



AMSCOPE

Newsletter of the AMERICAN MINIATURE SCHNAUZER CLUB
January 2020 Volume 40 Issue 1

Canine Equivalent of Alzheimer's - Can You Spot the Signs?

Just like you, your canine BFF is getting older, and unfortunately, it's happening at a greatly accelerated rate compared to your own aging process. The good news is that the care you've lovingly provided your dog up to this point will go a long way toward ensuring she continues to thrive during her golden years.

Once your pet begins to show signs of aging, it's important to focus on making her senior and geriatric life stages as happy, healthy, and comfortable as possible. One age-related condition that many older dogs develop is canine cognitive dysfunction (CCD), which is similar to Alzheimer's diseases in people and is the result of an aging brain.

Clinical signs of cognitive dysfunction are found in 50% of dogs over the age of 11, and by the age of 15, 68% display at least one sign.¹ And because large and giant breed dogs age more quickly than smaller breeds, dogs as young as 6 can begin to experience mental decline.

Signs of Cognitive Decline in Older Dogs
There are five classic signs of cognitive decline in dogs:

- Decreased attention to surroundings, disinterest, apathy
- Decreased purposeful activity
- Increased total amount of sleep during a 24-hour period
- Intermittent anxiety expressed through

Analysis by Dr. Karen Shaw Becker
apprehension, panting, moaning or shivering

Loss of formerly acquired knowledge, which includes housetraining

Other symptoms include failure to respond to commands and/or difficulty hearing, inability to recognize familiar people and difficulty navigating the environment. Additional physical manifestations of CCD can include excessive licking, lack of grooming, fecal and urinary incontinence, and loss of appetite.

5 Ways to Help Your Aging Pet Stay Mentally Sharp

1. Offer your dog lots of opportunities for exercise, socialization, and mental stimulation — Senior and even geriatric dogs still need daily exercise to maintain good health and physical conditioning.

While older dogs can't exercise or compete with the same intensity as their younger counterparts, they still derive tremendous benefit from regular walks and other age-appropriate physical activity on a daily basis, or even better, twice daily. There are three types of strengthening exercises that can also be of tremendous help to aging canine bodies:

Passive range-of-motion (PROM) exercises can benefit both incapacitated and physically healthy pets

Balance and proprioception (spatial orientation and movement) exercises help older pets remain flexible while also encouraging improved balance and physical stability

Targeted strengthening exercises are designed to work the big muscle groups that help with standing, walking and running

No matter how old your dog is he still needs regular social interaction with other pets and/or people. As is the case with humans as we age, if dogs don't stay active and involved in life, their world can become a confusing, intimidating place. Your pet needs regular exposure to other pets and people, but never to the point of overstimulation. Short periods of socialization and playtime in controlled situations

are ideal.

Food puzzle and treat release toys provide fun and a good mental workout, as does nose work and brief training sessions to refresh his memory or teach him a new skill.

2. Schedule regular senior wellness check-ups — I recommend twice-yearly wellness visits for pets no matter the age, but this becomes even more important for dogs getting up in years. Keeping abreast of your animal companion's physical and mental changes as she ages is the best way to catch any disease process early.

Ask your functional medicine veterinarian to perform a blood test, including an A1c test to check your pet's internal organ and metabolic health to make sure you're identifying possible issues early on. Keeping abreast of her physical and mental changes as she ages is the very best way to catch any disease process early.

Over-vaccinating is something older animals do not need, so advocate for your older dog by refusing additional vaccines and insisting on titer tests instead. A titer is a blood test that measures protective immunity. Chances are your dog is very well-protected. Switch to titering to help reduce her toxic load.

