



# KATS' TALES

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## 10 WAYS TO DEAL AND GET REAL WITH CAT HAIR (cont.) by Susan Logan

3. *Feed your cat a healthy diet* If your cat is eating a complete and balanced diet, and drinking enough water, then her coat should be shiny and healthy. On the other hand, a malnourished or dehydrated cat would show it in a dull coat, excessive hair loss, matted hair, dandruff, or an excessively oily coat. "Skin is the body's largest organ," Brunt explained. "If your cat eats a healthy diet and drinks enough water, you will see it in her gorgeous coat." A normal, healthy cat takes in the amount of water she needs. Cats need a high-protein, low-carbohydrate diet. "These diets generally result in much more luxurious hair coats with less shedding," Norsworthy said. "Food allergies can show up as skin and hair-coat problems," Brunt said. Cats can develop an allergy to a protein source, in which case you will need to feed a low-allergenic diet that uses a protein your cat has never eaten before. "Fatty acid supplements, because they are anti-inflammatory, can help with skin and coat problems," Brunt said.

4. *Pet your cat with purpose* Normal petting is enough to remove shedding hair for some cats. Joan Biller, Cat Fanciers' Association chair of outreach and education and all-breed judge emeritus, grooms cats by petting. The former Abyssinian breeder dribbles a little room-temperature bottled water into her hand and pets the cat's coat until dry. "I never use a comb or brush on my Alys," she said. "Dead hair comes off of the cat's coat during petting," Miller said. "All that's left is shiny new hairs," she said. Miller also recommends wet-hand petting for Orientals, Domestic Shorthairs, Tonkinese, and other cats with mostly guard-hair coats. Persians and other long-haired cats, on the other hand, have an abundance of awn hairs and need to be brushed daily.

5. *Brush your cat* "Cats groom themselves for about 10 hours each day," Miller said. So brushing your cat will reduce the amount of fur your cat ingests while grooming, which can minimize hairballs. "Long-haired cats with an abundance of awn hair, like Persians and other breeds, generally need to be combed every day with a good stainless-steel, long-tooth comb that will go to the skin," Miller said. "The very fine, soft, belly hair can be groomed with a slicker brush. If long-haired cats are not groomed regularly, they will develop mats, especially in the front armpits and in the belly area, and they will shed hair that sticks to furniture and clothes," Miller said. "I like flea combs, slicker brushes, and Furminator-type brushes," Brunt said. Flea combs show whether your cat has fleas and remove flea dirt. Slicker brushes are great for untangling mats. And Furminator-type brushes remove dead undercoat hairs. "Never attempt to cut out your cat's mats if you can't comb them out," Brunt warned. "Please see a vet or groomer to comb or clip them out, because their skin is so elastic," she said.

6. *Make a good vacuum cleaner your BFF* A good vacuum cleaner is essential. Many manufacturers design their vacuums with pet hair and allergens in mind. You'll want one with a HEPA filter to reduce allergens and one that excels at picking up pet hair. Vacuum the main living area weekly, and use the attachments to go over furniture, window treatments, and car seats as needed. (continued next issue)

(Source: Catster.com, September 17, 2015; retrieved 9/29/15)



Look at this sweet orange fluff of a boy...full of fun and friendliness. His name is Torch. He loves to have conversations with you and follow you about to see what you are up to. And he has the cutest little freckles on his lips. Torch loves to bask in the summer sunshine! Come in and visit with this 7 year old feline fella at Kingdom Animal Shelter, 1664 Memorial Drive in St. Johnsbury Center.

### \*UPCOMING EVENTS\*

- June 18 10:00 A.M. Pet Parade and Bark in the Park, Main St., St. J., Registration behind the St. J. House at 8:30
- 2017 Cat Calendar Contest; Photos accepted in June; \*Check our website\*
- June 25 Yard Sale to benefit KAS at Butler's Bus Service, 231 Red Village Road, Lyndonville 9:00 to 1:00



**\*JUNE IS ADOPT A SHELTER CAT MONTH\***  
**IF YOU CAN'T ADOPT, VOLUNTEER**  
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## HOW DO I HELP MY FEARFUL CAT FEEL SAFE AND SECURE? By Marilyn Krieger

Do you live with an insecure cat? You probably are familiar with the behaviors. Kitties show they're feeling insecure and fearful in a number of ways. She may be a ghost cat—your only hints that you share a home with a kitty are the empty food bowls in the morning and the obvious signs she's used the litter box. She may also regularly retreat under the sofa or bed. These are perfect locations for checking out what's going on in the household without being detected. Or, she may exhibit her fear by picking and choosing; warming up only to family members while running from visitors. An insecure kitty might also urinate on your or other family members' clothes and pillows. Others use their teeth and claws when cornered or picked up against their will. They feel they have no other options. On the other hand, depending on the individual cat, she may become clingy, constantly seeking attention from her favorite person. Some cats react more fearfully to specific circumstances than others do. It depends on the cat's personal history, personality, and triggering events. It is easy to identify some of these kitties when they are scared and insecure—others are subtler, making it difficult to detect their angst.

*Why cats feel insecure* Behaviors driven by fear and insecurities help felines survive in hostile and unsettling environments. Although most household kitties do not live in inhospitable and threatening situations, they have legitimate reasons for their behaviors. Here are some of the common ones: \* As a general rule, cats do not do well with change. New homes, owners, remodeling and even changes in schedule can unsettle them. It's not surprising that newly adopted cats often disappear for awhile under furniture. (continued next issue)

Source: Catster.com; newsletter; October 23, 2015; retrieved 10/27/15)

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**Did you know.....Cats do sweat but only through their paws.**

**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.