

Voice for Animals



Voice For Animals (VFA) is grass roots, non-profit and no kill organization established in 1987 and headquartered in York, Maine.

Presidents Message

Page 1

Vegan Recipes

Page 2



HSUS Maine News

Page 3



New England News

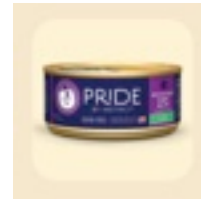
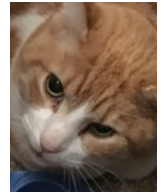
Page 4



Learning Center

*Cats DO get IBD!
Read about the signs,
symptoms, and
treatment!*

Page 5-6



Adopt!

*Check out our
wonderful felines
looking for their furrrrr-
ever home!*

Page 7-8

Presidents Message

Dear Friends,
Once again, good news! On the animal rights front it is very gratifying to know that well known companies are selling vegan products. **Ben and Jerry's** is now selling these new vegan ice cream flavors: *Chunky Monkey*, *Chocolate Fudge Brownie*, *Coffee Caramel Fudge*, and *P.B. & Cookies*; **Hellmann's** is selling its own vegan mayonnaise; and **Wendy's** has put out an ad for their new *Black Bean Burger*. You can read more about this at **One Green Planet team@onegreenplanet.org**
But there is stark news, as well. Most of you have probably read about Abby, the dog abandoned outside the

Greater Androscoggin Animal Shelter in Lewiston, Maine. Shelter workers and the Animal Control Officer searched for her for two days. Ultimately, this poor girl was struck and killed by a car. She was undoubtedly trying to find her way back home to her family. She didn't understand that they did not want her.

There is an on-line petition for her to get the justice she deserves. You can see it here http://animalpetitions.org/128649/justice-for-abandoned-dog-killed-by-car-outside-shelter/?utm_source=Animal+Petitions&utm_campaign=827d13d0cb-308AP2_2_2016&utm_medium=email&utm_term=0_5c8ef52732-827d13d0cb-80079305

Finally, as always, **Never Turn Your Back on an Animal In Need!** One VFA member recently saw that an animal had gotten into the recycling bins in her family's garage, probably looking for food. Knowing the creature was hungry, and being quite

sure it was a cat, she began putting out something for it to eat. She did this for about a week, and then she put out a trap. Ultimately, she was able to trap two young stray cats-cold, hungry, and very frightened. Now they are "fixed" and will soon be on their way to a new life in a forever home where they will always be warm and fed and loved.

There is so still so much work to do. Look around! It will not be difficult finding something that you can do to make a difference. Please won't you join us? We will help you to find the things you feel most comfortable doing for the animals and VFA.

Contact us: voiceforanimals.1987@gmail.com

Until they speak to everyone as clearly as we hear them through our hearts, there is a great and urgent need for you to join with us in becoming a Voice for Animals.

For all the animals,
Caryl McIntire Edwards

I am VEGAN



Bold Vegan Chili

- 1 (12 ounce) package vegetarian burger crumbles
- 3 (15.25 ounce) cans kidney beans
- 1 large red onion, chopped
- 4 stalks celery, diced
- 2 red bell peppers, chopped
- 4 bay leaves
- 2 tablespoons hot chili powder
- 3 tablespoons molasses
- 1 cube vegetable bouillon
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon hot pepper sauce
- salt and pepper to taste
- 1 cup water
- 3 tablespoons all-purpose flour
- 1 cup hot water

In a slow cooker combine vegetarian crumbles, kidney beans, onion, celery, bell pepper, bay leaves, chili powder, molasses, bouillon, cilantro, hot sauce, salt, pepper and 1 cup water. Cook on high for 3 hours.

Dissolve flour in 1 cup hot water. Pour into chili and cook 1 more hour.



Guacamole

- 2 avocados - peeled, pitted and diced
- 2 teaspoons salt
- 1 large tomato, diced
- 1 onion, diced
- 2 jalapeno peppers, chopped
- 1/2 tablespoon chopped fresh cilantro
- 2 tablespoons of fresh lime juice

In a medium bowl, mash the avocados and stir in salt. Mix in the tomato, onion, jalapeno, cilantro and lime juice. Cover and chill in the refrigerator at least 30 minutes before serving.