3. Minimize stress in all aspects of your dog's life — Fortunately, there are many things you can do to minimize anxiety and stress in your older dog. Senior and geriatric dogs, especially those with CCD, are often disoriented, so sticking to a consistent daily routine your pet can count on can help him stay oriented, which will in turn reduce his anxiety. Try to get up and go to bed at the same time each day, feed him at the same times,

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**The deadline
for the February issue is
January 10**

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LOOK

Please let me know if you make a change

* **DECALS & PINS.** You can get **AMSC decals (\$1.00)** and **replacement pins (\$7.50)** from

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The log in information for the Members section is as follows:

Password is: 2020Schnauzer

It IS case sensitive.

Here's the link to the Members Section:

<http://amsc.us/members-log-in>

Please write down or save the User Name and Password as there is quite a bit of pertinent information in our Members Section.

ALZHEIMER'S...from p. 1

and go for walks on a set schedule. Keeping your dog at a healthy weight and physically active will help control arthritis and degenerative joint disease as he ages, insuring he remains comfortable and mobile. Acupuncture and chiropractic care, stretching, and hydrotherapy (exercising in water) can also provide enormous benefits in keeping dogs mobile in their later years.

Regular massage can help keep your senior dog's muscles toned and reduce the slackening that comes with aging. Massaged muscles are looser, which makes it easier for your pet to move around comfortably. Massage also improves circulation and encourages lymphatic drainage. It can ease the stiffness of arthritis, which helps him maintain his normal gait and active lifestyle. Massage also loosens the muscles around joints, which helps promote ease of movement.

If your dog is having some urine dribbling or incontinence as a result of his age (and not caused by an underlying condition that should be addressed), provide him with more frequent potty trips outside. You can also reintroduce him to a crate if he was crate trained initially. Acupuncture can also be very beneficial for age-related incontinence.

If your dog has problems hearing or seeing, use odor cues like essential oils or pheromone products to help him find his way around. Also consider purchasing or building ramps if he's having trouble getting into the car or up on the bed or a favorite chair, and if he's slipping or unsure on bare floors, add some runners, yoga mats or area rugs.

For sleep problems, try increasing his daytime activity level. Let him sleep in your bedroom. Sleeping near you should help ease any anxiety that may be contributing to his nighttime restlessness. Guide him with clear cues and easy-to-follow instructions, and when you talk to him, keep your voice quiet, calm and loving.

4. Feed a nutritionally optimal, species-appropriate fresh food diet — A species-appropriate, nutritionally balanced diet rich in healthy fats, including omega-3 fatty acids such as krill oil and others such as MCT oil, is very important for cognitive health.

The best fuel for an aging dog is a variety of living, whole foods suitable for a carni-

vore. Eliminate all refined carbohydrates (which are just unnecessary sugar), as well as grains, potatoes and legumes. Replace those unnecessary carbs with extra high-quality protein. Eliminate extruded diets (kibble) to avoid the toxic byproducts of the manufacturing process. Processed dog foods are manufactured in a way that creates byproducts that can affect cognitive health, including heterocyclic amines, acrylamides and advanced glycation end products (AGEs). Fresh, biologically appropriate foods provide the whole food nutrients your pet's aging brain requires. The right diet will also support the microbiome, which has been linked to improved cognitive health in humans, and I've seen an improvement in dogs as well.

5. Provide beneficial supplements — When it comes to supplements, I typically recommend digestive enzymes and probiotics for all older pets. If your dog needs additional fiber in the diet, choose natural sources such as psyllium husk powder, ground dark green leafy veggies, coconut fiber, or canned 100 percent pumpkin.

I also almost always recommend an omega-3 fatty acid supplement such as krill oil (my favorite), another fish body oil (but not cod liver oil), or algal DHA for pets who can't tolerate seafood.

Most aging dogs can benefit from joint and antioxidant supplements such as glucosamine sulfate with MSM, cetyl myristoleate, egg-shell membrane, perna mussel (green-lipped clam), several homeopathic remedies, ubiquinol, supergreen foods, and natural anti-inflammatory formulas (herbs such as turmeric and yucca, proteolytic enzymes, SOD and nutraceuticals).

