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# AFL News

Advocating for Animals in our Community



Petey is one special dog.

## Library Month Features 'Special' Guests

Like the players of the rough-and-tumble game of the same name, nothing stopped Rugby Jones for long. The irrepressible little Corgi bounded into author Claudia Broome's heart and inspired her to write a children's book about his inspiring story after a spinal cord injury paralyzed his back legs. Claudia read from her book, *The "Tail" of Rugby Jones: A Rascal's Journey from Disability to Ability*, to children and adults at the Lansdowne Public Library on Feb. 13, which was one of the highlights of Animal Friends of Lansdowne's Love Your Pets Month events.

Broome and her family raised Rugby on a farm near Gilbertville, Pa. The book is written from Rugby's point of view, so we are right there with Rugby Jones when he meets the really big dogs (the horses), gets swiped by the standoffish Miracle (the cat in charge),

and burrows into the foxholes head first, needing his human mom to pull him out. Rugby Jones dove into everything head first. He loved his life and showed it, going everywhere and getting into everything with his "I am special" attitude, Claudia explained. Rugby's "can-do" spirit was mightily challenged when he suffered a spinal cord injury when he and another dog collided head on. Rugby was only four years old at the time, and Claudia decided to go ahead with the operation that saved his life, even though she had no idea how a dog who lived to run, explore, and befriend would fare with no mobility. It was a lesson she and Rugby Jones would learn, and eventually teach, together.

After much searching, Claudia found a specially outfitted wheelchair for dogs and Rugby was able to regain his active

(Rugby Jones—continued on Page 7)

## From the President



For the past six-plus years since our inception, it has been my passion and my privilege to serve as AFL's president. During that time, I have seen our organization grow from a very small handful of caring animal lovers, to nearly 150 dues-paying members and even more supporters.

A few years ago, we moved from being an advocacy and education group to a full-fledged rescue, providing foster care, adoptions, spay-neuter, and veterinary care for Lansdowne's homeless companion animals. AFL has found loving, adoptive homes for some 250 animals, and we have developed a trusted network of foster families, volunteers, and community members to help us in our mission. We are most fortunate to have amazingly talented and dedicated board members with whom it is an honor and a pleasure to work. People who love animals are incredibly special.

As I step down from the presidency, I am very pleased to pass this torch to our own Sara Burns, who has been a committed volunteer, board member, and Vice President of Animal Friends of Lansdowne. Sara is smart, caring, energetic, and very committed to AFL's mission. A full-time regional pharmaceutical sales manager, cat mom and foster mom, Sara will no doubt lead us on to even greater

accomplishments in her tenure as President. Stepping up as Vice President is Samantha Drake. Sam has also been a volunteer and board member. A self-employed writer and editor by trade, she also takes care of our publicity.

Treasurer Adrienne Patroni recently moved a distance away from Lansdowne in order to live closer to her daughter.

Nonetheless, she remains our expert Treasurer, attends monthly board meetings, and helps with events. Our newest board member is Deborah Imbesi. Deborah's passion for animals, business savvy, and computer skills have already proven invaluable. Long-time board members Frank Mellina and Dotti McCreary continue their tireless efforts with the hands-on care of our rescue animals. Without these efforts, we could not do what we do.

Dotti heads our Love Your Pets Month of educational events at the Lansdowne Library.

We have recently been joined by some wonderful volunteers who contribute their time and talents in treasured ways to AFL and the animals in our care. It is our hope that they will expand into even larger roles within AFL. Speaking for myself, this is not goodbye. I remain on the board and have assumed the role of Secretary this year. So long as there are animals to help in our community, I hope to stay involved and active with AFL and work with this amazing group of people who are not only colleagues, but also friends.

I know you will offer your full support to Sara and our board as they continue the leadership of Animal Friends of Lansdowne. As always, thank you for your kindness to the animals.

## Thank You Alethea

Alethea Pena, one of AFL's original board members and former Vice President, recently stepped down from her board position. Alethea has been very hard at work on her second master's degree and a new career as animal behavior consultant.

