



# KATS' TALES

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Kingdom Animal Shelter  
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## Cats in Every Space

*I live a very simple life*

*With cats in every space*

*But when I go to bed at night*

*They sleep upon my face*

*Now to live without the luxury*

*Of cats in every space*

*Would be to live a sorry life*

*In a very sorry place.*

*I've never been without a cat*

*And this I can uphold*

*I'll have a cat in every space*

*Until I'm gray and old.*

*For every fool should be aware*

*That cats are complex creatures*

*They live about in every space*

*And give the house its features.*

*Now take my house away from me*

*And place me in a tent*

*I'll have a cat in every space*

*And still I'll be content.*

By Mark A. Dye



## HOLIDAYS SAFETY FOR CATS

The holidays are a time of joyous celebration, but unfortunately, many of the traditions we enjoy present hazards to our cats. Take the following safety measures to protect your cats from harm during the holidays. **Decorations** Tinsel, glass ornaments, and ribbons can all be life-threatening if eaten by your cat. Whether lodged in the esophagus, stomach, or intestines, even tiny fragments can cause a plethora of symptoms and may land your pet in the operating room. Real candles and cats don't mix. If you must use real candles, never leave a burning flame unattended. Battery operated candles may not have quite the same effect as real candles, but they're much safer to use around cats. Electric Christmas tree lights often prove irresistible to curious cats. Chewing on bulbs and cords can cause electrocution. Never leave your tree lights plugged in when you can't be in the room with the tree. **Christmas trees** Anchor your tree to the wall or ceiling to keep it from tipping over in case your cats decide to climb it. Don't hang ornaments on lower branches to avoid temptation, or only use non-breakable ornaments. Don't use flocking or fake snow; these products are toxic to cats. Tree preservatives and tree water can harbor dangerous bacteria. Prevent your cats from being able to drink the tree water. **Holiday plants** Even though poinsettias get a bad rep each holiday season, they're actually not very toxic. They do contain a milky sap that can irritate the mouth, but if signs develop they are usually mild. Other holiday plants are much more dangerous: mistletoe, especially berries, are extremely toxic. The most severe cases can cause low blood pressure, stumbling, and even seizures. Lilies are deadly to cats. Holly berries can cause vomiting, nausea, diarrhea, lethargy, and death. Artificial plants are a much safer choice. *(continued next issue) Ingrid King, The Conscious Cat, November 25, 2013, retrieved 11/9/2014*

## BATTLE THE WINTER BULGE

It is not uncommon for pets—like humans—to struggle with winter weight gain. After all, pets partake in all those extra goodies during the holiday just like their two-legged friends! So, whether the struggle is in preventing it, or losing the weight after the fact, there are five ways to help your pet battle the winter bulge. **Monitor Your Pet** If you are concerned about your pet gaining weight during the winter, schedule a visit with your veterinarian before the start of the winter season. Your doctor will record your pet's weight so that it can be gauged with any further gains or losses. **Create A Weight Loss Plan** Often this will include a combination of dietary changes and exercise routines. If your pet is already overweight, a bit more work is going to be required, since you will most likely need to maintain the current weight, even if it is over the ideal. **Consult Your Veterinarian** Before embarking on any exercise plan (or weight loss plan) it is important to have your pet checked for underlying conditions that may contribute to health issues—even weight gain. Only then can you and your veterinarian construct a sensible diet and structured, achievement oriented exercise program. **Use Treats Sparingly (or Not at All)** Many vets will recommend cutting out treats from a pet's diet entirely during the winter, especially if the pet is overweight. However, if your vet doesn't think treats will negatively impact a weight loss plan, there is a good reason. You may be able to use healthy treats as an effective way to entice your pet to exercise and burn excess pounds. Of course, treats should be used sparingly and for only a short period until your pet learns to exercise without a food-based reward. **Play Prevent Defense** Cutting back on calories and maintaining a regular exercise routine to compensate for the lowered physical and metabolic activity may be difficult during the winter, but it's also the best way for your pet to stay in shape. If it's already not too late for that—well, then you have steps 1—4 to get you back on the right track again. *(Posted by PetFoodDirect // November 11, 2013; retrieved 6/7/2014)*



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Nakita is an approximately 3-year old spayed female who is shy but very sweet. She loves attention! We know she would make a great addition to your home. Come meet this friendly girl and see for yourself.

## \*UPCOMING EVENTS\*

- **December 13 Share the Love!**  
10:00 A.M. to 2:00 P.M. St. J. Subaru, Route 5 North, Memorial Drive, St. Johnsbury Photos with Santa Paws; Nail trims by groomer Deanna Baker from Kingdom Canine Center; Stuff the Subaru; Bake Sale, and much more!

## KAS BOARD OF DIRECTORS

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**Did you know....People in India have long believed that a black cat crossing your path is a bad omen.**

**OUR MISSION STATEMENT** The purpose of the Kingdom Animal Shelter is to facilitate the placement of stray and unwanted animals and pets in desirable homes; to establish and maintain an animal shelter and associated procedures that promote health, care and handling; and to prevent overpopulation and the prevention of cruelty to animals. The animals in our care, our guests, are never euthanized merely because we lack space or because the animal's stay with us has exceeded a predefined amount of time.

Please forward this to your friends, family, co-workers, or anyone interested in supporting our shelter. If you no longer wish to receive emails from Kingdom Animal Shelter, please hit "Reply" and change the subject line to UNSUBSCRIBE. Kingdom Animal Shelter respects your privacy and will never share or sell your email address or other information.