



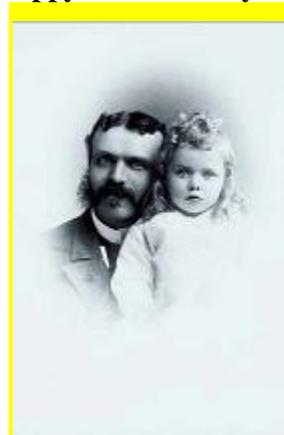
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**Meets 6 p.m. General meeting 7:15 p.m. Website:**  
[www.lekcdogclub.org](http://www.lekcdogclub.org).

**Happy Father's Day**



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**Updated membership list is available at <http://www.lekcdogclub.org/membership.html>. This link cannot be accessed through the navigation of the site, only by using this link. The board did not want our member information available to the general public. It might be a good idea to resend the link to the membership, just to let them know it's there. Shari**

(June 2018)

## Why Do Dogs Sleep So Much?

By [Heidi Clark](#) Aug 23, 2016

Does your dog spend a good deal of the day with his head on a pillow? Thought so. While it may seem excessive, sleeping for long periods is a natural part of the canine lifestyle. Dogs tend to spend 50 percent of the day snoozing, 30 percent awake but lying around, and 20 percent being active.

The amount of zzz's your dog needs depends on factors such as:

- Age and size
- [Breed](#) and activity level
- Life changes
- Health

### Dog's Age and Size

On average, dogs spend about 12-to-14 hours of the 24-hour cycle sleeping. [Older dogs](#) need significant amounts of sleep simply because, as they age, living becomes more difficult. They tire out more easily and need rest in order to function properly. [Puppies](#), like babies, spend a lot of time exhausting energy while playing and exploring their new surroundings. Because of this, they might need as much as 18-to-20 hours of sleep to recoup! And of course, all dogs need sleep, but it tends to be the [bigger breeds](#) that are known for constant dozing.

### Breed Activity Level

The amount of sleep dogs need also depends on what they are bred to do. For instance, it's necessary for [working dogs](#) to stay awake because of the physical and mental demands they face each day. Dogs that have tasks to hold their attention will spend most of the day active, dedicated to completing those tasks. Dogs that aren't bred for a certain purpose and lead more sedentary lifestyles, however, will spend most of the day doing whatever they want (i.e. sleeping).

### Life Changes in Your Dog

As is the case for humans, if dogs experience any sudden life changes, they are likely to react. Because dogs adapt so well to their original environments, any shift in their usual experiences may affect them. This might manifest if they experience the death of a companion or a big move, among other major changes. Understandably, dogs may need extra sleep to get their mood and energy level back to normal.

### Health

Because sleeping is an essential part of dogs' everyday routines, you shouldn't be concerned if your dog takes a great liking to the art of snoozing. However, if you find that there is a dramatic change in your dog's sleeping habits or something seems a little off, you might want to consult your veterinarian. Excessive sleep has been linked to conditions such as canine depression, [diabetes](#), and [hypothyroidism](#).

### What are Dogs' Sleeping Patterns?

Dogs' sleeping patterns are pretty similar to our own. They start out in the slow wave of sleep, during which breathing slows, blood pressure drops, and heart rate decreases. After about 10 minutes, they enter the rapid eye movement (REM) phase of sleep, when their eyes roll under closed lids, and their

body might react to dreams. The main difference between our sleep and theirs is the amount of time spent in this stage.

Humans, who often stay awake for the whole day and have extended sleep at night, spend up to 25 percent of sleep in REM. Dogs, on the other hand, are only in REM for about 10 percent of their sleep time because of inconsistent sleep schedules. Since they're flexible sleepers with the ability to fall asleep out of boredom and wake easily and become alert immediately, they end up needing more total sleep to make up for lost REM during their cycles.

Ultimately, many factors contribute to dogs' excessive sleeping. While it may occasionally be necessary to call attention to this habit, most days your dog probably just wants a nap. And who can blame him?

