the showy yellow Goldenrod always gets the blame.

I hope you found this interesting & educational. If you have specific questions or suggestions for topics you would like to see in more detail, please send them to me care of the Editor. **Thank you Debbie Cowell - Beekeeper**

"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them." ~ Dalai Lama

Paw Prints by Shadow



Proud Mom -
Karen Burns

In memory of Steve
Burns and Koko Burns,
the first field reporter
for Paw Prints



Diamond Girl A little duck friend for Diamond Girl Therapy Dog

Diamond Girl in the vet's office awaiting stitch removal and a bandage change to hot pink.

Ira's and Joan's little girl



Diamond Girl is on the mend after colliding with Chita Rose and falling down the stairs. We want to cheer her up and send her lots of good wishes and prayers.

Her Birthday is March 26th, and she will be 9 years old. So we also want

to wish her a Happy Birthday. She is a sweet little girl and a very special Therapy Dog, too.

This brought us back to *Home Goods* to find a special toy (pictured above) and a blanket, too. Oops, and we couldn't leave without a box of treats. The toy was especially approved by Eddie. He is the expert in these matters.

Have a speedy recovery, Diamond Girl, we love you.

The Paw Prints Staff

Please remember the Fundraiser in memory of Misty Rose

Born June 4, 2004 -
Heaven Day Dec. 1, 2015



Greyhound Friends of NJ & Paw Prints by Shadow, are doing a fund raiser in her memory.

This will help future Greyhounds find their forever homes. All donations should be directed to GFNJ, either on their website greyhoundfriendsnj.org or can be sent to: GFNJ, PO Box 4416, Cherry Hill, NJ 08034-0669 (732-356-4370). On the website you can click the Paypal link. Thank you for helping to Make a Difference

"Try to be a rainbow in someone's cloud." ~ Maya Angelou

In Our Eighth Year of Making a Difference

Dedicated In Memory Of Trinket Miller, Our First Chef



Peanut Butter & Pumpkin Dog Treats

- 2 1/2 c. whole wheat flour
- 2 eggs
- 1/2 c. canned pumpkin
- 2 Tbsp. peanut butter
- 1/2 tsp. salt
- 1/2 tsp. cinnamon

Mix all ingredients together. Add water, if needed, to make dough workable, but dough should be dry and stiff. Roll out dough to 1/2" thick. Cut out with biscuit shaped cookie cutters. Bake at 350 degrees for approx. 40 min. (Taken from "allrecipes.com")



(Lois Millers' special dog)

Lolly Miller



The Book Corner

"The Book Corner" recommends the following book for your enjoyment:

Angel on a Leash by David Frei

Therapy Dogs and the Lives They Touch
"Angel on a Leash will make you smile and cry and appreciate the great things that our dogs do for us and for people in need. My longtime friend David Frei has written a heartwarming book about his work with Therapy Dogs and the human-animal bond. So read, put the book down, hug your dog, and repeat, again and yet again. I loved it and so will you! You will want to reread this one." ~ Betty White

Would you like to send well wishes to Diamond Girl (above) or Amy (featured in February's Paw Prints). Amy is fighting lymphoma. They are both fortunate to be in very good hands.

(Please send them to Paw Prints c/o Judy Olsen 18 Waterloo Rd., Westtown, NY 10998. We will forward them to these special pets. Or e-mail them, and we will put them in Paw Prints.)

Thank You - The Paw Prints Staff

Another way of "Making A Difference"



Dear Diamond Girl,
It's for sure, Diamond Girl
You're so pretty,
But please don't twirl!
Be good sweet girl,
And get all better,
When you do you'll dance
Light as a feather!

Sending lots of Woofs
and Good Wishes,
Kiki, Max & Mommy, too.

Our Readers want to know...

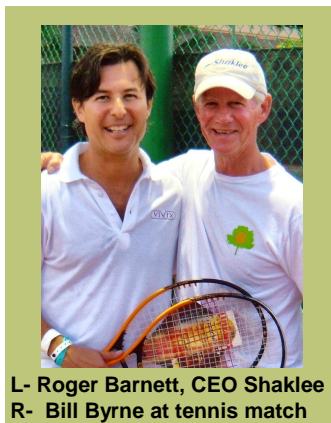
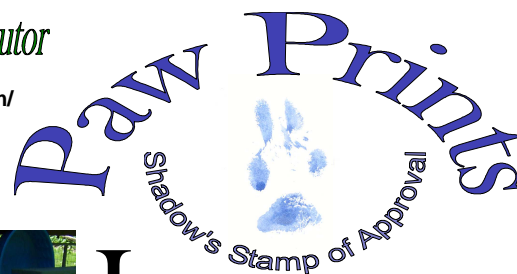
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L- Roger Barnett, CEO Shaklee
R- Bill Byrne at tennis match

A Chat with Bill Vivix

A chat with Bill

Good news about our anti-aging product called Shaklee Vivix. We have used a powerful anti-oxidant in gel cap form for the last 2,582 days in a row. It was released by Shaklee on Aug. 8 of 2008 and is now included in the Life Strip. We have made the effort to stay consistent with this resveratrol-based grape seed extract preparation. The good news is that we are still living! We can live well with doctor-evaluated health bio-markers that remain positive. The doctor says: "Keep doing what you are doing." We both like that Vivix has been our alternative to the many prescription drugs so prevalent and used by so many in our population today.

