



## Paws for Thought

by Darla Jochum, D.V.M.

### Halloween Safety Tips

The summer sure seems to have flown by and now fall is upon us! With fall comes Halloween and all the treats and sweets that the occasion brings with it. I just wanted to remind everyone about the dangers this holiday poses for our furry friends and some simple steps you can take to make the day safe for your pets.

The most obvious emergency situation that we vet's see at Halloween is when pets get into Halloween candy and eat a large amount of chocolate candy, including the wrappers. The toxic component in chocolate is theobromine. Chocolate contains various amounts of theobromine. Baking chocolate is the worst for pets, followed by semisweet and dark chocolate, and then milk chocolate and chocolate-flavored cakes and cookies. Signs of chocolate ingestion can include vomiting and diarrhea, hyperactivity, seizures, and in extreme cases, death - not to mention possible blockage of the intestinal tract from consuming the chocolate with the wrappers. To prevent this from happening to your pet, be sure to keep all candy out of reach of your dogs and cats.

Another ingredient that is commonly used in sugar-free candy and gum is Xylitol. Xylitol is a sugar substitute sweetener used in many products and has rapidly grown in popularity in the last several years. It is estimated that 1 to 2 pieces of chewing gum

containing Xylitol is enough to affect a 20 pound dog. In mild cases of Xylitol ingestion, dogs may vomit and develop a low blood sugar level. In these instances, the prognosis for recovery is good. Some dogs, however, can have a sudden drop in blood sugar levels followed by liver failure and death. Since even tiny doses of Xylitol containing gum (or candy) are highly toxic to dogs, it is best to not even bring these products into your house.

Another common ingredient in candies and cookies that is toxic to dogs is the macadamia nut. The exact cause of the toxicosis from macadamia nuts is not known at this time and toxic signs have only been noted in dogs. In most cases of macadamia nut ingestion, dogs develop an inability to stand, become depressed, may vomit, and have tremors. Signs can develop 12 hours after ingesting the nuts. In most cases of macadamia nut ingestion, the prognosis for recovery is good.

So this Halloween, be pro-active and help your dogs and cats avoid these common hazards. Keep all candy well out of reach of your pets and read the label carefully on any sugar-free products you purchase and avoid bringing them home if they contain Xylitol. Have a safe and happy Halloween!

Darla may be reached at the Jacksonville Veterinary Hospital - 541-899-1081

## Sanctuary One at Double Oak Farm

We believe that the earth is alive, that every rock, every tree, every single blade of grass, even the clouds above and the deepest depths of the sea, are all part of the fabric of life that weaves us together.

We believe that a farm can do more than grow food for people's bellies; it can heal our bodies and lift our spirits, too, if we work together with animals and the earth for mutual healing. We grow peace, love, and understanding just like we grow corn, squash, and strawberries.

We believe that all animals deserve to be treated with respect and kindness, and that it's our moral duty to provide a sanctuary for farm animals and pets who have suffered from cruelty and neglect.

**Our motto is: People, animals, and the earth - better together.**

We call our nonprofit Sanctuary One because we envision the day when there are care farms like ours all over the country. There are already many well-established care farms in Great Britain, Ireland, and northern Europe. Sanctuary One didn't invent care farming; we're just one of the first nonprofits to take the idea and transplant it to the United States.

Imagine if every state in the U.S. had a care farm like Oregon's Sanctuary One. Working together, we could provide a safe and caring home for animals that are rescued from cruelty and neglect; we could do something about the nature-deficient disorder that more and more children are suffering from because they are constantly



plugged into a computer instead of outside interacting with the natural world and animals; and we could show people all across the country that animal-assisted therapy and gardening can be a cheap, natural, and effective way to lower blood pressure, ease loneliness, and reduce stress.

Our care farm is located on 55 acres tucked away in the Upper Applegate Valley near Applegate Lake. We named the farm "Double Oak Farm" in honor of two magnificent old oak trees growing at the heart of the farm. Formerly a cattle ranch owned by the Winningham family, whose roots in the Applegate Valley go back to 1847,

Double Oak Farm has a sturdy century-old barn, a creek with trout swimming in it, irrigated hayfields, towering pine trees, a large duck pond, an organic garden, and plenty of places to just sit back, take a deep breath, and watch the clouds drift over the Siskiyou Mountains while your worries fade away.

Since Sanctuary One opened in the spring of 2008, hundreds of people from all over the U.S. have made a donation, including 13 charitable foundations. Dozens more have rolled up their sleeves and volunteered, including people who have come, at their own expense, from places as far away as Europe, Canada, and the East Coast to help heal people, animals, and the earth on our care farm.

These donations and volunteers have allowed Sanctuary One to provide a place of learning and healing for local children and adults, and to begin the difficult

Sanctuary - Cont'd. on Pg. 32

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**Ace** is a happy 3-year-old male Yellow Lab. Case #1319

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sanctuaryone  
at Double Oak Farm

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## Focus on:



**D**elivering Meals on Wheels is a rewarding experience, as any Food & Friends volunteer will tell you. Vi is one of many volunteers in Jacksonville who generously donates her time to bring a hot lunch to homebound seniors in her community. One of the reasons that she says she keeps at it is because of the satisfaction she gets from helping out. "I really feel good that I'm doing something good for people," she said.

Believe it or not, Vi started out as a Food & Friends client, so she knows firsthand the importance of the work she does. The home delivered meals provided much needed support while she was caring for her ailing husband. After his passing, she decided to contact Food & Friends to see how she could get involved and help others. After completing the application process and riding along with a seasoned driver to learn the ropes, she took over a route of her own and has been volunteering with us ever since – over two years now! She said she loves meeting different people, and has been surprised by how nice all the clients are. She said, "they're such wonderful people. They appreciate the meals so much and tell me that all the time."