Sources: [Dog'sHealth.com](http://Dog'sHealth.com), [Sleep.org](http://Sleep.org), [CANIDAE.com](http://CANIDAE.com)

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### TOXIC PLANTS

Weeds in natural areas can pose risks to animal health, especially to grazing species. But, animal owners and livestock managers who provide high quality feed, forage, or hay for good nutrition and performance, can keep their animals healthy and safe.

To prevent poisoning in your animals, provide proper feed and grazing, and identify and control poisonous plants in natural areas, pastures, and your own landscape.

### TOXICITY & ANIMALS

Plants produce toxins as a defense against grazing. These toxins usually make the plants smell or taste bad, and animals generally avoid them.

But, young animals may eat these plants out of curiosity, and older animals may graze on these undesirable plants under the following conditions:

- Desired forage is scarce.
- Owners give them bad food or forage that contains poisonous plants.

Most poisonous plants will not kill an animal. Instead, animals will suffer from chronic toxicity, which is caused by repeat exposure over time. The common symptom seen in this type of poisoning is wasting (poor growth and low weight).

Some plants, however, will cause acute toxicity—one time, damaging exposure. Animals usually die soon after eating these plants. Luckily, this type of poisoning is rare.

Many of the following plants are commonly seen in the landscape. For photos and identification tips, visit the [Center for Aquatic and Invasive Plants database](#) or view the presentation "[Poisonous Plants in Pastures](#)."

If you are unsure about the identity of a pasture plant, you can always have your [county's UF/IFAS Extension agent](#) confirm the plant specimen.

#### **Azaleas**

All parts are toxic. The toxins affect the stomach and intestines. Symptoms include nausea, weakness, salivating. Death is rare.

#### **Bracken Fern**

All parts are toxic, particularly the roots. In horses, the toxin causes vitamin B1 deficiency, which leads to a high fever and lack of coordination. In cows, the fern causes hemorrhaging with swelling and bloody waste as symptoms. Sheep and goats are less susceptible. Poisoning usually occurs over multiple exposures, not all at once. Animals usually eat bracken fern during the summer when seeking shaded environments.

### **Cherry (*Prunus sp.*)**

There are many different species of cherry and all are toxic. These plants are common around pastures since the seeds are easily spread by birds. Cherry produces cyanide in the leaves.

### **Cherry, Black**

All parts are extremely toxic, but wilted leaves are the most toxic. The tree contains cyanide, and all animals are susceptible, especially ruminants. Symptoms included staggering or convulsions within 15–30 minutes of ingestion; death occurs within one hour.

### **Coffee Senna**

All parts are toxic, but mainly the seeds. Wasting or dark brown urine are symptoms of poisoning; large quantities must be ingested for symptoms to appear. Poisoning is most common in the fall after frost since coffee senna will remain green after bahiagrass and bermudagrass go dormant.

### **Crotalaria (Rattlebox)**

The whole plant is poisonous, the seeds in particular. Weakness, confusion, and jaundice from liver damage can occur. Animals may die months after eating crotalaria.

### **Hemlock**

This plant has a high toxicity. It is often found along fence lines and stables.

### **Lantana**

This ornamental is often grown in Florida gardens, but has escaped into natural areas. It can be found along fencerows and tree lines.

The whole plant is toxic. Large quantities cause acute toxicity, while smaller amounts cause mouth sores and skin cracking.

### **Nightshade**

The berries are the main poisonous part of this plant, the leaves less so. Green berries are particularly toxic. Symptoms include acute toxicity, progressive unthriftiness (failure to put on weight), and gastric distress.

Nightshade is unpalatable to animals, so they will rarely eat enough to cause death.

### **Perilla Mint**

The whole plant, especially the flowers, is toxic. Poisoning incidents are more common in the fall when the plant is flowering. Poisoning symptoms include labored breathing.

Perilla is usually found in shady areas around forest edges and farm buildings. It can be recognized by its mint-like odor.