As a bonafied "senior", it seems almost **anti-American** to not be using any drugs today. Google says the average senior 65 and older has used or is using as many as 16.1 different medications. That is a lot of pharmaceuticals to run through your system! So Dot and I choose to take an active role with our continued good health. I hit the 77 mark on Jan. 31st. We faithfully take our Vivix along with all of the other Shaklee products everyday. I actually do push-ups, sit-ups, weight lifting and running on most of my days. I have only gained five pounds since 1957. What do you think I will be able to do when I hit 80?

We want: 1. Good health, a high level of fitness, and good posture, 2. Energy, 3. Freedom from disease, 4. To be drug free, 5. We want fun in our day, 6. We want to remember the names of our friends and those we care about, 7. We want to be lean, fit and remain athletic, 8. We want to be helpful and relevant.

How will life be for you?

HOW DO YOU WANT IT TO BE?

What would YOU like to have in your life?

~ William Byrne, friend of Judy and Paw Prints.
Consumer of Shaklee products since 1966.



Joan Keating

A Chat with Joan

A chat with Joan

The BONES of the situation

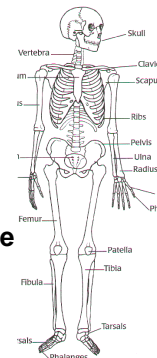
Our skeleton is all bones. I can just see them all connected and hanging together. (see picture)

Bone is a living, growing hard tissue, mostly made up of calcium. Bones house spongy tissue which is the bone marrow. The marrow makes **osteoclasts**, **osteoblasts** and **chondroblasts** (the preface, osteo, means bone). When we need more bone, the osteoclasts gobble up the old bone. They break down and absorb bone tissue back into the body. They hook onto the old bone and eat them up (like Pac-Man ☹️ 🦴). The osteoblasts are very large cells that build up the bone, maintain them and keep them strong. Chondroblasts produce cartilage cells and are important in bone growth. They develop into cartilage cells and build and repair the tissue. Cartilage is tougher than muscle and surrounds the joints. When cartilage wears down it is replaced by the body or it can be transplanted.

Weak bones are NOT a natural part of aging. Along with good Shaklee vitamins, we need to have more physical activity to help with keeping our bones' healthy. Strong bones support our body, protect all our organs (heart, lungs and brain, etc.) from injury and help our muscles to move us. Bones also store life supporting minerals and encase the marrow that help with making blood cells.

We need Shaklee's D-3, Osteomatrix and calcium for our bones and for our overall health. We need the amazing Shaklee's Life Strip, a strip that is so easy to take. Try it, your body will like it.

~ Joan Keating





In memory of Joslyn,
who actually IS:
"According to Joslyn"

According to Joslyn
Wanna Meet your
New Best Friend?

"Reverence for life is the
highest court of appeal."
~ Albert Schweitzer

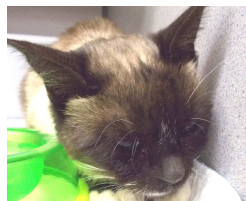


The Humane Society, Middletown, NY

142 Bloomingburg Rd. 10940 845-361-1861
www.middletownhumanesociety.com

Greyhound Friends of NJ

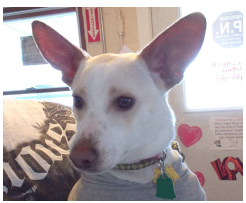
GFNJ, PO Box 4416, Cherry Hill, NJ 08034-0669
Call 732-356-4370 greyhoundfriendsnj.org



China is a beautiful Siamese with the bluest eyes I have ever seen. She was found as a stray and is still adjusting to life in the shelter. She needs a home to call her own. China is about 8 months old.



Laurel has the most beautiful colors on her. She loves to be picked up and immediately begins to purr. Laurel is about 5 years old.



Marley is a one year old sweet boy looking for a new home. He is a mix between a Chihuahua and a Dachshund. He is high energy and likes to play. He loves people.



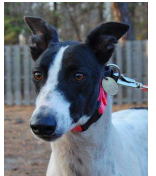
Alura is a beautiful brindle color. She is a one year old Whippet mix. Alura is a very striking girl who just wants to play. Older children only.



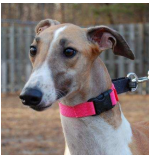
Fuzzy's King whose call name is "Baxter" is a very handsome boy. He is calm, affectionate and friendly. He is stately looking just like a greyhound should be. He is a leaner and absolutely loved his butt rubbed by the attentive volunteers. He will turn 2 years old in February and although he is good with people, no cats, please.