Black Bean Hummus

- 1 clove garlic
- 1 (15 ounce) can black beans; drain and reserve liquid
- 2 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- 10 Greek olives

Mince garlic in the bowl of a food processor. Add black beans, 2 tablespoons reserved liquid, 2 tablespoons lemon juice, tahini, 1/2 teaspoon cumin, 1/2 teaspoon salt, and 1/8 teaspoon cayenne pepper; process until smooth, scraping down the sides as needed. Add additional seasoning and liquid to taste. Garnish with paprika and Greek olives.



Be Their Voice: Maine Legislative Session Begins

The [Maine Legislature](#) is in full swing under the dome in Augusta. An incredibly important and effective way to help animals is to let your elected officials hear from you about animal protection since the animals can't speak up for themselves.

Even though this is the "short" session and there isn't much activity on the animal welfare front, it is still very helpful for you to connect with your state senator and representative. If you can get to know an elected official while working on another issue of importance to you, do so. You can later build on that relationship to cultivate their support on animal protection issues. If you're not sure who represents you, it's easy [look up](#). Then send your legislators a short email or give them a call to introduce yourself and convey your interests. Don't be shy. **Remember, it's their job to represent the interests of their constituents and they won't know what's important to you unless you tell them!**

Way to Go! Animal Law Comes to the Maine Bar Association

HSUS District Leader, Bonnie Martinolich, organized an Animal Law presentation at the recent Maine Bar Association's Annual Meeting. Bonnie is a partner in Preti Flaherty's Business Law Group and has been involved in many aspects of animal law in her volunteer capacities. She presented alongside [Tom Linney](#) of the Animal Legal Defense Fund (ALDF) to a room full of attorneys eager to learn about this rapidly growing field and how important [victories](#) can be achieved for animals in the courtroom. Fantastic work, Bonnie! There are currently [28 states](#) that have an Animal Law section as part of their Bar Association and it would be great to see Maine added to that list. Animal law intersects with many traditional areas of law, so whether you practice criminal, constitutional, torts, wills and estates, or family law, there is likely an overlap. If you are or you know an animal-loving attorney interested in helping to start an Animal Law section here in Maine, please let me know so I can connect you with Bonnie.

Tax Time

Ugh, Dreaded tax time is once again upon us. However, there is some good that can come from it - You can help Maine's cats and dogs by checking the [tax check off](#) box for "The Companion Animal Sterilization Fund" on [Schedule CP](#). It's an easy way to donate crucial funds to support the Help Fix ME program, which saves lives by spaying/neutering cats and dogs, preventing unwanted litters, lowering shelter intakes, decreasing euthanasia rates, and reducing the number of feral cats.

Your participation is particularly important this year because a new minimum threshold of \$22,000 must be contributed to keep this check off available on future tax filings. Last year just over \$21,000 was collected through the tax check off, so donations need to increase in order to maintain this vital method of funding essential low-cost spay/neuter services.

Check it off and help keep Maine a leader in the effort to reduce pet overpopulation!

Katie Hansberry
Maine State Director
khansberry@humanesociety.org



Heroin Epidemic:
 In case you didn't see it, there was a story about the impact of the heroin epidemic on the Manchester Animal Shelter. The HuffPost has reached out to us to see if we know of any shelters actively helping addicts by housing their animals or working with social services on this issue. They want to run the story tomorrow so please let me know if your shelter has expanded your Safe Haven programs and/or if you're interested in being interviewed for other ways you're helping. Thanks!

http://www.kirotv.com/news/lifestyles/pets/shelters-nh-town-overwhelmed-pets-abandoned-heroin/npb8w/?utm_content=buffer4fe11&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

Lindsay Hamrick
 New Hampshire State Director - State Affairs
lhamrick@humanesociety.org
 t [603.401.0287](tel:603.401.0287)
 The Humane Society of the United States
 Keene, NH
humanesociety.org

Abby- Androscoggin Humane Society

LEWISTON, Maine (NEWS CENTER) - The Greater Androscoggin Humane Society is receiving an outpouring of support animal from lovers as police announce they've identified the person who abandoned a dog outside the shelter.