Pursuing this while working full-time, Alethea has completed her course work and is now writing her thesis and fulfilling externships and residencies with such esteemed organizations as Best Friends Animal Sanctuary in Utah.

Alethea served not only as AFL's Vice President, but also our Web Goddess extraordinaire. Without her amazing talent and expertise, we would not have a professionally-designed web site that is the envy of many local rescues larger than ours. Alethea also produced and edited this newsletter and most of our printed materials since AFL has been in existence. "Thank you" is woefully inadequate for all of her many wonderful contributions. Even when we struggled, Alethea always managed to make us look professional! Fortunately for us, Alethea is still helping out to the extent that she is able. And so we will not say goodbye...simply good luck and see you soon, old friend! And so we will not say goodbye...simply good luck and see you soon, old friend!



# Spayed Club and AFL Team Up Again

Animal Friends of Lansdowne once again provided a convenient, cost-effective opportunity for local cat owners on April 21 to neuter their cats, which will ultimately result in fewer unwanted kittens.

AFL teamed up with the Spayed Club of Sharon Hill which provided additional services including rabies shots for a special low price. AFL coordinated the clinic event and subsidized the cost of neutering for Lansdowne residents. This year, AFL also offered the opportunity to non-Lansdowne residents for the first time.

Cat owners dropped their pets off in the morning at the Lansdowne Fire Co., which generously provided space for the event. Spayed Club staff members then checked the cats in and transported them to the Spayed Club.

Dr. Sarah Alexander performed the surgeries on 17 cats, and staff and volunteers kept a watchful eye on the patients as they recovered. Then the cats were brought



## In Appreciation

*AFL honors its wonderful volunteers at the Regency Cafe*

Carol Geslao, with Fran Wayne, left, has generously donated handmade quilts to raffle off three years in a row.



Deborah Imbesi and Ozzie Kennedy are very active volunteers

Animal Friends of Lansdowne is able to do all that it does only with the considerable help and support of its wonderful volunteers. On Nov. 7, AFL held a reception at the Regency Café to show its appreciation for volunteers' support and hard work.

Attendees included those who have fostered animals until a forever home is found, helped staff events, and donated funds, supplies, time, and effort over the years. AFL gifted volunteers with special-edition T-shirts in thanks. Everyone had a great time snacking on yummy Regency Café treats, watching a slideshow of animals that have been rescued, and meeting old and new friends

### Volunteer For AFL

Animal Friends of Lansdowne is always looking for a few good volunteers who can give their time and skills for animals in need. We need volunteers for:

- Events staffing and/or planning;
- Print and online marketing;
- Processing adoption and foster application;
- And more!



# 'Love Your Pets' Month: February

## Why Does My Pet Do That?

It's always illuminating when Dr. David Spiegel comes to town, and Feb. 20 at the Lansdowne Public Library was no exception. The audience quickly filled with concerned and curious pet owners and foster parents seeking an opportunity to ask questions of this Swarthmore veterinarian, whose practice is strictly limited to issues of animal behavior.

A wide array of both cat and dog questions were posed by audience members. We heard about cats who react to moving to a new home, being overly vocal, or behaving aggressively toward a new pet. There were domineering cats who like people but dislike other cats, some who scratch furnishings, eliminate outside their litter boxes (a perennial favorite), and hide from other cats out of fear. Other cats were reported to chew on plastic or furniture, jump onto kitchen counters, or seek constant attention from their people.

One pet parent expressed concern about a fearful dog who is uncomfortable around strangers, raising the question of earlier abuse. Another had a dog who is hyper, barks too much, and eats out of the trash can. Still another spoke of a dog with a fear of storms. Dr. Spiegel to the rescue!

With each audience question, Dr. Spiegel dispensed a wealth of information about anticipating and avoiding poor behavior, rewarding desired behavior, and conditioning animals to learn to like each other through a patient process of slow introductions. We learned about ways to keep pets from being bored



*Dr. David Spiegel is an animal behaviorist in Swarthmore.*

and lonely, and how to tire them out through concentrated, interactive play. He even provided some great information about what motivates cats to use their litter boxes consistently.

