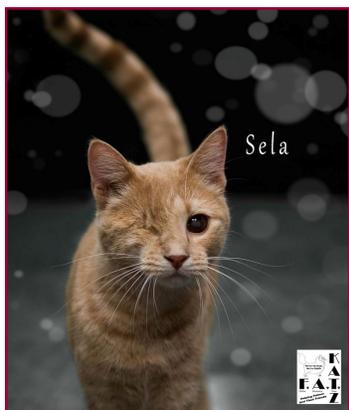
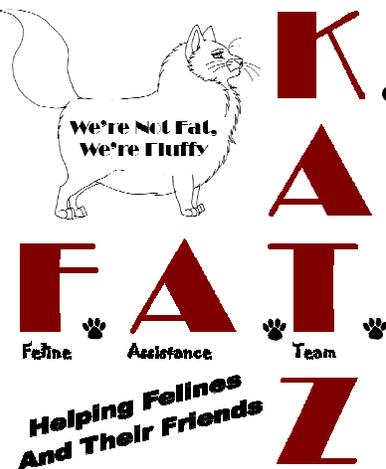


# The Scratching Post



## Sela Hope, Pirate Princess Cat

Avast ye, cat lovers! This is the tale of how Sela Hope, Pirate Princess Cat, lost her eye.

It was the day before Thanksgiving, 2013, when husband and wife volunteers, Anne & Mark, from F.A.T. KATZ drove the three and a half hours from Albuquerque to Clovis, New Mexico, and back again, to rescue a kitten in dire need of medical care. The buff colored tabby kitten who had a cold-like, weepy eye when found, had rapidly developed a major, life-threatening infection. The eye, which was a little goopy just days before, became grossly enlarged and filled with bacteria, dangerously close to her brain.

The small rescue organization that originally saved her, did not have the available resources to treat such a major medical condition. Rescuing companion animals is often a community effort. So, when F.A.T. KATZ got the call for help, the all-volunteer organization set sail to save the barely weaned kitten who had been found on the side of the road from Davy Jones' Locker.

It was immediately obvious to her rescuers that the kitten was going to lose the eye. That is, if she lived. The drive back to Albuquerque was long and the kitten was very lethargic. However, she survived the journey and was admitted to one of Albuquerque's top veterinary hospitals that same evening. Lab work indicated she was in kidney failure, due to septic shock. The traumatized eye would have to be removed and the infection halted if she was to survive. Bacteria from an eye infection can easily travel along the optic nerve directly to the brain. After twenty-four hours of intravenous fluids and antibiotics, her eye was surgically removed on "Black Friday." The following day, the shy kitten went home to her foster family where she received round-the-clock care. Within a few days, her foster family began engaging her in playful activity that required her to track with her eye and paws in order to determine whether she had suffered any neurological damage. Blimey! Her valiant efforts to get the "red dot" of a laser pointer indicated normal neurological ability. From then on, it was full sail ahead.

Sela Hope, the Pirate Princess kitten, remained a little skittish for several months after her surgery. Her foster family was patient, letting her heal in her own time. During her recovery, she found time to appear on her own social media page. On international "Talk Like A Pirate Day", she donned a virtual pirate hat while sitting next to a treasure chest.

Eleven months after her surgery, Sela Hope found her forever home. She was adopted on October 4, 2014. Now she sails calm waters, secure in a most loving home. Yo, ho, ho!

~ Sarah Turner



## Gift Wrapping

Let us wrap your Holiday gifts by donation this season!

We will be at Barnes & Noble, Cottonwood Mall on the following dates:

Sun. 11/30 - 10am-2pm

Sat. 12/13 - 6-9pm

Thurs. 12/4 - 2-6pm

Sun. 12/14 - 2-6pm

Sun. 12/7 - 10am-2pm

Thurs. 12/18 - 6-9pm

Thurs. 12/11 - 2-6pm

Tues. 12/23 - 10am-6pm

Fri. 12/12 - 10am-6pm

Wed. 12/24 - 10am-2pm

505-293-2830

FatKatzAbq@gmail.com

www.FatKatzAbq.org

www.Facebook.com/

FatKatzAbq

P.O. Box 95645

ABQ, NM 87199-5645



We are an all volunteer organization so your donations go directly to the cats in our care.

