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## Ah, it's November and the Final Glow of Autumn Surrounds Us!



The frenzy of fall has subsided. You've carved pumpkins, planted fall flowers, and pulled out your cozy sweaters. You've polished off the last of the Halloween candy, and now you get to take a deep breath of crisp air and settle into November—the very best month of autumn. It's a holiday month, but instead of the hurried rush (not to mention shopping for all those presents!) of Christmas, you get to spend time with family and friends to celebrate Thanksgiving traditions and take a moment to reflect on all that makes us grateful.

### A Few Quick Facts about November...

- It is the last month of the fall season.
- Elections are held in the United States on the Tuesday after the first Monday in November.
- The third Thursday of November is the Great American Smoke out.
- American football is the main sport watched in the U.S. during this month.

- Most, if not all, of the leaves have fallen off the trees by the end of the month.

## Some Little Known Facts about November

### 1. The Song

"Jingle Bells" might be thought of as a Christmas song yet it was actually written to be sung on Thanksgiving Day. Created in 1857 by James Pierpont, it was so popular during the Christmas season that the name officially changed from "One Horse Open Sleigh" to "Jingle Bells" in 1859.

### 2. The Original Feast

Although it's widely accepted that the very first Thanksgiving happened in Massachusetts in 1621, some people believe otherwise. Not only do they think the first feast occurred earlier, in 1598, and that it also took place in San Elizario, Texas, near El Paso. According to the story, to celebrate surviving their travel through the Chihuahuah Desert, Spaniard Juan de Onate and 500 members of his crew threw a huge feast of fish when they arrived in Texas.

### 3. The Missing Cutlery

Wherever the first Thanksgiving took place, it did so without forks. The utensil wasn't commonly used until about the time of the American Revolution, although it's supposed both knives and spoons found a place on the Pilgrims' tables. Still, can you imagine trying to scarf down a turkey dinner with no fork?

### 4. The Food

It's no secret that turkey is a Thanksgiving staple. However, it's unlikely that it made an appearance at the first feast. Instead, the Wampanoag Indians would have brought lobsters, deer meat, clams, and eels. Coming from Europe, the pilgrims wouldn't have eaten turkey either and would have opted for duck or goose. Turkey actually wasn't popularized until the 19th century, when it was recognized as an affordable source of protein that could feed a larger crowd.

### 5. The Side Dishes

If you love your cranberry sauce and sweet potatoes, you probably wouldn't have enjoyed attending the first Thanksgiving. The reason? Cranberry sauce wasn't invented until 50 years after the first feast, and sweet potatoes were just starting to make an appearance in America.

### 6. The Casserole

It may be hard to believe that the green bean casserole, the irreplaceable holiday favorite, got its start in a little Campbell's Soup recipe pamphlet. Released in the mid-1950s, it helped rocket the trinity of fried onion, frozen green beans, and canned Cream of Mushroom Soup to fame. By Campbell's estimates, some 20 million households serve the casserole every Thanksgiving.

### 7. The Pie

If you think pumpkin pie is important to your Thanksgiving feast nowadays, it was just as beloved back in the day. According to local lore, in 1705 Colchester, Connecticut, actually delayed their Thanksgiving celebration for a full week when a molasses shortage curtailed the baking of pumpkin pies.

### 8. The Tall Tale

According to myth, Benjamin Franklin nicknamed turkeys "Tom" after Thomas Jefferson. Supposedly, ol' Ben wanted the turkey to be our national bird, but Thomas Jefferson thought the nobler eagle should represent the United States. It's said that after Franklin lost out he dubbed the turkey "Tom" in honor of his nemesis. It's a good story—good enough, in fact, that we kind of wish it were true. Instead, the less interesting reality is that occasionally male animals, including cats, for example, are labeled "Tom."

### 9. The Leftovers

Did you know the first-ever TV dinner came from Thanksgiving leftovers? In 1953 a worker at Swanson ordered too many frozen turkeys (260 tons too many to be exact), so a

company salesman named Jerry Thomas had the idea to create a packaged dinner on aluminum trays. After an assembly line scooped turkey, cornbread dressing, peas, and sweet potatoes onto the trays, the TV dinner was born!