Kristi Jo is the cutest little girl. She's happy, calm and friendly but not pushy which makes her very appealing. She's a gentle sort of girl. She walks nicely on leash and is inquisitive about her new surroundings. Kristi Jo is 2 years old and cat workable in that she could be directed away from the cat. She has a happy personality with a spark of mischievousness.



Kiowa Bad Actor is another gorgeous boy just like his sibling brother, Kiowa Bad Cruze and his sister, Kiowa Bad Habit. Bad Actor is calm, friendly, happy, gives kisses and takes direction well. He is a social boy. He also walks well on a leash. Bad Actor is 19 months old and he is cat tolerant with supervision.



Superior Capella is a stunning little girl. She is friendly and happy and seemed to enjoy all the attention that was being paid to her. She loved to be hugged and gives kisses. She settles in and walks well on leash. Capella is 2 years old and cat workable to tolerant in that she could be directed away from the cat with redirection and some correction.



Pat C In Charge is a love bug. She's not only very pretty but she is friendly and sweet. She was described by the folks in Florida as "a happy girl but not jumpy, a nice girl—a favorite." She gives kisses and loves affection. She also walks nicely on a leash. Pat C in Charge is 4 years old and cat tolerant with supervision.

Shadow's Stamp of Approval

If you see something,
say something

If you see an animal being abused or neglected, call your county's humane law enforcement division (or police dept.) immediately. Anonymous calls accepted, but if you reach a voice mail, leave complete details, including the street address or directions as to where the animal is located.

Ticket

Name _____ Phone# _____
Address _____ e-mail address _____
Name of animal organization of my choice _____
Phone # of organization _____
Why I chose this cause _____

☐ Contribution amount \$ _____
(Any amount will be helpful, make checks payable to the fund)
☐ Hard copy of the Newsletter \$ _____
(\$12.00 for 12 months, make checks payable to Judy Olsen)

Please mail contribution checks and
newsletter checks to Judy Olsen
18 Waterloo Rd., Westtown, NY 10998

Ticket

Shaklee NEVER tests on animals - EVER

Paw Prints - March, 2016

People 'n Pets - Promoting Healthy Options

Judy Olsen - 18 Waterloo Rd.

Westtown, NY 10998

Paw Prints - by Shadow

Welcome ALL Pets Allowed

Please visit us at: <http://judy-olsen.myshaklee.com/>

Or: jazbo1@frontiernet.net, 845-726-3214



Nashville Girl - WOW -

What a striking girl with a personality to match. She is very friendly and seems to enjoy everyone's company. She welcomes attention but is not overly pushy. She is a snuggler and liked to bury her head in our laps or arms--what a cutie. Once she settles in, she walks nicely on leash. Nashville Girl is 3 years old and although she loves people, no cats, please.

Nashville Girl

Shaklee
NEVER tests
on animals
- EVER



"What lies behind you and what lies in front of you, pales in comparison to what lies inside you."
~ Ralph Waldo Emerson

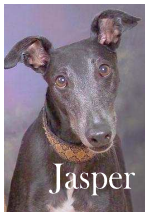
Volume 8 - #11

In Our Eighth Year of Making a Difference

Page 6

Around Town With Jasper

(We will continue this original page by Jasper, dedicated to his memory)
Paw Prints by Shadow



Reegan Does Not Like Small Dogs



By: Olivia Foulke - Age 8

Reegan, the energized Wheaten Terrier, loves to play but does not love small dogs. Last summer we went down to the lake to see our cousin's dog Chico. Chico is a tiny Shih Tzu. Chico never stopped running after Reegan! Reegan ran and ran so fast she could hardly breathe! Chico was trying to jump on Reegan's back! Poor Reegan. Then we had lunch and when we finished, I couldn't find her. When we found her I hooked her up to the chain. Reegan escaped because Chico wouldn't stop bothering her. When my dad, cousin Gwen, and brother Ethan left for the jet ski ride, I heard a whimper coming from Reegan because she wanted dad to help her with Chico. Then my cousin and I went on a jet ski ride. Reegan was standing on the dock all alone, well almost alone. She was with Chico, of course.

Then later on Gwen and I decided to go for a swim. We jumped in a few times. Then Reegan was done with Chico and it was final. I jumped in and out of nowhere, Reegan came jumping from the dock into the lake. I saw Reegan swim. She couldn't even do the doggy paddle. I helped her get to the dock. Then we began to play, and I wanted to play with Reegan but I couldn't because she was being chased by Chico. Our grandparents came. My dad opened my grandparents' car door, so Reegan could hide in there. After Chico, Reegan still runs from small dogs.

Oops - something happened -

We found out that some of the January, 2016 issues of Paw Prints were not delivered. This has caused us some concern, and we would like to find out who did not receive this issue. Please e-mail us at jazbo1@frontiernet.net or call us at 845-725-3214 and we will get one to you. Thank you for your understanding and patience. The Staff at Paw Prints

