



# Tzu News

## President's Message

**Hello!**

I would like to thank each and every one of you who has been in contact with us in the past couple of weeks. We appreciate so much your words of encouragement and interest in what is happening in this fledgling rescue organization.

It's been an extremely busy couple of weeks since we sent out our inaugural newsletter.

We brought in our first foster.. then our second.. then our eighth.. all within the space of about ten days. We hadn't intended to get things rolling as

quickly as they have, but the need just seems to be even greater right now.

Unfortunately, a couple of the dogs that we thought were going to be healthy and easy to place have turned out to have significant health problems, and surprisingly, one of the dogs that we thought was going to be in significantly poor health turned out not to be.

I hope you will take some time and read through this month's newsletter and let us introduce you to these new dogs. Each one has his or her own story.

Unfortunately, we may never know their history, but we hope to start them on a journey toward the happy future that they each deserve.

In order to get them to that point, though, we need you. The donations that we receive are our lifeline and enable us to continue rescuing the dogs that so desperately need us. So, if you can donate, please do. The dogs need us. And in order to help them, we need you.

*Leann Lund*  
President

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### Did you know?

- There are approximately 74.8 million owned dogs in the US
- 39% of US households own at least one dog
- 25% of owners own two dogs
- The proportion of male to female dogs is even.

*From the HSUS web site at  
www.hsus.org*

## CSTR's first breeder dogs

On Friday, 8/8/08, the first breeder dogs entered the CSTR program. 4 little souls from a backyard breeder dumped at a Peoria shelter were brought to the CSTR vet for shots, altering, etc. before coming to their new foster homes. Carly (10), Beau (9), Lucy (8) and Tila (7) were poked, prodded, cut and stitched and then sent to their foster homes on Saturday.

All had horrible teeth and had to have most of them removed, unfortunately. Tila had a mammary tumor that was removed and biopsied but turned out to be benign, thankfully. Shots, heartworm tests (negative), fecal tests, etc. were completed to get them on their way to a new life.

They are sweet, happy little guys, waggy and friendly, the girls more outgoing and friendly than shy little Beau. We were excited, thinking about the possibilities that awaited them once they were ready for adoption.

Unfortunately, though, we got some bad news the next day. Tila and Lucy showed symptoms of urinary tract infection, so off to the vet we went again. Tila did, indeed, have a UTI, but Lucy's diagnosis was much worse. After being unsuccessful in collecting a urine sample from her, an ultrasound was performed. We were stunned to find out that her little bladder was full of tumors that were blocking her urethra, resulting

in her inability to pass urine. The prognosis was extremely poor. Any attempt to go in and examine or drain her bladder would result in the cancer spreading. At this time, however, she seems to be stable and shows no evidence of pain, so quality of life will be the overriding factor of consideration in what we do in the coming days.



**Lucy**

## CSTR's First Foster Dog - Buffett



Approximately 7 year old Shih Tzu mix Buffett was the first dog to come into the CSTR

foster program. Abandoned by his family at a Joliet shelter, he was slated for euthanasia because he had previously snapped at a child. The shelter's surrender forms stated that Buffett had been adopted by the family the previous year from another shelter and that they had been told he was 2 years of age. However, upon examination by the CSTR vet, it was determined that he was several years older. Buffett's teeth, including his canines, are

worn down almost all the way to the gum line. This usually happens in dogs who are kept in cages or kennels for extended periods of time from gnawing at the bars out of boredom. Buffett wants everyone to know, though, that 7 is by no means old! And he is more than ready to begin his new life with the forever family that he knows is out there waiting for him. Buffett is housetrained and gets along with other non-dominant dogs.



## Crossroads Refuge Program

Crossroads Shih Tzu Rescue is pleased to unveil the "Crossroads Refuge" program, a program for the dogs that come into rescue who are considered "unadoptable" yet still have lives to live. Some of these dogs may be sick or injured and will be adoptable at some point while others, our "forever fosters", are of too much of an advanced age or illness to be adopted into a new family.