Please consider becoming a member or a sponsor today. See the membership form on page six.



F.A.T. KATZ is a registered 501(c)(3) non-profit. Your donations are tax-deductible



## Feline Overeater's Anonymous: Fighting Feline Obesity

Obesity is an extremely common and very serious health problem in cats. Overweight cats are four times more likely to develop diabetes than cats that are at an optimal weight. Obese cats cannot clean themselves properly and can have painful skin inflammation and urine burns in their perineal area. Obese cats can also suffer from painful orthopedic problems.

Obligate carnivores are designed to meet their energy needs with a high protein, moderate fat diet with little to no carbohydrates. Carbohydrates are minimally used for energy and those that are not used are converted to and stored as fat. The so-called "light" diets that are on the market have targeted the fat content as the nutrient to be decreased. The choice is then to raise either the protein or carbohydrate content of the diet, or both.

Since animal-based protein (meat and organs) is more expensive than carbohydrates (grains/potatoes/peas), pet food manufacturers raise the carbohydrate levels in these foods making them very species-inappropriate and unhealthy.

An optimal weight loss diet should be:

- ~high in protein (over 40% of calories)
- ~moderate in fat (under 50% of calories)
- ~low in carbohydrates (under 10% of calories)
- ~high in water

When looking at the Protein/Fat/Carb Food chart at [www.CatInfo.org](http://www.CatInfo.org), you will note that there are not many examples of this profile. Why? Because fat is cheaper than protein. The calories from protein + fat + carbs must = 100%. If the carbs are kept below 10%, that leaves 90-95% of the calories to be divided between protein and fat. Protein is expensive. Fat is cheap. Therefore, low carb diets are usually high in fat. Examples of nice profiles include Weruva, Tiki Cat, BFF and Natural Balance stews.

You will notice that many of the higher protein diets are fish-based but it is not a good idea to feed fish to cats. Or, at least not as their main diet. Fish can be high in mercury, high in PBDEs (fire retardant chemicals linked to hyperthyroidism), high in phosphorus (not good for older cats' kidneys) and can be very addicting. It is best to feed poultry-based diets to cats.

Water content of the diet is very important. Studies have shown that cats lose weight much easier on canned food versus dry. Dry food is very calorically dense and is high in carbohydrates which are not as satisfying to a cat as protein is.

Many cats on the commercial 'light' or 'less active' diets either do not lose weight or do lose weight but also lose muscle mass along with the loss of fat. This is not our goal. The goal is to lose fat while maintaining muscle mass.

In several studies, cats fed a high protein/low carbohydrate diet lost weight but maintained their lean body mass in comparison to cats fed a high carbohydrate/low fat diet.

Many caretakers feed very small amounts of these "light" diets hoping that their cat will lose weight. However, feeding a small amount of a diet that is inappropriate for the species is not the answer! The caretaker often ends up with either a crabby, overweight cat or a thinner cat that may have lost too much muscle mass.

Some veterinarians will prescribe Hill's Prescription dry r/d and instruct their caretaker to feed only very small portions. This is not sound obesity management advice. Hill's Prescription r/d is a very poor quality, high carbohydrate (35%) diet that contains the following inappropriate and unhealthy ingredients including a high level of fiber which a feline intestinal tract is not designed to process:

Previous formulation:

Chicken by-product meal, corn meal, powdered cellulose 18.5% (a source of fiber), corn gluten meal, chicken liver flavor, vegetable oil, taurine, L-carnitine, preserved with BHT, BHA and ethoxyquin

Current formulation:

Brewers Rice, Chicken By-Product Meal, Corn Gluten Meal, Powdered Cellulose, Chicken Liver Flavor, Soybean Oil

