

Have You Ever Wondered How First-Run Came To Be?

By Heather (NEO)



If you have, today is your lucky day. Here is a brief history of First Run and an overview of how our organization works. First of all, the name "First Run" is

no accident - our run was the very first official off-leash space in New York City. About thirteen years ago, community activists (several of whom are still active in the First Run community) lobbied long and hard for an official dog run in Tompkins Square Park. Eventually, the parks department listened: as ex-parks commissioner Henry J. Stern said in an interview with a local filmmaker, starting the run was "was just a good idea."

The Parks Department included one caveat: the run must be managed and funded by the community, not the city. So, that's what happened - the people who fought so hard to make First Run a reality raised money and organized volunteers. And to this day, though the names and faces may change, First Run is still space that is maintained and financed by the community.

While the Parks Department isn't involved in the day-to-day running of First Run, we do work with them on projects and issues as they arise. This happens via a group called the East Village Parks Conservancy (EVPC), an umbrella group that oversees volunteer efforts in Tompkins Square Park (and other green spaces in the East Village). As an official not-for-profit organization, the EVPC allows us to accept tax-deductible donations as part of their organization. They also assist us in working with the Parks Department when necessary.

For more information about the EVPC or to find out how you can get involved, call 212-353-9063.

run, they may be a bit quarrelsome with friends but this might awaken new ideas.

Dog Cafes A Howling Success!

By Beth (BURT & LOLA)

In Japan, as in the U.S., the pet industry is huge, with some people spending hundreds of thousands of yen annually on their cats and dogs. Now, bars and cafes that cater to dogs as well as their owners are proliferating in Japan. A Web site aimed at pet owners lists over 150 taverns and restaurants in Tokyo, Nagoya and Osaka that are dog friendly.

Many of these places have terraces or courtyards, but even then dog owners are requested to make sure their dogs do-do before bringing them inside. The dog menus in these places include such things as sweet potato scones and blueberry muffins. Among the more popular dog hangouts in Tokyo are Deco's Dog Cafe in the popular Daikanyama shopping district, and Umi's Aoyama, a tavern in the upscale Minami-Aoyama district. Dog's Heart, a magazine aimed at helping dog owners train their animals for a night out on the town, debuted in May, 2002.

Vounteer Work You Can Do Anytime:

- Fill-in the crater-like holes
- Pick up rogue poop;
- Sweep out hydrant and/or entrance areas
- Loosen up hard packed soil (to help trees and prevent puddles)
- Rearrange benches, tables & tree stumps
- Empty ashtrays

Specific Projects That Can Be Done In A Few Hours (or more):

- Repair tree boxes
- Install grates on the two gates in the big run's main entrance to prevent escapes
- Install cork on public bulletin boards

Get Creative: If you've got a good project you'd like to do, contact: firstrun-nyc-owner@yahoo.com (or ask Garrett, Gunnar, Heather or Charlie)

Great American Mutt Show

This year it will be held at Union Square on Sunday, September 14th.

Doggie Horoscope

CANCER

June 21th - JULY 22nd

COLOR: Violet NUMBER:2

Cancers are all about home. These "roots" dogs take great pleasure in the comforts of home and family. Maternal, domestic and nurturing, their families are often large -- the more, the merrier!



The Cancer mascot is the Crab, and much like this shelled critter, Cancers are quick to retreat into their shells if it suits their mood. What to do? Give the Crab time. Eventually they'll come out to play again. At the dog

Thank You

STACY ALLDREDGE

Our special thanks to Stacy for giving another fantastic lecture at the run.

Stacy is available for group or private training classes as well as behavioral and nutritional consultations. Contact her at:

www.whoswalkingwhodogtraining.com
or call her at: (212) 414-1551

Bone Appétit

By Garrett (JAVA & KAI)

I cornered Phil in his back office at Whiskers Pets; not a recommended thing to do if you want to keep your teeth. "Phil!" I exclaimed, holding my hard copy of the Dr. Pitcairn's manual above his head, "it just can't be this difficult to feed your dog a home cooked meal." I was hoping he'd laugh. He did.

What I wanted to know was a couple of easy things I could feed my dog everyday - whole, real foods that were quick to prepare, cheap and just as nutritionally sound as commercial dog food. I was surprised to learn the answer was right in my kitchen. Here are a few of the folks I met as I made my way into the world of canine cooking.

Alicia Mohr (owner of Kimani Kennels in New Jersey) has been raising National and Westminster champions for 40 years. She cursed the dog food manufacturers to my face. "They say they meet government standards but nobody regulates the dog food industry." "Do they lie," I queried? "Worse," she bellowed! "I got a big shipment from Purina which was improperly prepared. I fed it to a new litter of puppies and watched them all develop rickets!"

Certainly I could prepare a better meal than Purina. She told me I could and brought me into her kitchen to show me how.

First get a rice cooker -- \$20 bucks at K-Mart. It makes 10 cups of rice that you can store in your refrigerator. Choose either brown or white rice, however, brown rice is high in fiber so dogs need less of it otherwise it could flush out their system. (Yes, flush out means diarrhea.) Be sure to rinse the rice before cooking it if you want it to remain fluffy all week. Then mix in some chopped vegetables along with fish or flax seed oil.