Dr. Spiegel has many tools in his arsenal, including the temporary use of medications to help change pets' behavior when needed. Often, medical reasons for pet behavior issues must first be ruled out.

Dr. Spiegel does make house calls—in fact, he prefers them. He likes to visit pets in their home environment to meet everyone involved and see firsthand what makes them tick. His practice is currently about 65% dogs and 35% cats.

To learn more about what Dr. Spiegel does and can teach us about our pets, visit [www.petpsych.com](http://www.petpsych.com).

## Special Needs Pets Require Extra Commitment And Love

"A pet is forever." Of the many memorable insights shared by Alex Chapman, as he talked about the joys and challenges of special needs pet at the Lansdowne Public Library on Feb. 27, this incisive gem captured everyone's hearts.

Alex told a story from his childhood of a \$10 iguana that he accidentally smashed in a door. His parents spent hundreds of dollars to help heal the damaged iguana. The lesson was: You make a commitment, you stick with it. Alex said he internalized that lesson deeply and is committed to his special needs pets. Alex, a Lansdowne resident and dog groomer by trade, fosters animals, lots of animals. Joey, a little special needs poodle, came with him. Joey is a special needs pet with hydrocephalus, a congenital brain disorder. Alex keeps her comfortable and loved. As he said, "They give a lot more back. They

appreciate the love they get." Sleepy Joey was indeed a bundle of love.

Alex shared that adopting a special needs animal can be more costly than adopting an animal without significant health issues. Medication, increased vet visits, extra time, increased oversight (i.e., dog or cat proofing), and special food all may be part of caring for a special needs pet.

He advised that to successfully manage a special needs animal, one needs the support of a community. Breed clubs and breed registries, among other groups, can be enormous assets for information and resources.

Visit [www.Phillydogspot.com](http://www.Phillydogspot.com) for more information about Alex's grooming services at his Chestnut Hill salon.



# Spotlights Our Special Friends

## Dr. Sara Sprouls Answered Residents' Burning Questions

Dr. Sara Sprouls of Glenolden Animal Hospital fielded questions from the Lansdowne community for a lively and informative pet care Q&A session on Feb. 16 at the Lansdowne Public Library. Among the helpful hints that Dr. Sprouls suggested was using peppermint oil as a natural flea treatment (in fact, you can sprinkle oil along doorways and windows to keep bugs out of your home naturally). A flea collar placed in your vacuum bag or canister can help kill fleas in your carpet.



*Dr. Sara Sprouls practices at Glenolden Animal Hospital*

Dr. Sprouls reminded the audience to vaccinate puppies against Parvo virus. Both the intestinal and cardiac types of the Parvo virus are usually lethal. Cats should also be vaccinated against Panleukopenia, which is the same virus in cats. One resident discussed a dog exhibiting several worrisome symptoms. Dr. Sprouls explained that blindness in pets can be caused by hyperthyroidism, in which a tumor grows on the thyroid gland and produces excess thyroid hormone. Thyroid is responsible for metabolism and can impact heart function. Signs of hyperthyroidism include weight loss despite good appetite, increased urination, increased vocalization, and constant thirst. A blood screening at your vet can determine diagnosis and treatment.

Dr. Sprouls reminds us that many foods contain substances that are toxic to pets, including caffeine. In addition, human medications must be stored safely away from pets because many are toxic including Aleve, Tylenol and candy-coated Advil, which attracts pets because of its sweet taste. Also discussed was the debate over wet versus dry food. Dry food is fine and wet can be reserved for a pet with dental issues (such as kittens or geriatric pets) or who doesn't drink enough water. In fact, dry food is best for long-term dental health because there

*(Dr. Sprouls—continued on Page 6)*

## Children's Poetry Contest Winners: Jacquelyn and Janeen

### I Love My Pet

**By Jacquelyn Byrne, 5th grade**

I love my dog, Shamrock  
 She's one of a kind  
 She may be a rough dog  
 But she's our rough dog  
 Without her it would be too quiet  
 This is why I love Shamrock!

