



## **Pet Talk**

### **Forms of Communication**

#### **VERBAL**

Scientists label human language verbal because of the use of creative symbols (such as alphabets and math signs) with advanced rational thought process.

#### **NON-VERBAL**

Experts suggest here are four categories of animal nonverbal communication:

- **VISUAL:** Shape and color; and special effects like glowing lightening bug.
- **AUDIBLE:** Barks, growls, hisses, whines, purrs, rattles
- **CHEMICAL:** Scents of those who mark territory or protect themselves like skunks.

- **TACTICLE (TOUCH):** Used to show affection to dominate, or to comfort.

Within these categories can be found types of behaviors ranging from passive to assertive to aggressive.

#### **PET TALK**

Some pets are more communicative than others. One may trail your steps brushing your legs; this tactic when combined with the irresistible “Meooow” or I am starving Whimper.”

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# A TRIBUTE

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## HAROLD VOSKO

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*President and Co-Founder of Heaven Can Wait Animal Society*



The Las Vegas pet community lost one of its most passionate animal advocates. Harold Vosko was a man of vision, passion and commitment. His vision was that every dog and cat in the Las Vegas Valley would receive the love, care and companionship they deserve. His work at Heaven Can Wait had a big impact on the Las Vegas pet community.

As a way to honor his memory we invited a few of Harold's friends and colleagues to share their thoughts, memories and experiences with us; to pay tribute to his legacy of love to the pets and people of the Las Vegas community.

FEBRUARY 20, 1953 – MAY 20, 2019

I first met Harold in 2002 when a litter of kittens was born outside my home and I had no idea how I could help them. Harold came chasing over with 4 traps so I could catch them, have them fixed and ultimately adopted out through Heaven Can Wait. From the moment I met Harold I knew he was different and he was going to change Las Vegas forever. Harold spearheaded the opening of Heaven Can Wait Animal Society in 2006 impassioned by a vision that every dog and cat in the Las Vegas Valley would receive the love, care and companionship they deserve. Throughout the past 19 years, his leadership led to extraordinary progress towards achieving that goal. He also created life-long bonds and friendships among the thousands of employees, volunteers, adopters and supporters of Heaven Can Wait Animal Society.

Harold had an unending love for animals, but he had an equal soft spot for all the devoted staff and dedicated volunteers. We would have lunch every few weeks and he would always glow when he spoke of "the most amazing group of people he's ever met". I can honestly say I have never known a person more pro-animals and pro-people than my friend Harold. I will miss him and think of him often with deep admiration and love. The Heaven Can Wait Board has some big shoes to fill, but I know we will all make him proud.

▶ **Laura Eisenberg**  
*Board Member of Heaven Can Wait Animal Society*

My relationship with Harold goes back to the early days of Heaven Can Wait. Initially his plan was to buy property to build a shelter that would house about 300 animals. The cost would have been almost six million dollars. Harold did research and realized that it probably would be a waste of money. Instead he felt the best way to help the pet problem was through spaying and neutering programs.

The organization started putting on feral cat clinics but they were kicked out of every veterinary facility they operated in. Eventually I became involved. We did all the work out of my small practice and we just kept doing more and more. It seemed like I was using their practice to see my patients. Harold often went into the "undeserved" neighbors and threw BBQs to encourage people to sign up to get their pets spayed and neutered. He even offered \$25 gift cards as incentives to get them to spay and neuter their pets.

Harold and I quickly became close friends and allies. We've been friends for over seventeen years. He recently told me that if anything happened to him he wanted two things - one that his wife would be okay and that the spay/neuter clinic would continue to operate.

▶ **Dr. Henderson**  
*Sandra Veterinary Clinic*





Harold and I had a running challenge. I would threaten to bring in more cats than he could handle and he continued to promise that he could sterilize all that I could bring in. The clinic staff that he pulled together are simply amazing and they always do more than asked of them. Harold had the vision to see what really needed to be done. He built a spay/neuter clinic when everyone else was starting rescue groups. Harold had the passion to do what he felt needed to be done in spite of the challenges. For almost twenty years he led and motivated us all to do what most thought was impossible. Harold had the skill and drive to bring his vision and passion into reality. He was a tireless leader, fundraiser, and source of inspiration for all of us.