Alicia feeds her champions 3 cups of white rice and vegetables along with 3 pieces of boiled or raw chicken - thigh cut only. The bone is a great source of nutrition but should

only be fed raw. I cut it into three pieces with a pair of pruning shears. If you boil the meat, be sure to remove the bone and supplement with bone meal. I inquired at my local butcher about the thighs. He ordered me a 40 pound crate for \$20. Pretty easy so far. I threw in a few more bucks for vegetables and just bought a month's worth of food for my two dogs for \$27. But was the meal nutritionally sound? And what

were the best vegetables to add? Clearly I had more questions to ask.

I went to Stacy Alldredge, director of Who's Walking Who Dog Training. "When I'm preparing a diet for a client," she began, "I take everything into account -- age, breed, current weight, goals, gender, health." I was looking for a simple diet that my dogs with frightening sensitive stomachs could eat.

"Well," she began, "start by choosing a good protein source - chicken, turkey,

fish, beef or eggs (even the shells which is pure calcium.)" She also added that it's best to switch the protein from week to week.

Stacy also recommends plenty of vegetables and fruits. I barely eat vegetables so here was the help I needed. Stacy (a vegan) said "stay away from nightshades (eggplant), the high acidics (oranges & tomatoes) and definitely no onions or spices." She recommends greens (broccoli, kale, brussel sprouts, mustard greens, green beans), beets, asparagus, cauliflower as well as fruits such as apples and bananas. Finely chop and cook everything in a pan -- even the fruits -- which will help with digestion.

For a Twinkie eater like myself this was starting to sound like a big deal. But was it really? The last person I spoke with was obedience trainer Andrea Arden (andreaarden.com). She put everything into an easy routine for me.

Andrea suggests starting with a good, natural, dry kibble for part of the dog's diet. "It's great for the morning rush. It's also great to have something you know your dog will eat when you travel." I chose a holistic

kibble called Perfect Health Diet (phdproducts.com). In the morning I pretend the kibble is cereal and give it to my dogs with 1/2 a cooked apple or berries and 4 ounces of yogurt.

For their evening meal we do chicken, vegetables and rice. When adding vegetables, be consistent with your choices. Don't choose a different vegetable everyday. I prepare a week's worth of vegetable grool (grated broccoli and carrots) that I pan fry and dollop on top of their food. That's it. Meal complete. Cheaper than the price of dog food. But here are a few more parting shots to consider:

USE A CERAMIC DOG BOWL: Real foods and vegetables can react with metal bowls creating a bitter taste. Plastic bowls are full of tiny scratches which breed bacteria when you feed fresh meats.

START SLOW: Any changes in your dog's diet have to happen gradually.

INVITE YOUR DOGS TO COOK WITH YOU: There's nothing better than watching your dogs work up an appetite in the kitchen. They'll get so hungry they'll even eat their vegetables!

GIVE FROZEN BONES: Freeze raw bones before giving them to the dogs -- freezing makes the bone less likely to splinter as well as kills bacteria.

DOGS DESERVE DESSERT: Give them lots of berries - whatever is in season - blueberries are best.

TIP Raw Yes, Frozen Better

Raw feeders should "freeze-and-thaw" meats and vegetables before feeding. Freezing kills Neospora, a deadly parasite found in raw meats. Freezing breaks down cell walls of plants making them more digestible.

SOURCE: U.C. Davis Veterinary Hospital; Dr. Ian Billinghurst (BARF) Association



KAI

Opportunity For Big Changes At The CACC

By Carol (JOLLY)



Animal welfare volunteers may be about to finally start fixing New York City's chronically underfunded and

mismanaged shelter system. For decades the outfit has been struggling to take care of the city's strays. As far as animal causes in the city go, this is THE BIG ONE, the only serious effort in decades to reform a badly broken system that kills about 100-125 dogs and cats a day. The Mayor's Alliance for NYC's Animals, the coalition that is spearheading the effort to reform New York City's animal welfare system, is the best chance to fix the system in decades.

The city has gone through many permutations of animal welfare agencies. The current entity, the Center for Animal Care and Control (CACC), is a quasi city agency funded largely by the meager receipts of dog licenses. For years the ASPCA ran the shelter, but gave up on it because running a kill shelter hurt their fundraising.

So far the Bloomberg administration has signaled a hopeful turnaround. Soon after the election, the New York City Bar Association wrote to the mayor about ways to improve the system. He made quick progress by replacing some of the deadweight on the CACC's Board with more forward-thinking appointees. The newly constituted CACC Board, acknowledging the abysmal management record of the then-Executive Director, promptly fired her.

The Mayor's Alliance, now lead by well-know animal legal rights activist Jane Hoffman, wants to follow the model that has worked around the country: a public-private partnership system that allows all adoptable animals to get homes. The two major hurdles will be funding and leadership at the CACC. In late March or early April the board is expected to hire a new executive director. The two main contenders seem to be a progressive candidate who had turned around other kill shelters and a do-nothing bureaucrat.