## Red Maple

Red maple can cause a blood disorder that leaves an animal sick for an extended period. Like cherry, wilted leaves are the most toxic.

## Others

Other plants involved in reported poisonings or deaths of pets and livestock (including sheep and goats, poultry, rabbits, dogs, cats, cattle, and horses):

Asparagus fern

Begonia

Black oak

Bladderpod

Castor bean

Coral ardisia

Croton

English ivy

Horsetail

Iris

Jimson weed

Milkweed

Oleander

Pokeweed

Sago palm fruit

Sesbania

Yellow jessamine

## POISONING SYMPTOMS

Sometimes poisoning may not be immediately obvious, especially if you have not witnessed an animal grazing on a toxic plant. If you think your animal has been poisoned, look for the following symptoms:

- Standing alone
- Acting disoriented
- Holding head down
- Refusing feed
- Drinking large amounts of water
- Wasting
- Shaggy coat

Contact your [local Extension agent](#) and veterinarian if you suspect your animal is poisoned.

Providing good grazing and food sources and having suitable fencing are the best ways to protect livestock and animals from toxic plants. Mowing weeds is also helpful, especially in the fall.

Remember that poisonous plants are not safe in hay—many toxic compounds do not break down during curing. If you use weedy hay, make sure you know what weeds are present.

For more questions about forage management, animal and livestock health, plant identification, and more, contact your [local Extension agent](#).

Contributed by Jackie

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## Coyotes Present a Serious Threat: Here's How You Can Protect Your Dog

With their habitats and food sources shrinking, coyotes are venturing closer to our neighborhoods and homes than we'd like. Not only do they prey on livestock such as chickens and lambs, but our cats and dogs can make an easy meal for these canine natives as well. Here are some ways you can protect your dog from coyote attacks, both at home and while you're out enjoying nature.

### Coyote Vests

After losing their own small dog to a coyote, one family vowed to help reduce the chance of a similar tragedy happening to someone else. [Coyote vests](#) are made for small dogs and have a Kevlar neck collar armed with 1-inch spikes and spikes down the back, making it hard for coyotes to get a bite. If you have a small dog, these vests may provide good protection in coyote country.

### **Don't Leave Your Dog Outside Unsupervised**

If you're not around to keep an eye on your dog, it's best to leave him indoors where a coyote can't get him, especially if you don't have good fencing.

### **Coyote-Proof Fencing**

Speaking of fencing, you should invest in one that's solid, at least 6-feet tall, and buried in the ground at least 18 inches, since coyotes are amazing diggers. At the top, you need to put something that will stop even the most athletic coyote. This could be barbed wire or a tube of PVC pipe (its slick, round shape makes it almost impossible for a coyote to grip). You can also create an overhang on the outside of the fence. Finally, you can install [coyote rollers](#), which are 4-foot aluminum rods that spin when a coyote tries to grip them, preventing an animal from climbing over. And unlike barbed wire or PVC pipe, coyote rollers aren't ugly to look at and are usually accepted by homeowners' associations.

### **Light up Your Yard at Night**

Another backyard tip is to install motion-sensor lights that are pointed outside your fence line. That way, if a coyote does come around, the light will turn on before he gets into your yard. The light will make most coyotes turn back.

### **Pick up Poop**

Your dog's feces can attract coyotes to your property, so keeping your yard or fields clear of poop can help lower the risk of attracting one. They will also eat fallen fruit, so picking up any windfalls is a good idea. Don't leave trash outside in bags and make sure all garbage can lids are secure and cannot be tipped over.

### **Coyote Protection on Walks**

The coyote vest mentioned above is great for your dog to wear on a walk if you're in an area where you might encounter one. Keeping your dog on leash is also safer, since most coyotes are wary of people and won't attack your dog if he's close to you. Bringing something along that makes a loud noise — a whistle, bell, horn, etc. — is another good way to scare off a lingering coyote.