### **10. The Holiday**

We bet you didn't know that the woman who wrote "Mary Had a Little Lamb" is also the person responsible for making Thanksgiving an official holiday. After petitioning the government for 17 years, writer Sarah Josepha Hale finally convinced Abraham Lincoln in 1863 to make it a national holiday.

### **11. The Date**

Thanksgiving hasn't always taken place on the fourth Thursday in November. In 1939, FDR moved the holiday up one week to help boost retail sales during the Depression. So many people complained that it was eventually moved back to the original date in 1941. The Thanksgivings between those years are referred to as "Franksgivings" still today.

### **12. The Wishbone**

Breaking wishbones to grant secret wishes isn't an American original. The tradition was inherited from the British, who got it from the Romans, who adopted it from the Etruscans, who believed that birds had oracle powers. When birds died they would keep the wishbone and stroke it as they made wishes, which isn't too far off from the modern day practice.

### **13. The Raccoon**

In 1926, a Mississippi man gave the First Family a rather unconventional Thanksgiving gift: a raccoon, which apparently was considered a foodie delicacy in the Magnolia State. But instead of eating the animal, President, Calvin Coolidge, named her Rebecca, adding her to the collection of critters the First Family already had, which included a bear, hippo, hordes of dogs, and even two lion cubs.

### **14. Thanksgiving...The Stats**

All told, Americans eat about 720 million pounds of turkey on Thanksgiving, which breaks down to about 45 million birds. They weigh an average of 16 pounds, though the heaviest Tom ever recorded weighed a hefty 86 pounds. All that delish turkey (and stuffing and other sides) adds up: we eat an average of 4,500 calories on Thanksgiving and 159 grams of fat.

### **15. Yet, we Left the Best for Last**

Except for the chance to surround yourself with loved ones, the single best part of Thanksgiving is...the leftovers. Think of it: turkey sammies slathered with some cranberry sauce, piled high with stuffing, served with an ice cold glass of milk, followed by a piece of pumpkin pie. Whether you're scarfing it down at 3 a.m., Thanksgiving night or during a shopping break on Black Friday, there's no doubt leftovers are the bees' knees. In fact, a recent Harris Poll reported that 8 in 10 Americans prefer the leftovers to those of the original meal. Go figure!



**Yappy  
Pawlidays**

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## Join us for our Second Annual Holiday Ornament and Gift Auction

It's never too early to shop for that unique and desirable animal-themed treat for yourself or the animal enthusiast at heart! This is the second year of sponsoring our Yappy Pawladays eBay animal-themed sale. All proceeds from these items benefit our shelter residents and help to fill their holiday stockings with lots of goodies.

From hand-crafted ornaments and stuffed plush toys to elegant holiday charms and cozy tops, you're sure to find that very special item whether it adds to your own collections or is planned to give as a gift.

So come and join in the fun as you preview a variety of ornaments ranging from elegant to whimsical! Simple click the button below to start you holiday shopping for a great cause.

### Yappy Pawladays eBay Fundraiser



Or simply use your mobile apps and scan this code to join in the fun!



And if you are unable to participate in this event yet would still like to contribute to our cause this holiday season, please click the button below to donate.

Yes, I'd like to donate this holiday season to the HSOTC!

## November Pet Holidays

### Month-Long Celebrations

- Adopt a Senior Pet Month
- National Pet Awareness Month
- National Senior Pet Month
- Pet Cancer Awareness Month
- Pet Diabetes Month

### Week-Long Celebrations

- November 1–7: National Animal Shelter Appreciation Week (first full week of

## Day Celebrations

- November 1: National Cook for Your Pets Day
- November 7: National Canine Lymphoma Awareness Day
- November 20: National Adoption Day
- November 25: Thanksgiving
- November 25: National Dog Show (always broadcast in the US on Thanksgiving)

ADOPT

DONATE

VOLUNTEER



## Top Seven Most Emotional Dog Breeds with Sensitive Souls

Yes, we know that ALL dogs are sensitive and emotional, yet there are some breeds that are simply much more sensitive than others.