**Keith Williams**

*Director - Community Cat Coalition of Clark County - Trap, Neuter, Return (TNR) and cat colony management*

Harold Vosko was one of the first animal advocates I met when I moved to southern Nevada in 2006. At that time our local shelter had a high euthanasia rate. Approximately 20,000 dogs and cats were euthanized every year. It was an uphill battle to climb out against those numbers. To Harold it was beyond rescuing animals, he made it very clear that "we cannot adopt our way out of this problem". His group, Heaven Can Wait, concentrated on lowering the population through spaying and neutering; a simple but monumental task. He tackled it with passion and energy. I chronicled the clinic's progress with the community cats program, and celebrated milestones, like altering 50,000 animals. We even walked the streets where he went door to door encouraging people to come to the clinic to spay and neuter their pets. There was no job too small for Harold.

At the time of his passing, the milestone was 140,000 animals spayed or neutered ... and counting.

Harold Vosko was a tireless advocate in our community. His dedication, drive and big heart will be greatly missed.



**Dewise Valdez**

*Las Vegas Now, 5, 6 & 11 News Anchor*

Harold wasn't just a friend, mentor, or our president; to me Harold was like my father. He always had a smile on his face. "Hey, how ya doing?" were usually the first words out of his mouth. He always wanted to know how your day was, very rarely did he complain about his own staff. Harold loved to make everyone around him laugh. He was the glue that held us all together.

After meeting Harold and his amazing wife Rachel, my life was never the same. Harold taught me early on that one of the best ways to save animals is by spaying and neutering animals; that was his passion and personal mission in life.

Besides making his wife happy and his work at Heaven Can Wait, Harold's favorite things in life were his great "D's", his Boxers (dogs), the Beatles, Boston Red Sox, and basketball. Though Harold wasn't a super tall man he was an unbelievable ball player.

I often told him that we Need Blue, through and through; Royal Blue was the Heaven Can Wait color when it started. He loved publicity about Heaven Can Wait but not about himself - Harold was the most humble and brilliant guy I've ever been blessed to know.



**Gina Brown**

*Board Member of Heaven Can Wait Animal Society*

## DONATE TO THE HAROLD VOSKO MEMORIAL FUND

Make a memorial donation to Heaven Can Wait in Harold's name to celebrate all of his great accomplishments in improving the lives of the less-fortunate animals in the Las Vegas community.

[www.HCWS.org](http://www.HCWS.org)



# Cannabis 101: CBD for Your Cat

by Dr. Angie Krause, DVM I  
Allergies, Cannabis/Hemp, Cats, Cats and Dogs  
Cannabis, CBD & THC

There is much debate and stigma around these terms. I think it is important to understand their meanings and bust a few myths. Cannabis sativa is a general plant name. There are many different strains of this plant. Some strains make the federally illegal marijuana and others make hemp for industrial and therapeutic use. It is important to understand that the cannabis plant that makes industrial hemp is different than the plant that makes medicinal hemp. In general, cannabis plants contain both CBD (cannabidiol) and THC (tetrahydrocannabinol). These are both medicinal compounds. CBD cannot cause a 'high' and THC is the psychoactive component that will cause a 'high'. Products made with less than 0.3% THC are legal in all 50 states. These are the products I use in my practice with excellent results.

Products made with less than 0.3% THC are legal in all 50 states.

These are the products I use and recommend in my practice.

Cannabis Plant for Pet. Image by Miran Rijavec. Marijuana is currently legal in a few states including Colorado. As a result, I frequently see cat parents sharing their cannabis products with their cats. While cats are thought to have a similar sensitivity to THC as humans, the sensation of being 'high' can be very uncomfortable. Kitties can't tell us that they are scared or hallucinating and therefore I recommend avoiding THC in kitties.

While THC has many therapeutic properties, legislation to make it legal and research to find therapeutic doses for pets is needed.

To keep the content of this post practical and legal, we will focus on products that contain high amounts of CBD and less than 0.3% THC. Even though I practice veterinary medicine in Colorado (a state in which marijuana is legal), I hold a DEA (Drug Enforcement Agency) license at the federal level. Therefore, I keep my recommendations in line with the federal law.

We are not the first civilization that has used this plant for its medicinal purposes. What's great about modern technology and medical research is that we now have the technology to harness the medicinal properties of cannabis and to innovate pure products.