The other hurdle is funding. The Mayor's Alliance is working on getting a significant

grant from a group called Maddie's Fund for the transition to no kill. If received, this grant would finance an aggressive five-year campaign to increase adoptions and spay/neutering of homeless dogs and cats in the five boroughs, resulting in thousands of lives spared every year. The ultimate, ambitious aim of the program is to transform New York City's shelters into a no-kill system that will be a blueprint for shelter reform nationally.

For more information on this critical animal welfare issue, check out the following online resources:

<http://www.animalalliancencyc.org>

<http://www.maddiesfund.org>

<http://www.shelterreform.org>

<http://www.shelterreform.org/BarAssn.html>

BOOK REVIEW DOG CULTURE

written & edited by BRANDO (I mean Ken)

First Run's own Ken Foster has edited a collection of essays, *Dog Culture*, examining canine character. The book's stylish cover and gift-worthy appearance are merely the proverbial wrapping. Essays from a diverse range of contributors make for a clever, interesting and touching compilation.



Contributing writers range from *Fight Club* screenwriter Chuck Palahniuk to bestselling novelist Nicholas Dawidoff. Rather than another sentimental, dog-obsessed collection, *Dog Culture* reminds us of all the ways dogs change our lives. *Dog Culture* is about relationships and how humans need, respond and are irrevocably changed by animal companionship. Well thought essays offer narrative perspectives on obedience, rescue and gluttony which amused and touched this reviewer. And Salon.com's says "[t]he contributors are talented and genuinely funny...dogs, it seems, are forever dispensing lessons."

Dog Culture (Lyons Press, 2002) can be found at all major booksellers, as well as local vendor St. Marks Bookshop. Two copies were spotted at The Strand on Broadway, but there's no telling how long they'll be there considering the book's popularity.

BLIND ITEMS Poop Scoop

Which very macho **French Bulldog** has been seen being anything but macho with a certain well-known **Chihuahua Boy** under the benches in the Small Dog Run? What mixed-breed leg-lover has been fronting as a "barkless **Basenji**" but in fact is just a mutt with nothing to say? Which ab-fab **Afghan** has been letting down her championship bloodlines and indulging her taste for **rough trade** with a **Pit Bull**? What silent-but-deadly, beer-guzzling **dog-walker** fooled no one when he blamed the sudden foul odor on his absolutely innocent **Neapolitan Mastiff**? Whose **Miniature Dachshund** has been telling the ladies "don't worry I'm fixed" for years now, but in fact is merely **flaccid**? Which model/actress **Standard Poodle** is back in rehab after a six-day **cheese and snausages binge**? Whose daredevil **Yorkshire Terrorist** may indeed become **Yorkshire Pudding** if he chooses to moisten my trousers for a third time this month?

Big Shout Out To The Following People For Their Help!

Chris (LUCKY) and **Brad (LUBA)** for bankrolling and constructing our new backdoor gate!

Erica & Jason (DETROIT & DALLAS) for getting this dog-gone newsletter out!

Elizabeth Finch for sharing her considerable knowledge and being the patron saint of all things canine!

Grant (LEON) for making the new logo for *The Scoop*!

Carol (Jolly) for all the time and effort spent making our garden's grow

And all our DOG WALKERS for putting up with (or should I say, picking up) our dog's shit.



SARA, JAVA & KAI drag Rene to Whiskers



BEAR (Verena) thinks the snow was better than the heat

BREED BASICS

The Chihuahua



LEON (Grant)

There is no arguing that the Chihuahua is the smallest of all dogs. Some claim that the breed was developed in Egypt over 3,000 years ago. Others claim he is native to the Western hemisphere and evolved in Mexico. Some even argue that the dog came to Mexico from the Mediterranean area during the Spanish Conquest. Others believe it arrived in Mexico as little as only 100 years with Chinese traders. Despite the confusion, the breed was discovered in Chihuahua, Mexico by American tourists in the 19th century who then brought the breed back to the United States.

A Chihuahua Joke:

A bouncer says to the blind guy, "Sorry, no pets allowed." The blind guy responds, "You don't understand. This is my seeing-eye dog." The bouncer replies "A Chihuahua?" Blind guy cries out "You mean they gave me a Chihuahua?"

The Pit Bull



HANK (Mike)

There are several breeds and mixes which are commonly referred to as Pit Bulls including the American Staffordshire Terrier and the Staffordshire Bull Terrier. However, only the American Pit Bull Terrier (APBT) is truly a Pit Bull.

The APBT is traced back to the Bull and Terrier fighting dogs of 19th century England. Today, the APBT is employed as a working and sport dog, and makes an intelligent, loyal companion who will do anything to please its owner. Obedient, good-natured and affectionate, they are good with children and have an uncanny ability to know when it needs to be protective. Sometimes aggressive toward other animals, they should be kept on a leash during walks or around unfamiliar dogs.

Famous Pit Bull owners include Helen Keller, Fred Astaire, Teddy Roosevelt and George Patton.

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– The Monks of New Skete