Of course, when we say that a dog is “sensitive,” we’re simply saying that some breeds are just a tad more emotionally vulnerable and delicate than others.

You know all those hilarious guilty dog pictures you come across on social media? Well, those are usually the photos of the following emotional dog breeds! So, if you’re looking for a pooch that doesn’t hesitate to show their emotions, this is the list for you!

### 7. Lab

Labradors were bred to be sensitive and gentle around people, and it is in their blood to love unconditionally. However, while they are still young, they might not be too gentle with kids as they are not aware of their size, and they simply can’t control their love and affection.

Also, when you don’t give them all the love they need back, they tend to be huge drama queens!



### 6. Rottweiler

Since the Rottweiler is a powerful working breed, they might be very foreboding to strangers, but when it comes to their owners they turn into emotional, sensitive, love machines. They will stay loyal to their owners throughout their lifetime and provide you with all the unconditional love any dog owner needs.

### 5. French Mastiff

Although the French Mastiff may appear intimidating to some, this breed is actually very

emotionally soft and tender and one can quite easily hurt their feelings. They are very sensitive to their owners and are deeply loyal and affectionate to the people they know and are surrounded by.

They don't care too much about strangers, but these pooches will always respond strongly to the feelings and emotional well-being of their owners.

#### 4. Cavalier King Charles Spaniel

Perhaps the most famous lapdog breed, the Cavalier King Charles Spaniel is one of the gentlest and caring dog breeds in modern canine history. They are affectionate, emotional, and sensitive companions that simply live for spending time with their families and like to see their owners happy.



They understand the emotions of people and make excellent therapy dogs for those in need.

#### 3. Border Collie

This breed is one of the safest and most love-packed choices for all families who seek a new pooch. These little rascals are very soft and loving dogs that are extremely emotionally sensitive toward their owners.

They are quite easy to train and work with because they respond very well to whatever their owner wants from them. Plus, they are great with kids!



#### 2. Australian Shepherd

These beautiful pooches are very serious toward livestock (that's what they were made for), yet they are extremely caring and sensitive to their owners and people they know. The Australian Shepherd is an affectionate and social breed that enjoys every second spent with the family.

This sensitivity and emotional capacity of theirs makes them easy to train and thus

perfect for people who seek a friendly pet for life.

#### 1. American Pit Bull Terrier

Although the American Pit Bull Terrier has a bad preconceived reputation, these strong, gentle giants are actually very sensitive and emotional dogs.

Despite their size and build, this breed was developed to be soft and gentle toward their owners. It is only their need to fight off other animals that made them perceived as aggressive. The Pit Bull Terrier is a very loving and affectionate breed that responds strongly to their owner's desires and emotions.



So that's our list of seven sensitive breeds. Did we forget any of your favorites? If so, please let us know!





## When Do Kittens Calm Down?

If you've recently brought home a kitten, you may notice your kitten's energy level is higher than expected. For example, they may leap onto objects and furniture while they explore their new home. Some cat owners may wonder is this normal behavior and ask themselves, "when do kittens calm down?"

When you think of energy, you may often think of puppies. But don't disregard felines – as your kitten grows, they may exhibit different levels of energy.

In general, we don't use 'calm down' as a term for cats. Unlike dogs, your cat may place more importance on the security of their home than attachments to people or other cats. In other words, they may tend to be more solitary.

A kitten may have energy while they learn, grown, and explore. Naturally, that's to be expected from your feline.

Also, it's important for your kitten or adult cat to feel comfortable at home. Consider creating a cat-friendly space that gives your best friend a chance to roam and get that energy out in a safe space.



### Kitten Behavior 101: What to Expect

Your kitten develops at a rapid rate. You may find it's hard to keep up with them on a daily basis. They certainly are curious and may get into things quickly.

Cats are evolutionary nocturnal. When they're in your home, you ask them to live according to your daytime schedules. Kittens begin social learning as early as two weeks of age.