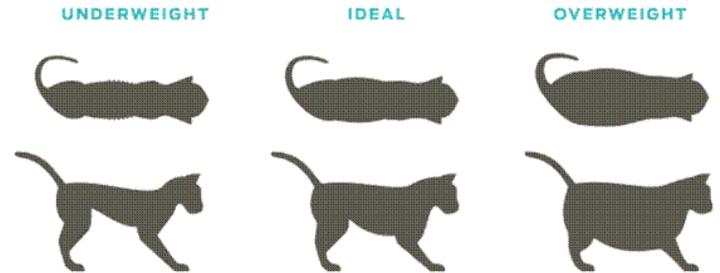


Note that Hill's removed the BHA and BHT but a plant-based protein is now the predominant protein source instead of an animal-based protein. This diet is even more unhealthy than it used to be.

The protein in dry food, which is often heavily plant-based, is not equal in quality to the protein in canned food, which is meat-based. The protein in dry food, therefore, earns a lower biological value score.

There are much more species appropriate - and less expensive - ways to address feline obesity. ~Dr. Pierson from [CatInfo.org](http://CatInfo.org)

If you are interested in learning more about feline nutrition, please contact Boofy's Best For Pets, 505-890-0757, [BoofysBest@Gmail.com](mailto:BoofysBest@Gmail.com), [www.Facebook.com/BoofysBestForPets](http://www.Facebook.com/BoofysBestForPets) for a free nutritional consultation!



**Leah**

I am a beautiful, 2 year-old, tortoiseshell female who is VERY sweet, loves attention and will sleep with you. I am very mellow and get along with most of my foster family. I am super friendly, will be a little shy at first but be patient with me and I will likely adjust well in my new home. I'm just a big softie inside and I'm waiting to meet you!

**Binx**

I am an amazing kitty who will need a little time to adjust to my new home. I am a year old and have the shiniest, softest coat and a few cute white hairs on my chest. I will purr for you and play with catnip and my scratching post. I am good with other cats and if you are looking for two kitties, my mom, Cleo and I would be good together.

**Lalande**

I am Lalande and I'm a little over a year old and I am going to be a little shy to begin with but will fit in just fine! I'm a long hair pastel tortoiseshell who is an active young girl who loves attention and play. I get along with other cats, and love to play chase up and down the hall with my sister, Eridani. If you're looking for



two kitties, she and I would be the perfect pair.

**Eridani**

I am a sweet, playful calico girl who is a little over a year old. I am best buds with my sister (Lalande) and love to play. I will sit with you and cuddle. I like being up high and love keeping warm in the winter. I will take a little time and patience to adjust to my new home. I am very affectionate and will tolerate being held. I would love to go to a home with my sister and would love to meet you!

**Cleo**

I am a very sweet girl who loves to be petted. I'm not fond of being held but I do love attention. I like wand and feather toys and am OK with other cats. I will need time to adjust to them though. If you are interested in adopting two kitties, my daughter Binx and I would be a good choice.

**Grayson**

I am a good boy who has been through a little trauma and am going to need patience and love from you to live out my days. I am sweet, like attention and love. I am 2 years old and was declawed then owner surrendered. I kept having infection in my paws and the vet determined that my declaw was done wrong and bone fragments were left in. I basically had to go through another declaw and am healing just fine now. My feet will always be sensitive but I will be OK. I get along with other cats. Please come meet me and find out how wonderful I am!

**Gertie**

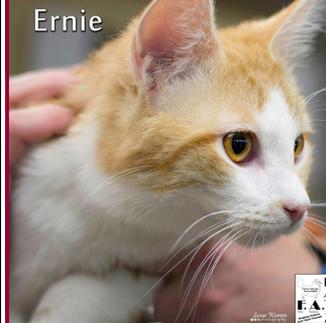
I am a beautiful 9 month old orange tabby and white girl. My personality is very sweet and will immediately adjust to my new home. I am very affectionate. I love lying on the bed, am very playful, and get along with other cats. I like being held and loved and purr the minute you pick me up. I would do very well adopted with my foster brother Rascal and likely with any other cat. Rescued from a high-kill shelter,



I have been looking for my forever home and would love to come home with you.

