Kinzy and Alex: A Love Story
A Purr-fect Match Made at the League

Kinzy is a cat who knows what she wants. Alex is a young man who knows what he needs. She waited patiently for five years to find it. At age 23, he knew he had found it as soon as he met her.

And so began the singular love story of Kinzy, the finicky feline diva, and Alex Metz, the self-described homebody and computer geek—another purr-fect match made, not in heaven, but by the League’s knowledgeable staff of animal adoption counselors.

Once upon a time
It was shortly before Thanksgiving last year. Kinzy, a beautiful blue-point Siamese mix with deep-seeded “diva issues” had been at the League for five long years—far longer than any other cat at the time.

Time and again she had been passed over which, in a way, was understandable. Kinzy didn’t make it easy. Aloof by nature, she didn’t exactly beg for affection. Pet her once and you might get away with it. After that, all bets were off.

So Kinzy, who had been brought to the League in 2010 as a stray mom with a litter of kittens, abandoned at a deserted house, watched as one-by-one her babies were adopted...watched
PRESIDENT’S LETTER

The full blossoming of spring into summer may be Nature’s way of demonstrating the many good things that can come through growth and change. Over the years, the League has grown and changed in many ways. But some fundamental things here will never change, and it’s those that make the League unique.

Ever wonder how many dogs and cats have found safe haven at the League since its inception 67 years ago? Well, no one really knows the exact number since that was long before the dawn of computers, and paper records tended to disappear over time. We just know it has been thousands multiplied many times over. Lives that were saved, lived, and changed because the League was there. And not just four-legged lives.

So where do those sometimes weird, often wonderful names for our animals come from? And who thinks them up? Mostly it’s the staff—Sue Schellhous and her dedicated team who work one-on-one with our shelter residents. Animals are named on intake and the guiding principle is to avoid duplicating any names or spellings that were used in the last 10 years. Since individual files are maintained on each cat and dog, it’s essential that these records not be confused. Admittedly, this can lead to some creative monikers. Among the strangest Sue recalls? A cat named Intrepid and a dog named Fork.

The League goes through a LOT of supplies in providing the exceptional level of animal care for which it’s known. Each week, staff estimates that shelter residents consume 340 pounds of food, use 600 pounds of cat litter and produce 70 loads of laundry. Our annual bills for kennel supplies? That would be more than $60,000!

But facts and figures don’t tell the real story of the League. Only people can do that. People like Alex Metz, who adopted Kinzy last year and says it changed his life. Or Beth Fine, who moved to Cincinnati in 2014 and immediately joined the ranks of League volunteers. And then there’s Donna Krauzer Moore, our animal trainer, who works diligently with both pets and people to ensure successful adoptions. Finally, Dr. Denise Bevins, our staff veterinarian, who now is providing exceptional onsite medical care for League animals.

People like them, people like you—that’s what makes the League everything it is. And at 67 years young, it feels like we’re just getting started!

For the animals,

Carol Sanger
President, Board of Directors

About Us

The League for Animal Welfare is a 501c(3) organization. Our mission is to reduce the number of homeless cats and dogs in Greater Cincinnati by providing a compassionate no-kill animal shelter and programs that promote responsible pet care. For your privacy, the League does not sell, rent, lend or exchange its mailing lists. Please notify us if you do not wish to receive future mailings and/or fundraising communications designed to support the League for Animal Welfare by calling 513-735-2299 or emailing davina@LFAW.org.

Board of Directors:
Carol Sanger, President
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Managerial Staff:
Marilyn Goodrich, Executive Director
Rhonda Kidd, Operations Manager
Sue Schellhous, Animal Care Manager

Hours of Operation:
Monday–Tuesday 11:00 a.m.–5:00 p.m.
Wednesday 12:00 p.m.–7:00 p.m.
Thursday Closed
Friday–Saturday 11:00 a.m.–5:00 p.m.
Sunday 12:00 p.m.–5:00 p.m.

Stay in Touch

Did you know that, in addition to this quarterly newsletter, the League sends out a monthly free e-Newsletter called League Links? Sign up and receive “Where are they now” adoption follow-ups, League staff and volunteer news, new merchandise updates, upcoming events and more! Go to LFAW.org to sign up today!