Bouquets & Biscuits

MACH PACH Southcross Double Feature UDX3 OM6 BN GN VER RM RAE3 PAX MXB MJB MXP2 MJP2 NFP SE RATO CGC TKA finished her Preferred Agility Championship and Preferred Agility Excellent titles on November 10, 2019. GCH Southcross BD Moon Rising x CH MACH Southcross She's Got A Way MJS OF T2B. Thanks Sonny and Rich Lelle for this wonderful girl!! Looking forward to what's next! "Violet" is loved, trained, and handled by Christine Carter.

Are Dogs' Mouths Cleaner Than Humans' Mouths?

Everyone has heard that a dog's mouth is cleaner than a human's, but is that really the case? Should we actually be saying no to puppy kisses?

Here's what you need to know about the cleanliness of your dog's mouth.

Is Your Dog's Mouth Cleaner Than Yours?

The short answer is no. Dog mouths are NOT cleaner than our mouths.

In fact, studies have shown that hundreds of unique bacterial species can be identified in the saliva of dogs.

But that doesn't mean that our mouths are clean. Similar tests in humans have found the same results—there's bacteria everywhere!

Aside from bacteria, numerous parasites can be present in pet saliva. Both can be transmitted to humans and can cause an assortment of medical conditions.

That's why your veterinarian may have told you not to let dogs kiss you or lick your face.

How Does a Dog's Mouth Get Dirty?

Many different things pass through a dog's mouth, including toys, hair, dirt, feces and food. All of this can be considered normal for a dog.

Dogs use their mouths for everything:

- Removing debris from their coat or skin
- Scratching an itch
- Licking wounds (yours or their own)
- Picking up toys
- Eating and drinking
- Expressing affection or emotion

Although licking is one major way that dogs clean themselves, wounds and surgical sites can become infected if the dog is allowed to lick them.

What Bacteria Lurks in Your Dog's Mouth?

Every dog's mouth has bacteria in it.

The type and amount of bacteria in a dog's mouth is greatly impacted by the degree of dental disease a dog has. This is because a dog's teeth can have plaque and biofilm that builds up over time.

Other factors that contribute to bacteria in a pet's mouth include diet, hygiene, genetics and environmental exposure.

Some other types of bacteria that you might find in a dog's mouth include:

Pastuerella is a normal inhabitant of a dog's mouth that can cause skin and lymph node infections and sometimes, more severe infections. People can be exposed to *pastuerella* if they allow dogs to lick their wounds or through a dog bite.

Bartonella henselae is a bacterium that is transmitted to dogs from infected lice, ticks and fleas via their feces. Although it can be transmitted to people through cat scratches, it's unknown whether dogs can transmit infection to humans, according to the Centers for Disease Control and Prevention.

Salmonella, *E. coli*, *Clostridia* and *Campylobacter* are intestinal bacteria in pets that can cause severe intestinal disease in humans. Pets can be free of symptoms yet pass these bacteria in their feces. Most human infection is generally due to oral contact of hands contaminated by the pet's feces or fecal residue. Because pets lick their anus, these bacteria can also be present in the mouth. So letting a dog kiss you is a potential route of infection from pet to human. But there is little proof that this is actually a major means of transmission.

Can You Get Parasites From Letting Your Dog Kiss You?

Dogs are hosts for many parasites, and they may have them in their intestines but show no signs of illness.

Parasite eggs passed through a dog's feces can infect humans. So if a dog licks their anus and then a person's face, there's a chance the person could contract the parasite.

With most parasites, this type of infection isn't very likely, though, because the eggs must mature first to be able to infect humans.

But two single-celled parasites, *Giardia* and *Cryptosporidium*, are immediately infective and could be transmitted to you if your dog licks your face.

How Likely Is It for Humans to Get Sick From Dog Kisses or Licking?