CSTR believes that every dog deserves to have a warm bed, good food, love and attention, even those dogs who are nearing the end of their lives for whatever reason. And so whenever possible, CSTR will be bringing those dogs into the

program for however long they have left or until they are healthy enough to be adopted.

The first Refuge dog arrived on August 9th. Andy is a 12 year old blind and deaf Shih Tzu who was surrendered because his elderly owner could no longer take care of him. Andy is also a former puppy mill survivor who suffers from debilitating arthritis in his back and hips. After making the long trip to Illinois from his former home in Georgia, he has settled into his forever foster home and is enjoying a new life with a comfy dog bed, regular massages and scratches and supplements to help with his stiffness and arthritis.



Andy

**Come see us!**  
 CSTR will be holding our first ever **Adoption Event** at **Tucker's Doggie Delights** on Saturday, August 23, 2008 from 11:00AM-3:00PM  
 2011 Calistoga Dr.  
 New Lenox, IL 60451  
 By Berkot's on Laraway Road  
 (815) 463-8002



**A very special and heartfelt thanks to the vets and staff of Midwest Animal Hospital in Orland Park. We couldn't do any of this without you!**

### Are you up for a challenge?

CSTR urgently needs donations to help pay for the over \$1000 in vet bills that have accumulated with the sudden influx of dogs.

### Do you have 9 friends?

If 10 of our supporters donate \$10 and collect \$10 from 9 friends, that would be \$1000. **Will you help?**



# Our Adoptable Dogs



Buffett is a fella looking for a "change in latitude".. Ok, maybe not latitude, but he'd sure like to find his own forever home "paradise." Could that be with you?



7 year old backyard breeder survivor, Tila, is ready to put her motherhood years behind her and get on to the business of being a pampered princess! Tila is shy but friendly, is working on housetraining, and gets along with other dogs and cats.



After a 9 year career as resident Shih Tzu stud, Beau has decided that a comfy bed, good food, and frequent cuddles are an even better way to spend his time. Beau is a timid and tiny fellow who is learning every day what a wonderful new life he has ahead of him.



Single, sable 10 year old Shih Tzu female seeks life of leisure as pampered pet and companion. Interested? Fill out an application to adopt Carly today!



Ralphie is a frisky bachelor, looking for someone to love. At 10 years of age, he is the perfect combination of mellowness and energy, and he'd love a chance to get to know you!



Golden Girl Randie, 12, loves the easy life and dreams of a quiet home with a soft bed and lots of attention. Muumuus and support hose a plus but not required!

## CSTR Adoption Guidelines

To adopt from CSTR -

- Applicants must be at least 18 years of age
- All household members must be in agreement about the adoption
- Application must be completed in its entirety
- All current animals must be altered, current on vaccinations and on heartworm and flea preventative
- Applicants must consent to a reference check and home visit
- Children in household must be at least 8 years of age (exceptions may be made on a case by case basis)

For more information and to complete the adoption application, please visit the CSTR web site at

<http://crossroadsrescue.org>



## Views From the Trenches



After several hours of contemplation, Beau finally succumbed to the comforts of the cuddler bed!



Rescue is definitely a family affair. Sierra Fountain has become a valued member of the CSTR team.



# Tzu Corner

The topic of this month's **Tzu Corner** is nutrition and how to choose the right food for your dog.

Anyone who has been doing Shih Tzu rescue for longer than a minute will tell you that one of the most common problems that we see in the dogs coming into our programs is food-related skin allergies. Very often the dogs are surrendered because their owners have come to the end of their resources or even patience with the dogs' skin problems when a simple change of food would have made a world of difference.

Unfortunately, canine nutrition is not emphasized in many veterinary programs, and all too often, food-related allergies are misdiagnosed by vets and treated with medications and steroids, most often unsuccessfully, while doing damage to the animals' internal organs in the process.