**Rascal**

I am not at all shy, I am cute and, oh so sweet. I love to play, am curious and love to be held. I am very friendly and like to curl up in bed with my people. I get along very well with other cats, and would do well adopted as part of a pair. I would love to go with my foster sister Gertie! I love human contact and being petted. I love to play and explore, and like laser, furry, feather or wand toys. I was rescued from a high-kill shelter with my ear rotting, one toe with the flesh missing and wounds on my head and nose. I have healed up beautifully and am the most handsome kitten around! I haven't been around dogs but I think I would do OK with a small or mellow super cat-friendly dog.

**Ernie**

Hi, I'm Ernie! I am a very outgoing, friendly, playful, active boy. I am good being held, LOVE my chin scratched and love to play. I'll sleep with you and use a tall sisal scratching post because I love stretching while scratching. My favorite toy is a feather wand! I would do well in a home where there are other cats or also OK by myself or a cat-friendly dog. If you are looking for two cats who already know each other, my foster brother, Bert and I would love to go together. What I really, really

wants is a whole lotta love and a home to call my own!

**Bert**

Hey there! I'm Bert! I'm high-energy, super sweet, talkative, playful and a great boy! I have LOADS of personality, get along with other kitties and would adjust to a cat-friendly dog too. I would be good as a pair, adopted with my foster brother, Ernie or on my own. I am a great guy and would love to come home with you today!



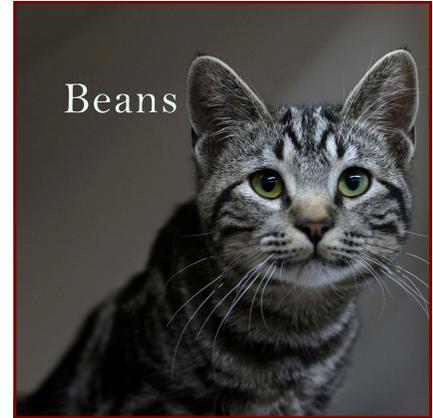
**~All of our cats are spayed/ neutered, current on their shots, microchipped and are Feline Leukemia (FeLV) and Feline Immunodeficiency Virus (FIV) negative prior to adoption!  
~Visit our adoption center at Petco, 6300 San Mateo NE, weekly, Saturdays & Sundays 11am-5pm.**



## FOSTER HOMES CAN MEAN THE DIFFERENCE BETWEEN LIFE AND DEATH!! THEY ARE THE FOUNDATION OF OUR LIFE-SAVING WORK!

Without a safe, loving environment for needy cats, we

are unable to remove them from the situations they are currently in. Becoming a foster parent also provides a great opportunity to have a cat in your home if you are considering adoption but aren't yet ready for a full-time commitment!



They have been neglected, abused, and abandoned. With YOUR help, we can change that. We can give them everything they deserve and MORE! You provide the love, kindness, security, food and litter (when available, we will help with this) and F.A.T. KATZ WILL PROVIDE THE REST!

While we work hard to find them a permanent home, you provide a safe, patient and loving temporary home. The rewards are PRICELESS! Please consider becoming a member of our RESCUE family today!



## JOIN US AND BRING JOY INTO YOUR HOME WHILE SAVING A CAT'S LIFE!



### Low-Cost Spay/Neuter

There are two reasons to spay or neuter your pet. First, there are significant health benefits. Spaying females prior to their first heat cycle nearly eliminates the risk of breast cancer and helps prevent uterine infections and uterine cancer. It also eliminates the constant crying and nervous pacing of a female cat in heat.

Neutering males prevents testicular cancer and enlargement of the prostate gland and greatly reduces their risk for perianal tumors. Neutering of male cats (and dogs) can prevent certain undesirable sexual behaviors, such as urine marking, humping, male aggression and the urge to roam. If you have more than one pet in your household, all the pets will generally get along better if they are neutered.