Also, kittens play, eat, and rest similar to a toddler. Social play usually peaks at about three months of age. As they get to the four to nine month stage, they hit their teenage years. They may start to feel their natural predatory selves and the need to begin the "hunt" and scavenge. They may start bringing toys, sleeping more during the day, and playing more in the evenings. From 9 – 14 months, they may grow into themselves and begin to pattern their behavior to their families. If there is another cat in the household to teach them, this process can be shorter.

While development happens in stages, every kitten is different. Some kitten and adult cats may develop quicker than others, and that is okay.

### Kitten Behavior 101: Additional Thoughts

Although you may feel a cat scratching or a cat biting as a negative behavior, it may just be a cat being a cat.

Normal behavior may include scratching, which helps with your cat marking their territory and claw maintenance. You may see a cat scratching

as bad behavior, especially if it happens to be on your favorite couch. Anything that threatens your cat's security may cause stress and lead to behavior changes. In fact, cats really don't "calm down" per se...they're who they are; some cats are playful and some are lazy. Enrichment may help cats express their normal predatory behaviors and help prevent boredom.



### **Kitten Enrichment 101**

Enrichment may provide mental, physical, and emotional stimulation for your cat. In fact, a cat-friendly home that includes enrichment may help curb any unwanted behaviors.

Cat enrichment may come in many forms, consider the following:

- Scratching posts
- Furniture, like cat trees and cat towers
- Window sills and wall perches
- Catio
- Homemade cat toys
- Interactive play with a box

Enrichment can also redirect normal scratching behavior from furniture to more appropriate furniture, like a cat scratching post. As a result, enrichment may help alleviate stress.

Also, interactive play is a great way to bond with your cat and help them settle into their new home. Further, a break in your day to play with your cat may help with your stress as well.

### **So this brings us back to when do kittens calm down?**

In actuality, it truly depends on your cat. Sooner than you know, your kitten will be an adult cat. Kittens grow up fast, so take the time to interact, play, and enjoy that time together. Some kittens may just be more energetic than others.

But by noting your concerns, talking with your veterinarian, and working together, your kitten may be on the way to a balanced and calmer future.

# Cat postures & Levels of Trust



SITTING UP STRAIGHT:

"I DON'T TRUST YOU A BIT"



SITTING LOW:

"OK, I MIGHT HANG OUT HERE FOR A MINUTE"



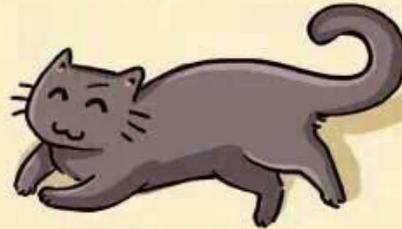
SITTING WITH LEGS CURLED:

"...OR MAYBE A FEW MINUTES. BUT READY TO LEAVE ANYTIME!"



FRONT LEGS RELAXED:

"IN FACT, I KINDA LIKE IT HERE"



ALL LEGS RELAXED:

"...AND YOU SEEM OK TOO"



VISIBLE BELLY, CRAZY EYES, CURLED SPINE:

"I THINK I EVEN LIKE YOU"  
(MAKE A MOVE AND I'M OUT OF HERE)



LYING FLAT ON THE BACK:

"YOU WANT TO BE MY HOOMAN?"

# Dear Tabby



**What classic name for a dog comes from the Latin word for “faithful”?** Fido

**Typically how long do cats live?** House cats can live 15 to 20 years with some reaching beyond that. Advances in preventing kitten-hood diseases such as distemper and feline leukemia, heartworms, and other parasites, are key in extending longevity along with better diets. Indoor cats face fewer threats from predators and trauma, yet indoor cats also face obesity that can lead to diabetes.

**Purrfact:** All kittens are born with blue eyes. They begin to change color about two weeks after their eyes open.

## Nine Litter Box Tips and Tricks



**A**s a cat owner, we all are more than familiar with the joy of cleaning the litter box. It is a responsibility that we take on for the love of our cat, but we would almost do anything else.

So it only makes sense to share with you these nine litter box tips to help you make your litter box experience as painless as possible.