So what should you know about Shih Tzu and canine, in general, nutrition in order to avoid many of these food

allergies?

Learn to read the ingredient labels on your dog's food bag just like you read the ingredient labels on your own food. (And if you aren't reading THOSE labels, you should!) Remember that the ingredient that is listed first makes up the largest percentage of the food. Is that ingredient "corn", "ground yellow corn" or any other corn derivative? If so, your dog's food is made up, primarily, of a carbohydrate and an ingredient that the dog gets very little nutrition from. Will feeding your dog that food kill him? No, not necessarily. But it's rather like feeding your child only macaroni and cheese for the rest of his or her life. Will it kill him or her? No. But the child will also not be anywhere near as healthy as he or she could be.

Corn is a cheap filler that has little nutritional value for dogs and is often used as the primary ingredient in low quality foods. Replacing your dog's food with one that does not contain corn will help him become healthier

and has another benefit..

because he will be getting more nutrition from the food he his eating, the portion size is smaller and his body uses more of it, which manifests itself in smaller piles in your backyard! A good rule of thumb when shopping for dog food is that if you can buy it in a grocery or convenience store, it is not a quality food.

Another common allergen that we find with the Shih Tzu breed is wheat, and it's usually a good idea to avoid foods that have wheat in them altogether. The good news is that today there are many options for feeding your dog a wheat-free diet.

So, what if you're feeding your dog a corn- and wheat-free food, avoiding corn and wheat in his treats, and he STILL seems to be suffering from food-related allergies? Well, then we would suggest trying a limited ingredient food with a "novel" protein source. By "novel" protein, we mean one that is not the typical beef/ chicken/turkey/whitefish.

Fortunately, there are several companies out there that offer a limited ingredient diet with a novel protein source, including Natural Balance's Duck and Potato formula and Wellness' Rice and Duck formula. There are also Venison/Sweet Potato formulas that may help.

The goal is to find a food that has few or no preservatives, chemicals and other unpronounceable ingredients, and no corn, wheat or soy. And the good news is that it is actually easier to find them than you might think! Petco stores carry a few of the decent brands although your best bet is to visit your neighborhood pet food store, which oftentimes carries an even better selection in addition to providing an opportunity to support local businesses. Of course, we do NOT recommend patronizing a store that sells dogs and cats!

CSTR will be holding adoption events at one of those great little pet food stores on August 23 and September 13, by the way. Check out our "Upcoming Events" for details and be sure to come out and see us!



### So what foods do the CSTR foster dogs eat?

- Natural Balance
- Nature's Variety
- Avoderm

**To learn more about dog food and canine nutrition, visit these great web sites!**

- [dogfoodanalysis.com](http://dogfoodanalysis.com)
- [dogfoodproject.com](http://dogfoodproject.com)

### Which foods do we recommend?

- |                    |                      |                 |
|--------------------|----------------------|-----------------|
| Natural Balance    | Flint River Ranch    | Evanger's       |
| Nature's Variety   | Fromm                | Castor & Pollux |
| Solid Gold         | Innova               | Avoderm         |
| Wellness           | Canidae              | Artemis Osopure |
| California Natural | Chicken Soup for the |                 |
| Premium Edge       | Dog Lover's Soul     |                 |

**One last thing:** Yes, these foods cost most than the foods that you could buy at the grocery store. However, the benefits in the long run are worth it in having a healthier dog, fewer vet bills, less poop to scoop, and the bag of food will last longer. Because the food is more compact with nutrition, the portion size is smaller so the dog eats less!

## Trust—A Deadly Disease

*Should you trust your dog off-leash? Read on..*

There is a deadly disease stalking your dog, a hideous, stealthy thing just waiting its chance to steal your beloved friend. It is not a new disease, or one for which there are inoculations. The disease is called trust.