For most people, accepting kisses from dogs will not hurt them. However, in very rare cases, germs in pets' mouths have caused debilitating disease in humans, and even death.

In 2019, a woman from Ohio had a rare but debilitating bacterial infection that experts suspect occurred after a family pet licked a small cut on her. The infection became so severe that doctors performed limb amputations to save her life.

However, the susceptibility of a person to the bacteria in a dog's mouth depends on a variety of factors, including the immune status of the person and the level of exposure.

Those who are immunocompromised include people who are going through cancer treatment or are infected with immunodeficiency virus, as well as the very young or the very old.

You can avoid getting sick by following these tips:

- Wash your hands adequately after picking up after your dog.
- Take your pet for fecal examinations and administer dewormers.
- Keep your dog on flea and tick protection.
- ALWAYS have a doctor check out bites or scratches from dogs.
- Don't let your pet lick your wounds or give you kisses.
- Routinely wash items that your pet's mouths and bodies touch.

By: Dr. Monica Tarantino, DVM



Should You Feed Your Pet Table Scraps? You May Be Surprised

Analysis by Dr. Karen Shaw Becker

Have you ever noticed that conventional veterinarians and many other presumed experts on companion animal nutrition give a universal thumbs-down to feeding "table scraps" to pets? Most also extend this to any and all people food as well. Instead, they want you to offer your dog or cat only processed pet food from a bag, can or pouch twice a day, every day, for a lifetime.

However, as regular visitors here know, in my experience, a species-appropriate, nutritionally balanced, fresh diet of "people" (i.e., real, human grade) food — not processed pet feed — is the best way to nourish your dog or cat for optimal health and a long life.

But back to the dreaded table scraps for a minute — a table scrap is defined as "a piece of food left over from a meal," according to the Free Dictionary.¹ It seems to me that if the food you eat is species-appropriate and safe for your dog or cat to eat, and your pet isn't overweight, and you count those calories as part of his or her optimal daily calorie intake, then feeding a few "table scraps" now and then isn't a problem.

In fact, it may be the healthiest food they've ever consumed. I'm a huge advocate of sharing all your fresh leftovers (again, as long as they're safe for dogs and cats and species-appropriate) with your pets, as it will improve their health!

To Share or Not to Share?

Whether or not you share your meal with your pet really depends on what the meal consists of and what ingredients are used. Obviously, fried/fatty, sugary, highly spiced and processed foods are a bad idea.

Since Thanksgiving is right around the corner and serves as a good example, offering your pet cooked turkey meat and a few fresh cooked veggies served plain is fine. Examples of holiday people food you want to avoid giving your pet include dressing, bread, rolls and other starchy grains, processed or sugary foods; dishes containing raisins, grapes, onions, leeks or chives and all desserts.

It's important to note that rather than feeding your pet at the table, it's a better idea to replace up to 15% of feed-grade kibble with fresh people food in his bowl. Offering food from your plate at the table, or in the kitchen during meal preparation or cleanup, can quickly turn your dog or cat into an incurable beggar.

Food-Grade and Feed-Grade: Opposite Ends of the Quality Spectrum

You should assume your pet's processed diet is made from feed-grade raw materi-

als, unless the website and/or bag specifically states, "made with human edible ingredients." The vast majority of pet foods are made with raw materials not fit for human consumption. The differences between "animal feed" (what's in your pet's bowl) and human food are the quality of raw materials, inspection and what's allowed to be used.

The FDA has allowed "compliance policies" (essentially a pass to break the law) for pet food companies to use contaminated raw materials, including ingredients tainted by pesticides, industrial chemicals, filth, microbes and unpermitted drug residues. Here's a screen shot from the FDA's website about the use of diseased animals allowed in pet food (courtesy of TruthAboutPetFood.com):

Yuck. As more and more pet parents recognize that every brand and prescription food (except Darwin's Intelligent Design Veterinary Meals) sold at veterinary hospitals, most online pet food retailers and big box pet stores falls into this category, they are beginning to understand why I'm such a huge proponent of balanced, homemade pet food or shelling out the cash for human grade brands (less than 1% of the current pet food market).