The video of that dog behind left behind in the parking touched a nerve with people who took to social media to express their anger. They've also rallied around shelter workers who were saddened to learn the dog had been hit by a car and killed. We have just learned the dog's name was Abby. It was Monday night just after the shelter in Lewiston closed. A mini-van pulls into the parking lot. The driver gets out and opens the back door. Out jumps Abby.

The driver gets back in closes the door and drives off. Abby then chases the van through the parking lot barking. Shelter workers and the animal control officer spent the next two days looking for Abby. It was struck by a car on Main Street at 8 a.m. Thursday. Police say they've identified and interviewed the person who abandoned Abby and the filing of a formal criminal charge is likely. The shelter's operation's manager say they've been overwhelmed by the community's support. "People have been calling us left and right from all over the country who just want to help us with the future animals, injured animals that come into our care. People are making donations in memory of this dog that passed away as far as Virginia and people in our own state", said Zach Black. Police say they are not releasing the name of the person they've identified because, as of right now, she has not been charged with anything. - WCSH News



What is inflammatory bowel disease?

Inflammatory bowel disease is a condition in which the intestine is chronically infiltrated by inflammatory cells. It is characterized by certain cells invading the wall of the intestine or stomach.

Inflammatory cells include *lymphocytes* and plasmacytes which are directly responsible for the body's immune response.

Eosinophils are another cell commonly present in inflammation. Other inflammatory cells called neutrophils are responsible for the actual destruction of foreign invaders such as bacteria or the clean up of damaged *tissue*. Finally, in chronic inflammation, normal tissue may be replaced by fibrous (scar-like) tissue.

What causes inflammatory bowel disease in cats?

The cause of inflammatory bowel disease is unknown. Genetics, nutrition, infectious agents, and abnormalities of the *immune system* may all play a role. Inflammatory bowel disease may not be an actual disease onto itself, but a characteristic response of the body to certain conditions caused by a variety of factors.

What are the symptoms of inflammatory bowel disease?

The most common signs of inflammatory bowel disease in cats are diarrhea, vomiting, and weight loss. The signs may vary depending upon the portion of the gastrointestinal involved, i.e., vomiting is more common when the stomach or upper portion of the small intestine is involved and diarrhea is more common when the colon is involved. There is an increase in the frequency of defecation, but less stool produced each time. There is often increased mucous or some blood in the stool. Sometimes stools become loose. Many times the diarrhea and vomiting may be intermittent (comes and goes). If severe, some animals become depressed, will not eat, and have a fever.

In some cats, blood in the stool or weight loss is the only sign of inflammatory bowel disease. Some cats will stop using their litter box for defecation.

How is inflammatory bowel disease diagnosed?

To be called inflammatory bowel disease, the condition must be chronic, infiltrates of inflammatory cells must be present, and other causes of these infiltrates (e.g., cancer, food intolerance, bacterial infections, parasites) have been excluded.

History: The history of long-standing diarrhea and/or vomiting, weight loss, increased mucous in the stool and possibly blood in the stool would lead a veterinarian to consider IBD as a possible cause.

Physical Exam: The cat may appear thin on physical exam. In some animals, veterinarians may palpate (feel) thickened intestines.

Laboratory Findings: In most cases, the [chemistry panel](#) of a cat with inflammatory bowel disease is normal. If the inflammation of the intestines is severe, the neighboring *liver* and pancreas may also become inflamed. This results in an elevation of liver *enzymes* and/or pancreatic lipase immunoreactivity. Lipase is produced by the pancreas, and if the pancreas is inflamed the values are increased. There may be a decreased amount of protein in the blood, and if the vomiting is significant the *electrolytes* (especially potassium) may be at abnormal levels.

In most cases, the [complete blood count \(CBC\)](#) is normal. Some cats, however, develop an *anemia*. Some animals will demonstrate an increase in the number of eosinophils in the blood.