You knew before you ever took your puppy home that it could not be trusted. The breeder, who provided you with this precious animal warned you, drummed it into your head. Puppies steal off counters, destroy anything expensive, chase cats, take forever to house train, and must never be allowed off lead!

When the big day finally arrived, heeding the sage advice of the breeder you escorted your puppy to his new home, properly collared and tagged, the lead held tightly in your hand.

At home the house was "puppy-proofed". Everything of value was stored in the spare bedroom, garbage stowed on top of the refrigerator, cats separated, and a gate placed across the door to the living room to keep at least part of the house puddle free. All windows and doors had been properly secured, and signs placed in all strategic points reminding all to "CLOSE THE DOOR!"

Soon it becomes second nature to make sure the door closes .9 of a second after it was opened and that it really latched. "DON'T LET THE DOG OUT" is your second most verbalized expression. (The first is "NO!") You worry and fuss constantly, terrified that your darling will get out and a disaster will surely follow. Your fiends comment about whom you love most, your family or the dog. You know that to relax your vigil for a moment might lose him to you forever.

And so the weeks and months pass, with your puppy becoming more civilized every day, and the seeds of trust are planted. It seems that each new day brings less destruction, less breakage. Almost before you know it your gangly, slurpy puppy has turned into an elegant, dignified friend.

Now that he is a more reliable, sedate companion, you take him more places. No longer does he chew the steering wheel when left in the car. And darned if that cake wasn't still on the counter this morning. And, oh yes, wasn't that the cat he was sleeping with so cozily on your pillow last night?

At this point you are beginning to become infected, the disease is spreading its roots deep into your mind.

And then one of your friends

suggests obedience. You shake your head and remind her that your dog might run away if allowed off lead, but you are reassured when she promises the events are held in a fenced area. And, wonder of wonders, he did not run away, but come every time you called him!

All winter long you go to weekly obedience classes. And, after a time you even let him run loose from the car to the house when you get home. Why not, he always runs straight to the door, dancing a frenzy of joy and waits to be let in. And remember he comes every time he is called. You know he is the exception that proves the rule. (And sometimes late at night, you even let him slip out the front door to go potty and then right back in.)

At this point the disease has taken hold, waiting only for the right time and place to rear its ugly head.

Years pass - it is hard to remember why you ever worried so much when he was a puppy. He would never think of running out the door left open while you bring in the packages from the car. It would be beneath his dignity to jump out the window of the car while you run into the convenience store. And when you take him for those wonderful long walks at dawn, it only takes one

whistle to send him racing back to you in a burst of speed when the walk comes too close to the highway. (He still gets into the garbage, but nobody is perfect!)

This is the time the disease has waited for so patiently. Sometimes it only has to wait a year or two, but often it takes much longer.

He spies the neighbor dog across the street, and suddenly forgets everything he ever knew about not slipping outdoors, jumping out windows or coming when called due to traffic. Perhaps it was only a paper fluttering in the breeze, or even just the sheer joy of running.

Stopped in an instant. Stilled forever - Your heart is as broken as his still beautiful body.

The disease is trust. The final outcome; hit by a car.

Every morning my dog Shah bounced around off lead exploring. Every morning for seven years he came back when he was called. He was perfectly obedient, perfectly trustworthy. He died fourteen hours after being hit by a car. Please do not risk your friend and heart. Save the trust for things that do not matter.

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Courtesy of Canine Concepts and  
Community Animal Control Magazine