Post on our Facebook page:
Post photos of your League alumni to our Facebook page: facebook.com/leagueforanimalwelfare.

Tag us on Twitter:
@LFAW. Just use #LFAWFamily!

Follow us on Instagram:
Tag #LFAW on Instagram and share your furry love! instagram.com/leagueforanimalwelfare/
Senior Pets:
What you need to know

Pets are our most reliable companions. The best listeners. We share deep bonds. So, lucky for us that pets are living longer lives than ever before thanks to advances in veterinary medicine and access to nutrition. But we all know that pets age faster than humans, so it’s important to see the signs of age in our pets so we can make sure their quality of life stays high—and to keep them in optimal health for years to come.

But first things first: when exactly IS a pet considered “senior?” It’s not as simple as the old equation that is rattled off: about one year of human life equals seven in pet years. In fact, the League’s new mobile clinic veterinarian Denise Bevins admits that it’s a difficult question. “I have seen dogs as young as six with conditions that are normally associated with those of as senior pet: rotting teeth, heart issues and arthritis,” she says. “But in veterinary school and in my first real job as a veterinarian, we would consider a dog a senior at seven years for a large breed and closer to 10 years for small breeds and cats.” Today, instead of putting a number on it, she recommends focusing on the individual animal and its individual needs.

So, what does modern veterinary care say that every pet needs?

**Enough exercise**
Your pet may be slowing down but that doesn’t mean he/she should spend the days curled up on the couch. Exercise is critical to keeping your pet healthy, both physically and mentally. For example, your dog may not be able to go on long hikes with you anymore, but shorter, less strenuous walks will keep him feeling good.

Motion is life, and if a dog or cat lays around all day, they age much quicker than an animal that continues to exercise regularly.

**Healthy weight**
A large percentage of pets in our country are overweight or obese. Extra pounds on older pets means more stress on their musculoskeletal and cardiovascular systems. Their joints and internal organs will pay the price. If you feel your pet needs to shed a few pounds, talk with your veterinarian about a weight loss and exercise plan.

**A nutritious diet**
You are what you eat! One of the most common health problems, and also the easiest to prevent, is obesity. As your dog or cat ages, his metabolism slows and his caloric needs decrease. If you continue to feed a senior pet the same amount you did when he was younger, he will likely gain weight. Weight gain can severely exacerbate arthritis symptoms, and increase risk factors for problems like heart disease. Biologically-appropriate food with high-quality ingredients is important at every age but proper nutrition in their senior years is critical to keep them active and playful.

While carnivores may survive on a low quality food with high levels of plant based proteins and carbohydrates, they will not thrive. Animals on a poor diet will show signs of aging much sooner than those on a good quality food.

Talk with your vet about the type of diet your dog or cat needs. Your vet can make recommendations about quality brands, ingredients or special formulas your senior dog needs to thrive.

Continues on page 4
A sparkling smile
Regular dental care is important throughout your pet’s life but especially for seniors. Neglecting your pets’ teeth can result in a medical nightmare. How? Tartar can build, causing gingivitis, which can cause bacteria to get into the bloodstream, wreaking havoc on your dog’s organs.

Regular at-home brushing and yearly professional cleanings by your vet can keep your pets’ choppers in tip-top shape.

Regular checkups
A lot can happen in between vet visits. Especially for senior pets, early detection and treatment can help them live longer, healthier lives. Regular checkups can uncover hidden disease before it is clinically apparent. The American Animal Hospital Association recommends senior pets see their vets at least every six months for a checkup. Many diseases and health issues, if caught early enough, can be treated.

It’s important to note here that, according to many studies, cats receive less than half the veterinary care provided to their canine counterparts. Your senior cats need check-ups, too—and at the same frequency as senior dogs.

Just as humans might ask their doctor about tricky knees or weak back, you can ask your vet about common issues specific to your pet, like predisposition to kidney problems, diabetes or severe arthritis. Find out what the early warning signs might be so you can be on the lookout. (This is also a good time to talk about your pet’s diet and exercise routine as well.)