Remember that even if coyotes don't attack your dog, they carry and transmit many diseases and parasites, including rabies, distemper, parvovirus, hepatitis, mange, fleas, worms, and ticks. So, keeping them out of your neighborhood is something that should be on everyone's radar. If you

have community meetings, you may want to bring up these tips or suggest creating a Facebook group where neighbors can post coyote sightings. Together, you can keep your dogs (and other pets) safe.

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## Research Shows Your Dog Can Hear When You're Happy or Sad

By [Stephanie Gibeault, MSc, CPDT](#)

Apr 05, 2018 |

Dogs' ability to communicate with humans is unlike any other species in the animal kingdom.

They can sense our emotions, [read our facial expressions](#), and even follow our pointing gestures. They seem to possess a special skill for knowing exactly how we're feeling. But not much is known about the role that hearing plays in that ability. Recent [research](#) from the Department of Veterinary Medicine at the University of Bari Aldo Moro in southern Italy looked at how dogs process human emotions based only on our vocalizations.

Previous studies have shown that dogs can combine hearing and sight to match happy and angry human faces with happy and angry vocalizations. When using only their hearing, researchers found that dogs can distinguish the positive sound of laughing from the negative sound of crying, and that negative sounds upset and arouse dogs more than positive ones. There are six basic emotions that humans can recognize from vocalizations, regardless of culture: fear, sadness, anger, disgust, surprise, and happiness. The current study aimed to investigate if dogs can recognize all six from nonverbal vocalizations alone.

Thirty dogs were tested in a simple setup. The dogs were given food in a bowl in the center of a testing room, and two speakers were evenly spaced on either side of the bowl. This put the dog an equal distance from each speaker. While the dogs were eating, the speakers played nonverbal human sounds. For example, fear sounds were screams and happy sounds were laughs. The reaction of the dogs to each sound was videotaped.

The scientists were interested in whether the dogs turned their heads to the right speaker or to the left, although both speakers were playing the same sounds. There are two reasons why this is important. The first is because dogs, like humans, use the left side of their brain to control the right side of their body, and vice versa. The second is that previous research has shown dogs tend to process emotionally positive sounds with the left side of their brain and emotionally negative sounds with the right. If the dog turned to the left upon hearing the sound, it would indicate he was processing that sound with the right side of his brain, and therefore, interpreted it as negative.

Results showed that dogs turned to the left for the fear and sadness vocalizations. The trend was the same for anger, but the results were not statistically significant. This indicates the dogs were processing these particular sounds on the right side of their brain, and therefore interpreted them as negative. For happy sounds, the dogs turned to the right, showing that they interpreted them as positive.

Disgust and surprise didn't show any significant trends, perhaps because those emotions are more context dependent. For example, [poop](#) may be disgusting to humans, but it's exciting to dogs. So, the dogs may not have known how to interpret the disgust and surprise without further information.

Overall, it seems that dogs can determine human emotions using only their ears, at least for happiness, fear, and sadness — using the right side of their brain for processing negative emotions and the left side for positive ones. Additional data collected on heart rate and behavior, such as [tail wagging](#) and [yawning](#), supported these findings. That means future studies of head turning, matched with behavior and physiological data such as heart rate, could allow new insight into animal emotions. We can't ask dogs how they feel in a given situation, but by using these methods, we may be able to determine whether those feelings are positive or negative.

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\*\*\*\*\* Missouri Puppy Mills by the numbers \*\*\*\*\*

- Over 800 Puppy mills  
(that we know about!)
- Over 38,000 adult dogs trapped
- 30 mills on the 2016 HSUS horrible hundred list

If you are buying a puppy in a pet store or from a website that ships directly to you, you are more than likely supporting a puppy mill! Missouri is THE puppy mill capitol of the United States and we need your help in putting an end to that!

If you want to help the dogs trapped in puppy mills, please join our efforts at Bailing Out Benji, SHARE this map and don't forget to download our educational literature from the link below to hang up in your community!

<https://bailingoutbenji.com/puppy-mill-maps/>

\*Please know that these are just the USDA licensed puppy mills that we know about, there are very likely many more we don't know.

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