**By Janeen Smith, 5th grade**

I love my pet  
 I love him to death  
 But he's always grouchy  
 And mean  
 I told him, if you don't  
 Be nice I'm going to  
 Get two new pets and  
 Name them Black and White  
 No more meany  
 No more sleepy  
 No more grouchy.



*Janeen Smith and Jacqueline Byrne*

# Top 10 Reasons To Adopt from AFL

## 1. You'll feel better.

It's been proven! Having a pet can reduce your blood pressure, help prevent heart disease, and help you to live longer.

## 2. You'll save a life and help the community.

Think globally; adopt locally! Roughly 4 million pets are euthanized in the U.S. each year simply because they are not wanted. Virtually every adoptable pet with AFL has been rescued in the Lansdowne community and lovingly cared for by a local volunteer in a private home.

## 3. You'll get just the right pet.

AFL will counsel you and spend all the time needed to ensure that you adopt the pet who is the best match for your family and your lifestyle.

## 4. You'll get a healthy pet.

Our rescues are fully vetted. They've seen our expert veterinarians, received their shots, been tested for serious diseases and, if old enough, are spayed or neutered. Some rescue pets do have special needs; if so, we will tell you all about them so that you can make an informed decision.

## 5. You'll know exactly what you are getting.

AFL pets live in loving foster homes until they are adopted. We've socialized them and we know them—their personalities, how they are with other animals and kids, what kind of home is best suited for them, and vice-versa.

*(Dr. Sprouls—continued from Page 5)*

safely away from pets because many are toxic including Aleve, Tylenol and candy-coated Advil, which attracts pets because of its sweet taste. Also discussed was the debate over wet versus dry food. Dry food is fine and wet can be reserved for a pet with dental issues (such as kittens or geriatric pets) or who doesn't drink enough water. In fact, dry food is best for long-term dental health because there is less plaque build-up. Cow's milk causes vomiting in cats. Onions, garlic and chocolate are also toxic to pets. For a complete list of .toxic foods visit:

[http://www.humanesociety.org/animals/resources/tips/foods\\_poisonous\\_to\\_pets.html](http://www.humanesociety.org/animals/resources/tips/foods_poisonous_to_pets.html)

## 6. You'll save money and time.

Since your new best friend comes to you fully vetted, you won't need to take them to the vet till their next scheduled wellness appointment. You can spend the extra money on toys and have more time to play!

## 7. You won't be supporting puppy mills or pet stores that sell animals.

The only way we can stop the insanity of irresponsible breeding and cruel conditions is not to buy animals (which often cost hundreds or even thousands of dollars). Instead, rescue an animal in need and give it a loving home!

## 8. You'll set a great example.

You'll be leading the way for everyone you know...when they meet the great pet you've adopted from AFL, they'll never think of buying a pet again!

## 9. You'll improve your mental health.

Rescued pets are way better than a shrink! They are adoring, grateful, and loyal. There's nothing more calming or comforting than petting your special fur baby when you're feeling down or having a tough day.

## 10. Everyone should have a rescue pet!

It's the loving option. Try it just once and you'll be hooked—bet you can't adopt just one!

follow us on  
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**afl19050**

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**Facebook**

Search for:  
**Animal Friends**

Importantly, Dr. Sprouls offers house calls for people who don't drive or for pets that are traumatized by trips to the vet. She also offers at-home euthanasia services. Last but not least, don't forget your pet's annual vet checkup! For more information, visit [www.glenoldenanimalhospital.com](http://www.glenoldenanimalhospital.com).

(Rugby Jones—continued from Page 1)

After much searching, Claudia found a specially outfitted wheelchair for dogs and Rugby was able to regain his active life. Rugby lived another eight years, inspiring all around him with his antics and simple refusal to let any so-called handicap keep him from living the fullest of lives. Petey, another Corgi with spinal cord injury who uses a special wheel chair, was a special guest for Claudia's reading and presentation. Petey and his owner, Kathy Hampton of Media, helped bring Rugby's story and spirit to life. Petey was



Claudia Broome

clearly delighted to meet everyone and be petted. He just knew he was the star of the hour!