The greater the amount of healthy table scraps you share from your refrigerator as treats, the better! Here's a link to my TEDx talk on this subject. Of course, if you opt to replace your pet's entire bowl of feed-grade food with real, human-grade food, it should be nutritionally balanced for dogs or cats. If you decide to replace a portion of your pet's processed food with appropriate table scraps, you need to remove the calories added by swapping (not adding), so your pet doesn't gain weight.

You can safely replace up to 15% biologically appropriate, healthy, human food (fresh meats and veggies) without rocking the nutritional balance of your pet's bowl. If you opt to replace more, follow a nutritionally balanced recipe to make sure you're providing all micronutrients needed to maintain health.

More Foods and Snacks Safe to Share With Your Dog or Cat

Most of the following foods will be more popular with dogs than cats, but they're safe for both; be sure to serve them plain (no sugar, salt or spices, butter or other additives), in moderation and in small portions. Organic food provides fewer contaminants and residues to you and your pets.

1. Apples — Apples contain powerful antioxidants and vitamin C. Serve apple slices

to your pet, but never the core or seeds.

2. Asparagus — Asparagus is an excellent source of vitamin K, A, B1, B2, C and E, along with the folate, iron, copper, fiber, manganese and potassium.

3. Blueberries — Fresh or frozen, blueberries are loaded with phytochemicals, and their deep blue hue is the result of anthocyanidins, which are powerful antioxidants. Blueberries are also a good source of healthy fiber, manganese and vitamins C and E. Introduce blueberries slowly to your pet — too much too soon can cause digestive upset.

Blueberries are available all year and make great training treats for dogs. A good rule of thumb is 2-4 blueberries as treats for every 10 pounds of dog a day. Replacing one of the processed treats you feed each day with fresh or frozen blueberries is a great way to increase antioxidants in your pet's diet.

4. Broccoli — Broccoli supports detoxification processes in your pet's body; contains healthy fiber to aid digestion; is rich in beneficial nutrients like potassium, calcium, protein and vitamin C; has anti-inflammatory properties; supports eye health; helps repair skin damage; and supports heart health.

I always prefer local organic produce, however, conventionally grown broccoli is one of the cleanest (most pesticide-free) foods you can buy, so eat up! Your pet may prefer broccoli steamed, although many dogs eat florets fresh without a problem. Chopped broccoli stems make great detox treats, too.

5. Carrots — Carrots are low in calories and high in fiber and vitamins. Many dogs enjoy snacking on a fresh crunchy carrot, and some will even eat the green tops.

6. Chia — Chia is a seed derived from the desert plant *Salvia hispanica* that grows abundantly in southern Mexico. It is a source of plant-based omega-3 fatty acids and also antioxidants. And unlike flax seeds, chia seeds don't need to be ground. Chia seeds also provide fiber, calcium, phosphorus, magnesium, manganese, copper, iron, molybdenum, niacin, and zinc. Try sprinkling some chia seeds on your dog's meals or mix some with a little coconut oil for a super nutrient dense bedtime snack.

7. Cottage cheese — Plain organic cottage cheese is high in calcium and protein.

8. Fermented vegetables — Fermented foods are potent detoxifiers and contain very high levels of probiotics and vitamin. Beneficial gut bacteria provided by probiotics break down and eliminate heavy metals and other toxins from the body and perform a number of other important functions.

Adding 1-3 teaspoons of fermented veggies to your pet's food each day (depending on

TABLE SCRAPS...cont. on p. 5

TABLE SCRAPS..from p. 4

body weight) is a great way to offer food-based probiotics and natural nutrients. Find out more about this powerhouse addition to your pet's diet.