A LOVE STORY: continued from page 1

as each of her feline roommates were adopted…watched as hundreds of other cats and kittens were adopted…and watched the pages of the calendar turn, and turn, and turn again. Five times in all.

Love at first purr
Alex and his mother, who accompanied him that day, had been told all about Kinzy—how she tended to bite the hand that wanted to pet her and how she didn’t much care for a lot of human attention, maybe because she had had so little of it in the hardscrabble years of her early life.

Not surprisingly, Alex didn’t expect much from his first blind date with Kinzy. But then the unexpected happened. “I sat on the floor and she came right up to me and sat in my lap,” Alex said. “I thought that was kind of special since I was told she was a demon cat!”

Well, demon or diva, it didn’t seem to matter. To both Alex and Kinzy, the other was a life saver.

“I kind of thought she was a little bit misunderstood,” Alex said. “I figured that maybe she was just a cat that didn’t want to be petted that much, and I was cool with that.”

Happily ever after
These days, Alex says Kinzy is his “best friend…We live our lives in tandem.” She sits on his lap while he plays games on his computer. She loves sitting in the window and keeping watch on the world outside, and she likes to play with dripping water in the sink.

Alex surmises that she mostly sleeps when he is away at work with the Geek Squad or at school, where he is majoring in computer information technology at Northern Kentucky University.

He often leaves a radio playing for her during the day, and says Kinzy has a distinct preference for pop and classical music. “She will whack my hand if I go to change the channel,” Alex says. As for rap or rock? That will definitely earn another whack of the paw from the diva.

Kinzy also lets it be known that she dislikes being disturbed in the morning. “She sleeps curled up next to me and she gets mad when I want to get up. If I go to pet her then, she whomps me with her paw!”

For a number of years, Alex has been among the thousands of Americans being treated for depression. He speaks openly about feeling so alone and knowing he needed “to take steps to help myself.” Kinzy, he says, fit right into that plan and has helped him find his footing.

“She definitely has had a positive effect on my life,” Alex says. “I really don’t know why she was up for adoption for so long because she’s a great cat.”

And so goes the love story of Kinzy and Alex—a cat who knew exactly what she wanted, and a man smart enough to know when he found exactly what he needed.
Ask a Trainer:
Donna Moore answers some frequently asked questions

My dog keeps peeing in the house. What do I do?
Well, I have some questions...are you crate training? Are you leaving the dog unsupervised? It does not matter what age the dog is, when first bringing a new dog in the home, I highly suggest crate training. Also, if you cannot have your eyes on the dog, he/she is in the crate. Make sure you keep the crate and going potty outside as the two top priorities in the first three weeks or so. Anytime the dog eats, plays, or even gets a treat...it is either in the crate, or outside when he does potty!

My cat is scratching my furniture. Does this mean I need to declaw him?
No, not at all! First, you want to make sure you have plenty of places that the cat CAN scratch. You need to determine which type of scratching post your cat prefers [i.e. cardboard, sisal rope, carpet]. Then, you need to remember to replace them as they wear out and keep them clean too. Second, make sure you trim your cats’ nails often. Don’t wait for them to scratch...trim them once a week or whenever you feel the need.

My dog is horrible towards other dogs while out on a walk, what do I do?
Well first, what does horrible mean? Pulling? Or lunging and barking? If just pulling, maybe your dog is eager to interact with other dogs? Is he/she getting enough playtime? Teach your dog what it is you are expecting...they don’t know if you don’t train them. If lunging and/or barking, maybe your dog isn’t very comfortable with other dogs. You need to teach him what behavior is appropriate. When your dog is misbehaving, stop and ask him to sit and attempt to get him to focus on you rather than the other dogs. Also, just an FYI, a leash is a barrier, and MANY dogs exhibit what is called “barrier aggression.” If your dog only lunes or barks at other dogs while on leash, he may have this barrier frustration and it requires a professional trainer to help your dog overcome this behavior.