# Cannabis 101: CBD for Your Cat

While there is emerging research on the use of cannabis for dogs (cat studies to follow!), much of what we know today is anecdotal or extrapolated from human medicine. Anecdotal evidence is mainly composed of individual reports.

For example, a cat might have accidentally ingested some medical marijuana and the guardian noticed a resolution of symptoms.

Maybe after consuming the cannabis, the pet was able to jump on the bed again or was more playful.

CBD has been shown to have anti-inflammatory properties, reduce anxiety, improve overall well being, reduce pain and lessen or eliminate seizure activity.

1. Inflammatory Bowel Disease (IBD):
2. Pancreatitis: Many cats with IBD also have pancreatitis.
3. Arthritis: Cats that suffer from arthritis need all the help they can get.
4. Cancer: This is a popular use for CBD in both animals and people.
5. Asthma. Like all of the disease listed above, asthma is a common inflammatory disease of cats.
6. Chronic Upper Respiratory Infections. This has been an unexpected but delightful side effect of patients that have been given HempRx for arthritis or asthma.
7. Seizures. While these are uncommon in kitties, I have seen amazing responses in kitties that suffer from seizures.

<https://boulderholisticvet.com/cannabis-101-cbd-cat/>

# 10 Things You Didn't Know About CBD Oil For Dogs Nutrients And Supplements & Remedies

By Dana Scott

<https://www.dogsnaturallymagazine.com/cbd-oil-for-dogs/>

Holistic vets have been sending us some interesting reports about the benefits of CBD oil for dogs in their care ...

A senior Staffordshire Terrier had a 6cm mammary tumor and metastasis that disappeared in 3 months and didn't come back ...

A Jack Russell Terrier had a severe heart murmur and painful arthritis and, after a month, he wanted to go for long walks and his murmur was much improved ...

These are two examples of how Australian veterinarian Edward Bassingthwaite discovered how CBD oil could be a critical part of his holistic veterinary practice. "I simply can't explain the improved heart murmur" says Bassingthwaite. "They normally don't get better."

## **CBD Oil For Dogs: What You Might Not Know**

The results seem to be in ... researchers are turning their attention to this herb and, so far, they're finding there's lots to like. And just as CBD has helped humans, your dog can reap the same health-boosting (and even life-saving) benefits.

Let's look at the 10 things you might not know about this often misunderstood herb and the research that shows its promise in helping dogs with a variety of common health issues ...

### **1. CBD Is Not Psychoactive**

CBD (cannabidiol) is a compound found in cannabis and hemp. THC (tetrahydrocannabinol) can also be found in cannabis and it's this compound that gives marijuana its psychoactive properties. Most CBD oils are just that ... the beneficial CBD without the THC. And they typically come from hemp, not marijuana. In short, your dog won't get "high" from CBD oil ... he'll get the relaxation without the intoxication.

### **2. CBD Oil Reduces Anxiety**

Does your dog suffer from separation anxiety or noise phobias? CBD has been extensively studied for its effect on stress and anxiety. In humans, it's been found to:

- Reduce anxiety caused by public speaking
- Reduce anxiety in both healthy people and people with anxiety disorders
- Be effective for panic disorders and post-traumatic stress disorders

### **3. CBD Can Fight Cancer**

CBD and other substances found in hemp and cannabis have been found to have an anti-tumor effect. CBD has even been shown to stop cancer cells from growing and increased tumor cell death.

- CBD helps the immune system's killer cells to cause cancer cell death.
- CBD kills cancer cells by blocking their ability to produce energy.
- CBD's anti-tumor properties slow and inhibit glioma cell growth.
- CBD can help increase the efficacy of conventional cancer treatment.

# 10 Things You Didn't Know About CBD Oil For Dogs Nutrients And Supplements & Remedies

## 4. CBD Can Treat Seizures And Epilepsy

It's estimated that up to 5% of dogs suffer from seizures. Most dogs with seizures are put on drugs such as phenobarbital and potassium bromide. While they may help control the seizures, they can be extremely harmful to your dog's liver and other organs. And the drugs don't work in all cases.

CBD has been shown to work well in drug-resistant epilepsy. In one study, 7 of 8 patients with epilepsy that was resistant to drugs saw a definite improvement within 4 to 5 months of taking CBD.