9. Green beans — Fresh, locally grown green beans are a source of vitamins A, C, and K. They also provide calcium, copper, fiber, folic acid, iron, niacin, manganese, potassium, riboflavin and thiamin, as well as beta carotene.

10. Kale — This dark green cruciferous vegetable is loaded with vitamins (especially vitamins K, A and C), iron, and antioxidants. It helps with liver detoxification and also has anti-inflammatory properties. Add 1-3 tablespoons of minced or chopped kale to your pet's food daily, depending on body weight, as a great source of fiber, nutrients and whole food antioxidants.

11. Kefir — Kefir is a fermented milk beverage that contains beneficial probiotics that support the immune system. Although regular, pasteurized cow's milk can be irritating to your dog's GI tract, fermented milk is different. One of the best and least expensive ways to add healthy bacteria to your pet's diet is to convert raw milk to kefir yourself. All you need is one-half packet of kefir starter granules in a quart of raw milk (preferably organic), which you leave at room temperature overnight. Add 1-3 teaspoons of this super probiotic to your dog's food 1-2 times daily for overall improved GI defenses.

12. Mushrooms — Mushrooms range from life-saving to poisonous, so obviously you'll want to choose medicinal mushrooms only. Non-toxic, beneficial varieties include shiitake, reishi, maitake, lion's mane, king trumpet, turkey tail, and himematsutake mushrooms. All mushrooms that are safe for people are safe for pets.

Mushrooms can help regulate bowel function, but even better, they also contain potent anti-cancer properties and immune system enhancers. You can either lightly cook the mushrooms in a very small amount of olive or coconut oil before adding them to your dog's meal, or try out my mushroom broth recipe.

13. Pumpkin — Fresh pumpkin, either steamed or boiled (or canned 100 percent pumpkin), is relatively low in calories and high in soluble fiber. Pumpkin helps regulate bowel function, which relieves both diarrhea and constipation. It's also an excellent source of potassium, vitamin A and antioxidants.

14. Pumpkin seeds (raw) — Pepitas or raw pumpkin seeds, are a rich source of minerals, vitamin K, and phytosterols. They also contain L-tryptophan and are a good source of zinc, vitamin E, and B vitamins. Research suggests pumpkin seeds can prevent calcium oxalate kidney stones, reduce inflam-

TABLE SCRAPS....cont. on p. 6

2020 Roving Specialty Sacramento April 11, 2020

The Miniature Schnauzer Club of Northern California will hold its Specialty on Friday. The Portland Miniature Schnauzer Club and the Miniature Schnauzer Club of Southern California will support the entry on Thursday and Sunday.

This will make for 4 days of Miniature Schnauzer Competition.

HOTEL INFO

Double Tree by Hilton April 8-12
Cal Expo AMS block
2001 Point West Way \$139.00/night
Sacramento, CA 95815 \$50.00 non-refundable pet fee
916-929-8855

Since Cal Expo has restrictions on bringing in food and beverages, snacks, coffee, and light lunch will be available at local Miniature Schnauzer Clubs' motorhomes in the parking lot (which is right next to the building) before and after Saturday's AMSC Specialty."

MEET'N'GREET Friday, April 10, 6:00 PM

Guests \$15.00 per person prepaid using PayPal on AMSC website, or \$20.00 at the door.

MENU

Fresh Fruit Presentation Selection of
Sliced Fresh Seasonal Fruits with
Chocolate Dipping Sauce
Deli Platter| Turkey, Ham, Smoked
Sausage and Salami with Sliced
Swiss, Cheddar, and Pepper Jack
Cheeses Served with Assorted Rolls
and Condiments
And
Quesadilla & Nacho Station

NEW APPLICANTS

JANET C SMITH

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Janet was a member of AMSC for many years and has recently lapsed. She is now re-applying. She has been involved with Miniature Schnauzers for twelve years and loves the breed. Her second Miniature Schnauzer was purchased from Linda Drost, Attaway kennel. She is not a breeder. She is retired and her dogs are Champion companions. She attends 4 or 5 events each year. Janet is interested in helping with the Health Committee. She also hopes to rejoin the Mt. Vernon Miniature Schnauzer Club.