Why is my dog starting to refuse the crate?
I know many people feel bad for their dog and only put them in it when they are not home or sleeping. If that is the only time they are in it, the dogs associates the crate as a negative experience. To solve this, put the crate in the most common area in your home; where everyone is most often. Leave the door open, feed them in there, play with them in there, and yes, even sometimes close them in there when you are home.

My dog jumps on people, what do I do?
First, make sure you are not giving your dogs mixed signals...if he is allowed to jump on the family, then the dog thinks he is allowed to jump on everyone. Ignore the jumping. IF you “push” him off, that is a play behavior between dogs.

My cat is peeing out of the litterbox, help!
How many cats do you have? How many litterboxes? Rule of thumb...however many cats you have, you ADD one litter box. So, if you have four cats, you have five litterboxes. Also, have you taken your cat to the vet lately? Many cats that start peeing outside of their box, very well may have a bladder infection or even a UTI.

How long will it take to train my dog?
That all depends on your dedication and your breed of dog. A border collie will learn a lot faster than a mastiff.

My dog is pulling: I guess I need a prong collar?
No, not all dogs need prong collars, and that should not be the first option. Try some other things like: Walk the dog in the house or even down the driveway; teach her what it is you need her to do. Maybe a harness, halter, or gentle leader will help.

How do I introduce my new cat to my dog?
Take it slow! Do not rush things. It is better if you go too slow rather than too fast. First start off with towels; take two towels, rub one all over the cat and the other all over the dog. Now give each animal the towel with the other animal’s scent on it. This will acclimate the animals with each other in a neutral setting so they do not associate the scent negatively. Next, take it day by day and teach your dog the “leave it” command. Have your dog on a leash and TEACH him what you are looking for. Do this a few times a day...keep it short and positive!
Volunteer Profile:
Q&A with Beth Fine

We’re thrilled to introduce you to our wonderful volunteer adoption counselor, Beth Fine! She is also on the cat committee, leads the animal art for Wine & Whiskers and is currently working on a coloring book for the education committee.

She is also a proud mom to five League cats—Zoe, Roxie, Gracie, Fellini and Remmy and one rescue dog, Luke!

What was your first pet?
A rescued Blue Point Siamese cat, named Keon. He showed up at our house one day and never left. Keon was a family member for 16 more years!

How long have you been volunteering?
I started unofficially volunteering before I moved to Cincinnati in 2013, but officially started volunteering September 2014.

What brought you to the League?
Bruce Gack introduced me to the League before I moved to Cincinnati and I was excited to volunteer to help socialize the animals.

What is it about volunteering that keeps you coming back?
Many reasons keep me coming back. I love being with all of the animals, I know I am doing something that matters, and I enjoy seeing the employees and the volunteers who have the same passion I do about the animals at the League.

For people who have considered volunteering—but haven’t yet—what would you tell them about volunteering?
Volunteering is fun, you make your own hours, you collaborate and connect with new people and make new friends. You WILL make a difference in many animals lives. It is completely rewarding.

Is there anything you’d like to share about yourself or the League?
One of my passions is animal welfare and another is teaching. I instruct K–12 art with special needs children and adults. Currently, I am an art teacher at a high school here in Cincinnati.

“Volunteering is fun, you make your own hours, you collaborate and connect with new people and make new friends. You WILL make a difference in many animals lives. It is completely rewarding.”
As a non-profit organization, the League’s ability to give hope to homeless animals is only possible through the generosity of our community and the many volunteers who give of their time and talents. We simply could not do what we do without this support.

Since 1949, gifts left through bequests have made a difference in the lives of cats and dogs in our community. By naming the League in their estate plans, passionate animal lovers have ensured that homeless animals continue to find forever homes.

There are a number of ways to plan a gift to the League, many of which can provide you and your estate with significant tax benefits and help to meet other financial planning needs. People from all walks of life and all income levels can think beyond their lifespan and leave a legacy of love for homeless pets. We invite you to join other compassionate individuals and become a member of the League’s 1949 Legacy Society.