Radiography (X-rays) and Ultrasound: There is no consistent radiological finding in cats with inflammatory bowel disease. The intestines may appear thickened and there may be more gas than normal in the intestines, but these signs can occur in many conditions.

Biopsy: The only definitive way to diagnose inflammatory bowel disease is through a biopsy, and even then it may be difficult to distinguish from some types of cancer. The biopsy will demonstrate increased numbers of inflammatory cells in the intestinal wall. The types of cells which are present will denote what type of inflammatory bowel disease is present. Biopsies can be obtained through use of an *endoscope* or exploratory surgery. The intestines may appear normal to the naked eye, but microscopically the changes can be seen. In other cases, the lesions of the *gastrointestinal tract* are quite apparent.

Rule Out Other Causes: Other causes of diarrhea and or cellular infiltrates must be ruled out. Therefore, in a complete work-up, a fecal exam would be performed to rule out parasites such as [Giardia](#), bacterial cultures would be obtained to rule out e.g., *Salmonella*, and further blood tests to rule out other concurrent diseases such as [hyperthyroidism](#), liver disease, or infection with [feline leukemia virus \(FeLV\)](#) would be performed.

How is inflammatory bowel disease treated?

The treatment of inflammatory bowel disease usually involves a combination of change in diet and the use of various medications.

Dietary Management: A [food trial](#) using 'hypoallergenic' diets is usually one of the first steps in the initial treatment, and is used to verify the diagnosis. The key is to use a protein source and *carbohydrate* source the cat has never eaten before, such as duck and potato, or to use a diet consisting of hydrolyzed proteins. The cat must eat nothing else, including treats. If a diet change will help, it will generally start to do so in two weeks. If a hypoallergenic diet does not improve the condition, other diets may be tried. Highly digestible diets low in fat are generally better tolerated in cats with IBD. Carbohydrates low in gluten may also be helpful; avoid wheat, oats, rye, and barley. Homemade diets are sometimes used, however, they must be developed by a veterinary nutritionist to assure they are complete and balanced.

As you can see, multiple diets may have to be tried before one sees improvement in the cat's condition. This takes a lot of patience on the part of the owner.

One of the most common mistakes in treating inflammatory bowel disease is to stop medication too early.

Immunosuppressant Medications: Various medications are used to reduce the number of inflammatory cells moving into the gastrointestinal tract.

Corticosteroids: Prednisolone, budesonide, and dexamethasone can suppress the immune system and help reduce the symptoms.

Azathioprine and

Cyclophosphamide: These drugs are *immunosuppressive* agents and are generally used only if other treatments have failed. These drugs can suppress the bone marrow (less blood cells are then produced), so careful monitoring through regular

complete blood counts is recommended.

Antibiotics: Antibiotics are given to attempt to reduce the number and type of bacteria that could be causing the disease.

Metronidazole or Tylosin:

Metronidazole can be used alone or in combination with corticosteroids. It is an antibiotic and also inhibits the immune system. If metronidazole is not tolerated by the cat, tylosin may be tried.

Other therapies:

Cobalamin: Cobalamin is a B vitamin that is often deficient in cats with IBD, so it is often supplemented.

Deworming: A wormer that will kill multiple types of worms is often given to treat any underlying parasitic infections in the intestines that may not be diagnosed through a routine fecal examination.

Fatty Acids: Some studies have suggested that diets enriched in omega-3 [fatty acids](#) may help decrease the inflammation in the gastrointestinal tract. Eicosapentanoic acid and docosahexaenoic acid (fatty acids from fish oil) have been beneficial in human patients. More research needs to be done to determine their benefit in cats with inflammatory bowel disease.

Prebiotics and probiotics:

Prebiotics help to modify the environment of the intestinal tract to promote the growth of good bacteria. Probiotics are a source of these good bacteria. Prebiotics and/or probiotics may be recommended by your veterinarian to increase the numbers of beneficial bacteria in the intestine and decrease those that could cause disease.

Drugs Affecting Motility:

Antidiarrheal drugs such as loperamide (Imodium) or diphenoxylate (Lomotil) may have some beneficial effects.

Antispasmodic drugs have also been used in some cases.

What is the prognosis for cats with inflammatory bowel disease?