**Choose the right litter box** – For many of us, the trip to the local retail store is as far as we get to litter box diversity. However, the world of litter boxes is immense and you really do have so many endless choices to choose from. You need to take your cat into account. Things such as size, age, and privacy preference all need to be determined before snagging the ideal litter box.

If you own only one cat who enjoys their privacy, a large hooded litter box may be in order. However, if you own multiple cats, you will find that a hooded box isn't ideal. They don't like to be sneaked up on as they do their kitty business.



**Choose the right litter** – As litter box choices are abundant, so are the types of litter. To narrow down the choices, start with choosing clumping or non-clumping. I find clumping litter to be more cost efficient as well as a time saver. Next, consider scented or non-scented. This is usually a preference of the owner as many find scented helps to hide odors, but it can just as easily cause a sensitivity.

Most litters come in small box or bag choices. Consider trying something for a month and see how it works out with your cat. I can speak from experience that the most expensive litter doesn't always make the best choice.

**Choose a metal litter scoop** – Most often you will find plastic litter scoops. These are usually what I see stocked at local retail or grocery store. However, these are not ideal at all. For years I had plastic litter scoops and I could never get a firm grip on a large amount of litter at a time.

I found myself scooping and scooping the same spot more than once to get it clean. Get into the kitty scooping big leagues and treat yourself to a metal scoop!

**Choose the best location for the litter box** – Now this has a lot to do with your

house size as well as your cat's preference. Putting the litter box in a private area away from heavy traffic is your cat's first choice. Kitty doesn't want an audience to share their kitty business with. Many find that the laundry room or a spare bathroom works well for some kitty privacy. You will need to take into account how many cats you have.

You don't want to have multiple cats and only one litter box. Having litter boxes on each level or in "zones" of the home is also recommended if possible. If your cat needs to get to a box fast, one close by is preferred.

**Keep the litter box clean** – This really goes without saying. You wouldn't want to use a dirty toilet and neither does your cat. Scooping the litter box daily is the best way to reduce litter box smell as odor control benefits everyone!

If you find your cat starts to go outside the box, one reason could be the cleanliness factor. Make sure the litter box sides are free from urine and feces every time you scoop.

Listen to your cat. Bathroom issues really are their way of telling you something important. Another important thing to remember is that most cat litter is NOT flush-able.

**Check cat waste for problems** – Most people want to do the cat litter as fast as possible, which is understandable. However, I find that one of the first signs a cat is having issues, whether emotional or physical, can be noticed in the litter box.

Make sure that your cat is both urinating and defecating daily. If you start to notice a strange odor, excessive urine, or blood, you will want to get your cat seen immediately by your vet.

Add the power of baking soda – Most people are familiar with the magical power of baking soda. Use it in cooking as well as for countless cleaning applications.

Just like the baking soda box you put in the fridge, you will find that putting one near the litter helps with unwanted odors. You can also sprinkle baking soda into the litter every time you scoop it for a little extra magic!

**Blow your nose** – Now this is a tip that means everything if you are the lucky one who cleans the litter box. It is ridiculously important that once you are finished cleaning the cat litter, that you blow your nose and run a tissue around inside the nose. Most of us don't realize how much litter dust gets into our nose just from the few minutes it takes to clean the litter box.

Try this once and I promise, you will be surprised what a big difference it makes. No one wants to walk around spending the day casually getting a whiff of cat litter because the dust is still in their nose! Of all the litter box tips, this is definitely my favorite.

**Do a complete litter change once a month** – This goes beyond just scooping out the clumps. You will want to change out your litter often enough that your cat can continue to enjoy the fresh litter feeling. Changing out the cat litter also allows you to clean the litter box thoroughly. You may want to do this at least once a month, especially if you have multiple cats. Trust me, your cat will thank you!

**Reassess 1-9 often** – Sometimes what worked once upon a time, doesn't work for the here and now. It is important to reassess all nine of these litter box tips. You want to make sure you and your cat are getting the best litter box experience!



*You can help us continue  
to save one more  
animal at a time.*

*Donate Today*