Delivery of Meals on Wheels to homebound seniors is a wonderful opportunity for anyone looking to make a difference. Vi's advice to anyone thinking of becoming a Food & Friends volunteer is to "get out and do it! You just feel so good about yourself. Sometimes you're the only person they [the clients] ever see." She also commented that "People that have time on their hands should really get out there and try it. They'll really like it once they do."

Being a Food & Friends volunteer is easy, and people usually commit to about two hours, one day a week. Meal sites are open in most areas Monday through Friday, between about 9:00 AM and 12:30 PM. Help is needed at the sites to pack up meals for home delivery, serve lunch to seniors who come in to dine, and for cleanup. Volunteer drivers who take meals to the homebound are also needed in many areas.

*If you would like to find out more about how you can make a difference in Jacksonville or in other communities, please contact Volunteer Coordinator Jan Yost at 541-734-9505 ext. 4.*

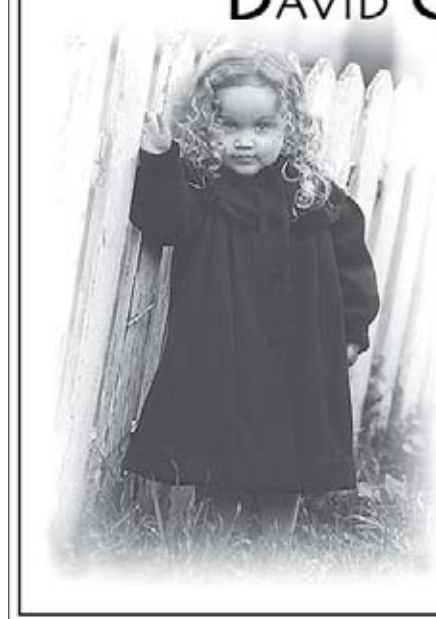


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### Anita's Alteration Center

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### Sanctuary - Cont'd. from Pg. 31

work of transforming a traditional cattle ranch into a demonstration farm for natural and sustainable farm-management practices. We have also built safe, comfortable habitats for rescued horses, goats, llamas, sheep, pigs, cows, burros, chickens, ducks, geese, and other farm animals. Currently, there are 57 rescued animals living at the Sanctuary. With more resources, we can provide a good, loving home for many more, and for dogs and cats, too.

That's why Sanctuary One is undertaking a bold step forward to build cottages for rescued dogs and cats. We've spent over two years researching, obtaining permits, and designing the cottages. It's a big undertaking, and carries a big price tag: \$100,000. The job entails first laying in the infrastructure – septic system, water lines, power lines, pouring a foundation, etc. – then building environmentally friendly cottages from the ground up using as many recycled and locally sourced building materials as we can.

Our dog and cat cottages will house up to 75 cats and 28 dogs at a time in

two separate building each designed to provide maximum comfort and safety. Each cottage will include climate control, hot and cold water, an animal-friendly living room, a medical treatment room, apartments for animals who need peace and quiet, and big fenced-in play yards for healthful fresh air and exercise.

The cats and dogs who call Sanctuary One home will be the neediest of the needy. We specialize in rescuing animals transferred to us by animal shelters, humane societies, rescue groups, and law-enforcement agencies that have exhausted all other options to preserve an animal's life.

We have already secured a donor who will match all donations to our dog and cat cottage fund dollar-for-dollar, up to \$50,000. So now we are asking the community and animal lovers everywhere to join us and contribute to a special place where you can walk in the door, make yourself cozy, and meet the animals you've helped save.

*For more information or to make a donation, visit [www.SanctuaryOne.org](http://www.SanctuaryOne.org), or call us at 541.899.8627.*

## IN MEMORIAM

### Denis Osburn February 9, 1948 - September 17, 2010

A familiar face to many in Jacksonville passed away peacefully from bone cancer at 8:00pm Friday September 17 at RVMC, with family and close friends at his side.

Denis Osburn, formerly of New York City, became known to many over recent years on his frequent visits to his parents, who lived just outside Jacksonville. He made his home here in 2007 to be with his mother, Ramona Osburn, who passed away shortly thereafter.

An unassuming and private man, Denis chose to live alone yet loved being in the company of people, and came to town every day to make his rounds, enjoying the companionship of friends and acquaintances at a number of favorite haunts throughout Jacksonville. He was quiet but keenly observant, and though many knew him only as Denis, each one was more important to him than they can ever know.

He is survived by his nephew, Jason Blair, Jason's wife Jennifer, and their children, Tommy, Tyler, Greyson and Sagan.

One of his last wishes, a Native American memorial, was held in his honor Sunday, September 19 at a very special LongHouse meeting, led by Roy



Hayes, Jr. (Loo' ting coom coom seen) and the LongHouse singers, with family members and close friends attending.

At this writing a gathering in his honor is being planned, to which he invited everyone who would like to come. He had many friends with a diverse array of beliefs and political views, and his only request was that no one be intolerant of anyone else, but that they gather in peace to share memories of good times they had spent with him.

*Please contact Annette at (541)899-1088, [abmc48@yahoo.com](mailto:abmc48@yahoo.com), or Hannah at (541)899-2012, [webmistress@hannahwestdesign.com](mailto:webmistress@hannahwestdesign.com), to be added to the list of those we'll notify as these plans come together.*