Janet's sponsors are Silvia Soos-Kazel and Barbara Donahue

Kathy R LeJeune

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Kathy has read and agrees to comply with the Code of Ethics and the Standard. She has bred one litter in the past 5 years. She is involved in Conformation, Agility, Obedience, Barn Hunt, Rally, FastCat/Coursing and Scent work. She attends approximately 25 events each year and belongs to Calcasieu KC where she serves on the Board of Directors, Performance Committee and is Rally, Obedience Trial Chair. She has had Australian Shepherds for over 20 years but always wanted a Miniature Schnauzer. She purchased a Mini and found him to be "so smart and so much fun" that she has fallen in love with the breed. Kathy would like to become a member to support the breed and educate other people.

She is interested in helping with the Newsletter, Education and Membership.

Sponsors are Lynn Tamms and Lyn Foster



AMSCOPE

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UPCOMING SPECIALTIES

Portland MSC - Specialty

Rose City Classic Dog Shows 2020 January 15, 16, 17, 18, 19,
Terrier Specialty Wednesday - January 15, 2020
Judge: Mrs. Bergit Coady-Kable Sweeps Judge: Denise Valverde
Specialties & Group Show held on Wednesday, January 15, 2019
One Concurrent Specialty held on Friday, January 17, 2019
Designated Specialties on Friday, January 17, 2019
Designated Specialties on Saturday, January 18, 2019
AKC National Owner-Handler Series 4 days

Cactus State MSC Specialties January 24, 2020

Breed - Mr. Roger R Hartinger
Sweepstake - Deborra Nestle
January 24, 2020; PM

Breed - Mrs. Paula Hartinger
Sweepstake - Kim Demchak
February 28, 2020; AM

Breed: Carole Luke Weinberger
Sweepstake - Amy Gordon
February 28, 2020; PM

Breed - Mrs. Patricia Nemirovsky de Alsina
Sweepstake - Alice Gough

Gateway MSC February 28th 2020

Conformation- Mr. Steve Hayden
Sweepstakes- Marilyn Cooper
Obedience- Mr. James Comunale

AMSC SPECIALTIES

Roving Specialty April 11, 2020

Sacramento, CA
Regular Classes - Mrs Marcia Feld
Sweepstakes - Gail Wilford

Montgomery County 2020

Regular classes - Mrs Bergit Kabel
Sweepstakes - Cheryl Coffman

TABLE SCRAPS...from p. 5

mation caused by arthritis, and support prostate health.

15. Raw nuts (almonds and Brazil nuts) — These nuts, served in moderation and very small portions, are safe for dogs. Many nuts are not — especially tree nuts — so stick with these 2 to be on the safe side.

16. Sardines — Fish are a rich source of omega-3 fatty acids, which are essential to your dog's well-being. If you supplement your pet's diet with fish, I suggest you use sardines packed in water. Sardines don't live long enough to store toxins in their bodies, and they're a terrific source of omega-3s.

17. Spinach — This green leafy vegetable helps has anti-inflammatory properties and can help support heart health.

18. Sweet potatoes — Steamed sweet potatoes are rich in beta-carotene and antioxidants and are also high in vitamins A and C. Sweet potatoes with purple flesh have potent antioxidant and anti-inflammatory properties that may lower the risk from heavy metals and oxygen radicals.

19. Yogurt — Plain organic yogurt is high in protein and calcium, and most pets love it.

FOR YOUR CONVENIENCE: The following information is given to help conduct AMSC business more efficiently. Please remember that the Secretary and the AMSCOPE editor should **BOTH** be notified of address changes, club officers and specialty results.

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