## Upcoming Events

**August 23, 2008**

11:00AM - 3:00PM

**Tucker's Doggie Delights**

2011 Calistoga Dr.

New Lenox, IL 60451

(815) 463-8002

**September 13, 2008**

11:00AM - 3:00PM

**Tucker's Doggie Delights**

2011 Calistoga Dr.

New Lenox, IL 60451

(815) 463-8002

**September 20, 2008**

10:00AM - 2:00PM

**Lincolnway Community Bank**

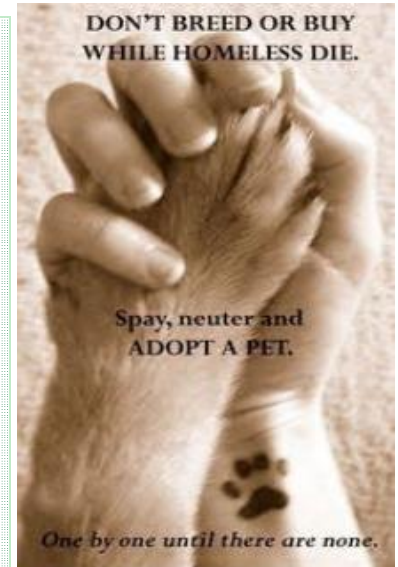
New Lenox, IL

*Details coming soon!*



## How Can YOU Help?

- **Make a donation!** CSTR is in the process of filing for 501(c)3 federal nonprofit status, and so all donations are tax deductible retroactively for 17 months prior to the status award. So your donations are tax deductible! We accept donations via our PayPal account which is via [cstr.board@crossroadsrescue.org](mailto:cstr.board@crossroadsrescue.org), and checks may be mailed to CSTR, PO Box 152, New Lenox, IL 60451.
- **Shop!** CSTR has joined the iGive network! By doing your online shopping through the iGive portal, [www.iGive.com](http://www.iGive.com), after indicating CSTR as “your cause”, a percentage of your money spent will be donated to CSTR. We have also joined several affiliate programs, including [Overstock.com](http://Overstock.com), [Amazon.com](http://Amazon.com), and [DrsFosterandSmith.com](http://DrsFosterandSmith.com). With the holidays coming (scary but true!), it’s a great way to get your shopping done and help CSTR at the same time! All you have to do is go to the CSTR web site at <http://crossroadsrescue.org> and click on the link(s) on the right side of the front page. Then do your online shopping as usual, and the company will donate a percentage of your total sales to CSTR!
- **Become a CSTR foster parent.** Fostering a rescued dog is an immensely rewarding experience as you watch a rescued dog blossom under your care.
- **Become a CSTR volunteer.** CSTR understands that not everyone is able to participate as a foster parent. We have plenty of opportunities, however, for you to help in this very important work. CSTR needs volunteers for just about every aspect of the rescue’s operations. **Currently, the most pressing need is for help with fundraising.** Other needs include transportation of dogs coming into the rescue, assistance with adoption events and various other tasks that are important in keeping the rescue running in order to help the dogs that so desperately need us.
- **Non-Monetary Donations.** There is always a need for Petco and PETSMART gift cards, nylon collars size 8-14”, nylon harnesses size 10-14”, nylon leashes, Frontline Plus, Advantage, Heartgard, Capstar, old towels and blankets, pet carriers, Petzyme, etc.
- **Help spread the word about CSTR.** Forward or print this newsletter and help us get the word out about CSTR.



A **HUGE** thank you to everyone who participated in the **Online Tastefully Simple Party!**

With your help, we raised \$200 for the treatment of the dogs in the CSTR program.

**THANK YOU!!**

**iGive.com®**  
Change online shopping for good.

<b>By the numbers as of 8/12/08 -</b>	
Donations received -	\$ 190.00
Total vet bills -	- <u>1,192.00</u>
Total: Over/(Under)	(\$1,002.00)
<b>We Need YOU!</b>	



### In the next Tzu News:

- **President’s Message**
- **CSTR Dogs Available for Adoption**
- **Tzu Corner: Potty Problems**
- **Upcoming Events**
- **More Views and Notes From the Trenches**

**CROSSROADS SHIH TZU RESCUE**

PO Box 152  
New Lenox, IL 60451

[CSTR.board@crossroadsrescue.org](mailto:CSTR.board@crossroadsrescue.org)

*One by one..  
Until there are none.*

**[Crossroadsrescue.org](http://Crossroadsrescue.org)**