Second, there are so many cats (and dogs) that shelters and private rescues are desperately searching for homes for. Having your pet spayed or neutered ensures that you will not be adding to this tremendous burden.

Through our low-cost spay/neuter program, we will help you obtain the surgery at a fraction of the regular cost. We have no income requirements, so this program is available to everyone and their cats!

Please call 293-2830 or email [FatKatzAbq@Gmail.com](mailto:FatKatzAbq@Gmail.com) if interested.

This edition is focused on Marilyn Heyward.

When asked why she volunteers, she told us this:

It all started back when I was about 4 years old. My parents got a dog for me and after he took me for a walk instead of the other way around I knew I was a cat person. I have had cats ever since as life isn't complete without them in the family.

After retiring from 27 years of teaching I got into cat rescue in San Diego, LA and here in Albuquerque. I started with ACAT and did about every volunteer job there was from help at the adoption site to helping with deposits, volunteer coordinating, foster coordinating and being on the Board. That's how Jen and I met.

When Jen was ready to start her own group we decided "We Can Do This!!" I guess you could say the rest is history. Adoption events, fostering, setting up at Petco, laundry, making the vet appointments and trying to keep up with shots and surgeries needed, and making the contracts for our adoptable kitties. I have been able to help in many of these ways to keep things moving right along.

I have loved my time with FAT Katz, a little over 2 years now, and the fact we have rescued over 400 cats and kittens. Many of the cats of NM are better off with FAT Katz having stepped in and I am so proud to have been such an intricate part of it all!

We all love it when the adoptions happen as all cats and kittens deserve their forever homes. Sometimes there is that special cat who I shed a tear of happiness over when the right home is found. I guess that's why I do what I do for FAT Katz, knowing that together we can make a difference in the life of a kitty. And they seem to know and appreciate it, too!!

~ Marilyn Heyward



## These are just a few of the faces of our rescue

There is no way for us to adequately express our gratitude to everyone involved in the success of F.A.T. Katz. It is certainly a village effort and we have a great village. Our heartfelt thank you's go out to all of our fosters, volunteers, donors, members, sponsors, fellow rescues and shelters we work with. Without each one of you, we couldn't do what we do.

We truly hope it is enough to thank everyone and let you know that you all hold a special place in our hearts and the cats and kittens pictured here love you as well. Know that these are some of the faces you have saved!

We are looking forward to many years with you and we are still going strong with all of your help. If interested in volunteering, fostering or donating, please contact us! 505-293-2830 or FatKatzAbq@Gmail.com.

# THANK YOU!



## Why Do Cats Purr?

Any cat owner can tell you that petting a purring cat is a therapeutic experience. There's something about it that instills a sense of comfort, and some studies suggest that it can even lower blood pressure and reduce anxiety. But, why do cats purr?

A cat's purr originates in the voice box. The air passing across what are

referred to as "false vocal cords" is what triggers the vibrational sound. This most often occurs when a cat is happy, but contentment isn't the only reason for feline purring. Cats may also make this same noise when injured, giving birth, or when they want something (like dinner). Some experts equate purring with the human smile because people don't always smile out of happiness. Sometimes smiles are a natural reaction to nerves or a way of dealing with an uncomfortable situation.

Chances are, you already know your cat's purring habits pretty well. If your cat is purring while snuggled up in your lap, it's pretty obvious that she's comfortable and happy. If an early morning purring session is accompanied by loud meowing, your cat is probably letting you know it's time for breakfast.

If purring is ever accompanied by strange behavior, unusual vocalizations, or symptoms of pain, be sure to consult with a veterinarian.