And a survey of children with treatment-resistant epilepsy found that 84% of the children taking CBD had a reduction in the frequency of seizures.

## 5. CBD Relieves Pain

The cannabinoids in CBD work so well for pain that scientists are considering it as a new class of drug for the treatment of chronic pain. Studies show CBD to be very effective for:

- Decreasing pain (including neuropathy and nerve-related pain)
- Decreasing the impact of inflammation on oxidative stress (which causes degeneration and premature aging)
- Decreasing inflammation in acute pancreatitis
- Reducing inflammation
- Reducing intestinal inflammation (associated with irritable bowel disease)

## 6. CBD Can Help With Inflammatory Bowel Disease

Animal studies show that CBD can prevent colitis (IBD) and restore normal gut motility in inflammatory bowel disease.

CBD also has antibiotic properties, including Staphylococcus Aureus (MRSA).

## 7. CBD Reduces Chronic Inflammation And Autoimmune Disease

CBD has been shown to decrease the production and release of inflammatory cytokines that can cause allergies, hypersensitivities and autoimmunity. It can also suppress something called Th17 dominance, which is a major cause of autoimmune diseases.

CBD also inhibits the production of inflammatory macrophages and decreases chronic inflammation.

CBD is also a powerful antioxidant that's shown to be more powerful than vitamins C and E.

## 8. CBD Can Protect The Nervous System And Help With Neurodegenerative Diseases

For dogs suffering from degenerative myelopathy and other spine and nerve issues, CBD shows a lot of promise. It's been shown to help patients with Amyotrophic Lateral Sclerosis (ALS), Alzheimer's and Parkinson's disease by protecting the brain cells from toxicity.

For senior dogs, CBD has been shown to protect the brain from cell death caused by free radicals and toxins.

# 10 Things You Didn't Know About CBD Oil For Dogs Nutrients And Supplements & Remedies

## 9. CBD Increases Appetite And Helps With Nausea

If you have trouble getting your dog to eat, CBD may help. The National Cancer Institute reports that CBD increases appetite and carries this extra benefit, in addition to controlling cancer.

In animal studies, CBD has also been shown to help with vomiting and nausea, even when they're the result of toxins and drugs

## 10. CBD Promotes Cardiovascular Health

Just as veterinarian Dr Bassingthwaight discovered, CBD has been linked to heart health. Studies show it can reduce the damage from damaged blood vessels and irregular heart rates, protect blood vessels from damage and dilate the arteries, and reduce heart rate and blood pressure associated with stress and anxiety.

With so many studies showing the health benefits of CBD, the most encouraging result is that CBD appears to be safe, even when taken in high doses and over extended periods of time. It can decrease the activity of liver enzymes used to metabolize many prescription drugs, so if your dog is on medication, you might want to check with your holistic vet before using CBD.

Most CBD oil for dogs and other pets is derived from hemp oil, so it contains no or very small traces of THC. Because of this, all 50 states have approved the use of hemp-based CBD for human and animal products.

The bottom line is, CBD oil could be a healthy (or even life-saving) herb for your dog. More and more pet owners and holistic vets are drawn to its diverse and marked health benefits and they feel good knowing the side effects are mild and animals don't appear to build up a tolerance.

## Choosing A Good CBD Oil For Your Dog

Not all CBD oils are the same ... you'll want a high quality CBD oil that works, so here are a few things to look for:

- Make sure the product is organic: If it isn't organic, your CBD oil contains pesticides, fungicides or solvents.
- Don't cheap out: The higher the quality and purity, the higher the cost. Don't price shop ... make sure your CBD oil is free of additives and has a good amount of CBD.
- Get the analysis: Ask for a lab analysis of the amount of CBD in the product. Many CBD oils contain only small amounts of CBD. The manufacturer should provide a certificate of analysis. You'll also want to make sure there is little or no THC in the product.
- Buy CBD as a tincture: You can buy CBD in treats but the best form is in a tincture. This way, you can adjust your dog's dose drop by drop to make sure he gets the most benefit. Start your dog off slowly but don't let the naysayers tell you CBD isn't a good option for your dog ... the research is being done and the results are very promising.

<https://www.dogsnaturallymagazine.com/cbd-oil-for-dogs/>