Your generous community helps provide hope to homeless cats and dogs. The League for Animal Welfare would like to acknowledge the following initiatives during the first quarter of 2016:

- The wonderful folks at Best Friends Pet Care Cincinnati surprised us with a donation of $3,000 and a variety of toys and supplies
- The 10th annual Leprechaun Run Road Rally, held on March 13, raised more than $2,900
- Uber partnered with the League for an #UberPuppies promotion, bringing puppy playtime to many businesses downtown. The incredible media coverage helped raise awareness of our organization!
- “Dine and Donate” fundraisers at Dewey’s Pizza and Jersey Mike’s Eastgate raised $183
- League-loving shoppers earned $1,508 for the League through the Kroger Rewards program [don’t forget to register your card again and designate the League!]

We appreciate all those who help support the League’s mission through unique and innovative ways.

For more information:
To learn more about how you can save the lives of homeless cats and dogs for years to come, please visit LFAW.org/ways-to-give/planned-giving/ or contact Marilyn Goodrich at 513-735-2299.

Get creative!
If you have an idea to raise funds for the League, please contact Davina Prebble at davina@LFAW.org or 513-735-2299, ext. 217.
The next few months offer so many opportunities for you to meet furry League friends out in the community through our mobile adoption unit! From Amelia and Milford to Eastgate and Harper’s Point, we’re rolling into your favorite pet stores and community events with our cuddliest and fluffiest adoptable friends. Stop by and say hello!

Check for newly-added events on the LFAW.org calendar.

FT Help our animals!
If you know of an event that would be good exposure for the League and our adoptable pets, contact Justin at justin@LFAW.org with details.
**League Lines**

**Summer 2016**

**LFAW.org**

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**MON 04 JUL**

**WHEN**

12:30 p.m.–4:00 p.m.

**WHERE**

Anderson 4th of July Celebration
Anderson Towne Center
7500 Beechmont Avenue

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**SUN 10 JUL**

**WHEN**

12:00 p.m.–3:00 p.m.

**WHERE**

Petco
260 West Main Street
Amelia, OH 45102

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**SAT 23 JUL**

**WHEN**

12:00 p.m.–3:00 p.m.

**WHERE**

Oakley Fancy Flea (O.F.F.)
2890 Madison Rd
Cincinnati 45209

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**SAT 30 JUL**

**WHEN**

10:00 a.m.–4:00 p.m.

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**SUN 14 AUG**

**WHEN**

12:00 p.m.–3:00 p.m.

**WHERE**

Petco
260 West Main St
Amelia, OH 45102

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**SAT 20 AUG**

**WHEN**

10:00 a.m.–3:00 p.m.

**WHERE**

Dog Days of August
Batavia Park
1535 Clough Pike
Batavia, OH 45103

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**SAT 27 AUG**

**WHEN**

12:00 p.m.–3:00 p.m.

**WHERE**

Oakley Fancy Flea (O.F.F.)
2890 Madison Rd
Cincinnati 45209

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**SAT 27 AUG**

**WHEN**

10:00 a.m.–4:00 p.m.

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**SAVE THE DATE**

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**SAT 05 NOV**

**WHAT**

Wine & Whiskers Tasting and Auction

**WHEN**

7:00 p.m.–11:00 p.m.

**WHERE**

Kingsgate Marriott
151 Goodman Drive
Cincinnati, OH 45219

**TICKETS**

$100 per person
bidpal.net/LFAW

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**SAT 03 DEC**

**WHAT**

Holiday Party

**WHEN**

5:00 p.m.–9:00 p.m.

**WHERE**

Receptions Eastgate
4450 Eastgate Boulevard
Cincinnati, OH 45245

More details coming this fall.

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LFAW.org

League Lines  Summer 2016  9
Volunteer Corner: Celebrating Our Volunteers

On April 28, the League honored its dedicated volunteers with our annual Volunteer Celebration Night. We came together and celebrated with our volunteers that helped us in 2015 to find loving homes for over a record-breaking 1,100 cats and dogs! And it was all thanks to 18,000+ logged hours of volunteer work. Over 90 volunteers served at least 50 hours, many of those serving over a hundred, and a few even in the thousands—that is truly remarkable! Smiles, wine, vegan baked goods, and plenty of laughter was shared that night. Our volunteers are truly the backbone of what we do here and we couldn’t accomplish our mission without them.