Petey, age nine, went up to each and every one in the room to be greeted and petted. Watching and interacting with

Petey, it was obvious that just

because an animal was different, he or she was no less personable, loving, or lovable. For more information about Rugby Jones and *The "Tail" of Rugby Jones: A Rascal's Journey from Disability to Ability*, visit <http://guesswhat.rugbyjones.com>.

### Doggie Spa Day Returns in June



Join us for Doggie Spa Day Saturday June 11, 11 a.m. to 3 p.m. at the corner of Essex Ave. and Wayne Ave.

We will have dog washers and groomers to spruce up your pup. Owners can get a little pampering too – refreshments and chair massages from a local masseuse while you wait to help you relax those tired dog-walking muscles.

## Become a Member of AFL

Membership Type:	Qty:	Price:	Total:
— Good Friend		\$30 / year	
— Family Friend		\$50 / year	
— Special Friend		\$75 / year	
— Best Friend		\$100 / year	
— Student Friend (full-time student)		\$20 / year	
— Senior Friend (65 or older)		\$20 / year	
— Young Friend (12 and under)		\$10 / year	
— FurrEver Friend (lifetime)		\$500	

Check here if you would like to volunteer:  Total: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone

Enclose check made payable to: AFL and send to the following address:

Animal Friends of Lansdowne  
Post Office Box 869  
Lansdowne, PA 19050 or sign up on the web at  
[animalfriendsofLansdowne.com](http://animalfriendsofLansdowne.com)  
(Click on "Membership")



AFL T-shirts, mugs,  
pet bandanas,  
and bumper stickers

**on sale now at**  
**[animalfriendsofLansdowne.com](http://animalfriendsofLansdowne.com)**

# Save the Date!

## Lansdowne Farmer's Market

June 4, Sept. 24, and Oct. 29

Stop by AFL's table at the Farmer's Market visit our adoptable pets, learn more about what we do, or just say hello!

## AFL Doggie Spa Day

Saturday, June 11, 2011

11:00 am — 3:00 pm

Corner of East Essex Ave. and Wayne Ave.,  
Lansdowne

Pamper your pooch and yourself, as well, with refreshments and massages while your dog gets the spa treatment. All proceeds benefit AFL.

### AFL Member Meetings

Usually the 2nd Tuesday of each month at 7:00 pm

Lansdowne Borough Hall

Please contact us for exact dates and times.

### About AFL News

AFL News is a newsletter published by the Animal Friends of Lansdowne, an organization comprised of Lansdowne citizens who are passionate about animals and animal issues. We are concerned about the responsible management of our domestic and feral animals and about making Lansdowne a safe haven for people and animals to live in harmony.

To this end, we are committed to such issues as animal rescue and adoption, population control, health and sanitation, education and awareness, and, always, the humane treatment of all animals.

### AFL Mission Statement

Our mission is to advocate for animals in our community and for the people who care for and about them; to raise awareness of important animal issues through educational and promotional activities; and to foster the kind and responsible stewardship of both domestic and feral animals.

### Contributors for this issue of AFL News:

*Jocelyn Bolick, Sara Burns, Samantha Drake, Hazel Spears, Diana Stockdale, and Fran Wayne*

**For the latest news, be sure to visit our website at [animalfriendsofLansdowne.com](http://animalfriendsofLansdowne.com).**

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## Animal Friends of Lansdowne

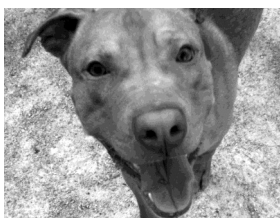
Post Office Box 869

Lansdowne, PA 19050

<http://animalfriendsofLansdowne.com>

[info@animalfriendsofLansdowne.com](mailto:info@animalfriendsofLansdowne.com)

(484) 463-1277



### Board Members:

*Sara Burns, President*

*Samantha Drake, Vice President*

*Deborah Imbesi*

*Dotti McCreary*

*Frank Mellina, AFL Assist Coordinator*

*Adrienne Patroni, Treasurer*

*Fran Wayne, Secretary*