Inflammatory bowel disease can be controlled, but not cured. Control is dependent upon the proper selection of diet and medications, the correct long-term maintenance dosages,

careful monitoring by the veterinarian and owner, and the absence of other concurrent diseases. Even so, persistence of mild signs, or recurrence of more severe signs may occur."

References and Further Reading

- Zoran, DL. Feline IBD: The good (diets), the bad (bacteria), and the ugly (diagnosis). Presented at the NAVC Conference, January 2010.
- Trepanier, L. Idiopathic inflammatory bowel disease in cats. Rational treatment selection. *Journal of Feline Medicine and Surgery*. January 2009;11(1):32-8.
- Dimski, DS. Therapy of inflammatory bowel disease. In Bonagura, JD (ed.) *Current Veterinary Therapy XII*. W.B. Saunders Co. Philadelphia, PA; 1995;723-8.
- Leib, MA; Matz, ME. Diseases of the large intestine. In Ettinger, SJ; Feldman, EC (ed.) *Textbook of Veterinary Internal Medicine*. W.B. Saunders Co. Philadelphia, PA; 1995;1241-48.
- Marks, SL. Management of canine inflammatory bowel disease. *The Compendium on Continuing Education for the Practicing Veterinarian*. 1998;317-32.
- Sherding, RG. Diseases of the Intestines. In Sherding, RG (ed.) *The Cat: Diseases and Clinical Management*. Churchill Livingstone. New York; 1994;1239-50.
- Sherding, RG. Lymphocytic-plasmacytic inflammatory bowel disease of cats. *Veterinary International*. 1994;11-20.
- Sherding RG; Johnson SE. Diseases of the intestines. In Birchard, SJ; Sherding, RG (eds.) *Saunders Manual of Small Animal Practice*. W.B. Saunders Co. Philadelphia, PA; 1994;704-9.
- Zoran, DL. Pathophysiology and management of canine colonic diseases. *The Compendium on Continuing Education for the Practicing Veterinarian*. 1999;824-41.



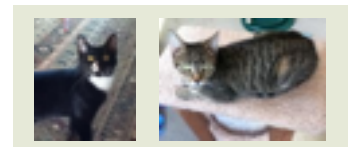
Buffy is a sweet boy who came to us as a senior kitty. He is neutered and has recently been to the vet for a full dental. He has made friends with Eddie while he's been at the shelter. They hang out together most of the time. They don't have to get adopted together. We would like a quiet retirement home for Buffy to be a companion to a caring guardian. Please let us know if you'd like to me him

Joon and Saphira both arrived at their foster home at about the same time. Saphira with her kittens and Joon with her littermates. All of Joon's littermates and Saphira's kittens have gone to their forever homes. Saphira and Joon are still waiting...and while waiting, have become incredibly attached to each other. They have seen their loved ones leave one, and sometimes two, at a time and have comforted each other through it all. Their bond is now stronger than ever and would love to have a

forever home together. Joon is shy, Saphira more outgoing. They are a good balance for each other. We would really hate to break up this bond. Do you have room in your heart and home for both? Email: in2catz@gmail.com for more information on this pair.

Ben is a handsome and affectionate senior kitty. He was given up because his owner lost his job and had to move to a place where he could not take his beloved companion of 10 years. Ben has lived in his

foster home for almost 2 years and has been a gracious guest. His only complaint is he can't get enough attention from his foster mom. Ben would like to live out his senior years with someone who can spend time cuddling with him and giving him the time and attention he desires deserves. Please email Voice for Animals for more information on this love of a cat: in2catz@gmail.com



Max is such a wonderful big boy! This fine gentleman is a 7 year old male who is such a charmer! He is extremely low key and affectionate! He would do best in a quiet home where he can receive the love and attention he deserves. He is great with calm dogs and cats. Max found his way to VFA after experiencing some grief and stress. His sibling was recently hit by a car and killed and Max is having trouble coping with his recent owners new high energy dog. His owners made the tough decision to surrender Max so that he could find a family to adore him as much as they did but without a high energy dog to cause Max stress. Keep a look out on our Facebook page for videos!