Make a difference!
Visit LFAW.org/volunteer/ or call Justin at 513-735-2299 to learn more about becoming a volunteer.

Annual Picnic: We are Family

The League family is made up of our dedicated staff and volunteers, adopters and generous donors. We simply cannot do what we do for homeless cats and dogs without the support of all of these wonderful folks! Please join us for this year’s Family Picnic from 4:00–7:00 pm on Saturday, June 11 (June 25 raindate) at the League. This fun event is a great way to catch up with everyone—even spayed/neutered, leashed and vaccinated dogs are welcome to join in on the fun!

We provide the burgers, hot dogs and beverages, and we invite you to bring a dessert (last names A–G) or a side dish (last names H–Z) to share. Activities will include live music, an amazing magician and games for humans and canines. A highlight of the picnic is always the Alumni Parade. Even though the cats prefer not to attend the festivities, we hope they will “let” their families join us for a fun afternoon!

Be prepared to win some great silent auction items, like store and restaurant gift cards, family-friendly activities and animal-themed baskets! And buy raffle tickets to win $300, $200, or $100 cash (tickets are $1 each or 11 for $10). Tickets are available online at LFAW.org/download-raffle-tickets-here and at the picnic. All proceeds from the picnic provide safe shelter, nutritious food and medical care for the cats and dogs waiting at the League to find their forever homes.

Are you coming?
We hope you can join us! Please RSVP to 513-735-2299 so we can plan accordingly for the food and drinks.
Adopt Me!

Bangles
Born 3/2011
Resident since 3/26/16
Bangles came from a traditional shelter where no personal attention was given. However, he quickly comes to the door to get lots of attention whenever someone visits. He will follow you around to make his presence known. He likes to be cuddled and his loud purring will convince you he is a happy boy.

Mazie
Born 11/2013
Resident since 11/24/15
Gorgeous Mazie is a little independent so she will not run up to you when you first visit. But don’t take that to mean she isn’t friendly…she loves attention and wants to be petted. If you are looking for a sweet, laid-back girl to keep you company then Mazie is your gal.

Ravenna
Born 4/2015
Resident since 4/5/16
Ravenna’s bright eyes and long white whiskers are only the hints of the beautiful soul within. She spent time in a traditional shelter, in a rusty metal cage with very little food and no one to know how special she is. Eventually, a kind person gave her a stuffed bunny to cuddle up to (Ravenna would like to be adopted with her bunny). She is a sweetheart who will happily greet you and let you know she is anxious to sit and snuggle.

Cece
Born 11/30/13
Resident since 11/27/15
Cece is a two-year old, very small terrier mix— but looks and acts just like a puppy! She is a playful and cheerful little whirlwind! She is healthy and happy and best of all well socialized. She wants attention from anyone who will give it.

Lightening
Born 7/2011
Resident since 4/16/16
Lightening is new to our shelter. But we can tell you this…this Australian kelpie mix is athletic, super intelligent, eager to please, outgoing and looooves people!

Pennee
Born 12/2005
Resident since 3/9/16
Sweet Pennee. She was from a hoarding situation years ago and then adopted out for over five years. She really is kind of an old soul and reserved. If this is what you’re looking for, then you’re looking for Pennee!

For more information:
These animals may already be in their forever homes, but our website (LFAW.org) is constantly updated with the cats and dogs available for adoption. 👾
JUNE JAMBOREEE
Summertime & Adoptin’ is easy!

June 1–June 29, 2016

All Cats $25
(regularly $50)

Dogs $50
Over 6 months
(regularly $95)

Puppies $65
6 mos. & younger
(regularly $125)

Adoption fees include vet check, vaccinations, testing for FIV/feline leukemia or heartworm, spay/neuter, and microchipping. Plus adopters will receive a gift bag.

FREE Hot Dogs and Snow Cones served from 12–2 p.m. Saturdays and Sundays during the month of June.

Treat yourself this summer by taking home a cat or a dog!

The League for Animal Welfare reserves the right to refuse any adoption.