## Five Tips For Great Holiday Pet Photos

Thanksgiving is already over, which means it's time to start thinking about those holiday cards! If you want to include your furry best friend in this year's photo, be sure to check

out these tips for snapping the best holiday pet photos:

1. **Keep photo sessions quick and comfy:** The attention span of a dog or a cat isn't very long, so a lengthy photo shoot can become unpleasant very fast. Also, try to avoid costumes or unfamiliar settings to keep your pet from getting stressed.
2. **Be patient:** Pets don't understand the concept of a photo and it's easy for them to become restless. Be patient and don't get discouraged, if you need to take a break and give it another go later, do so.
3. **Use the right attention grabber:** The trick is to make your pet look at the camera and be still, which can be difficult. Sometimes a toy will excite your pet too much and calling her name might make her run toward you. Try snapping your fingers or having your pet focus on a treat.
4. **Think about lighting:** If you don't want your pet's eyes to be red or yellow, don't use the flash. Opt for natural light to keep your pet looking her best!
5. **Get in the photo:** Pets tend to be most comfortable around the people they love. Instead of photographing your pet solo, hand the camera off to someone else and capture an adorable family photo!

## Easy Tuna Treat

Does your cat deserve a special homemade treat? This simple recipe uses only a few ingredients and is a big hit with the felines!

6 ounce can of tuna (including water)

3 teaspoons cooked egg whites

½ cup flour

1/4 cup cornmeal

Start by preheating the oven to 350 degrees and cooking up the egg whites. Transfer the egg whites to a bowl and combine them with the can of tuna. Add the flour (white or whole wheat will do!) and cornmeal and blend the ingredients until dough is formed. Knead the dough and roll it out to a ¼ inch thickness.

You can use a small cookie cutter or simply cut the dough into bite-sized pieces using a knife. Bake for 20 minutes. Be sure to let the treats cool completely before your cat digs in!



## Keep Cold And Flu Medications Away From Your Cat!

Cold and flu season is almost here! With all the sniffles and sneezing starting to go around, there's probably some cold medicine lying somewhere around your house. While these medications may be helpful in keeping your family's symptoms at bay, it's important to keep them out of reach from four-legged members of the household. Many common cold and flu medicines contain ingredients that are toxic to pets. Below are a few of those dangerous ingredients:

**Acetaminophen:** This common fever reducer is harmful to both dogs and cats, but is especially dangerous for felines. Ingestion can lead to liver failure and methemoglobinemia (a blood disorder that results in a decrease in much-needed oxygen to body tissue). Should ingestion occur, swelling of the paws or face indicate the need for immediate emergency veterinary assistance.

**Phenylephrine and Pseudoephedrine:** Both of these ingredients aid in decongestion and are common in allergy medications as well as cold and flu products. Ingestion by dogs and cats can lead to an increased heart rate, elevated blood pressure, seizures, and even death. Phenylephrine is sometimes abbreviated as "PE" on medication packaging.

**Naproxen and Ibuprofen:** These pain relieving ingredients are both NSAIDs (non-steroidal anti-inflammatory drugs). They're often found in multi-symptom cold and flu medications, especially products labeled specifically for sinus pain and congestion. These ingredients pose a risk for ulcers, kidney and liver damage, and stomach bleeding in pets.

To avoid a potentially tragic situation, keep all medications safely out of reach from curious pets. If you ever suspect your pet has swallowed human medication, immediately contact the Pet Poison hotline or seek veterinary assistance.



# MERRY CHRISTMAS

At this time of year, we think about giving, friends and family and thanks. We would like to recognize those of you who have stepped forward to make a difference in the lives of the cats and kittens of Albuquerque and other parts of New Mexico who wouldn't have had a chance without all of you! Please forgive us if we have forgotten anyone and please know that we consider you all part of our F.A.T. Katz family! We wish the best for you and yours this holiday season and again, we THANK YOU from the bottom of our hearts and paws!

## Volunteers and Fosters

Marilyn Heyward  
Lynne Fullerton  
Eileen Zamora  
Shay Ramos  
Susan Warren  
Kiff LaBar-Shelton  
Pauline LaBar-Shelton  
Andelya Ramos  
Chris Pinkston  
Richard Rudkin  
Jennifer Hosking  
Cindy Farslow  
Alex Mirabal  
Brenda Nemec

Jan Loeb  
Isis Griego  
Renee Goodvin  
Maribeth & Chris Thornton  
Barbara & Tony Humphries  
Anne Turner  
Faran Paslay  
Christy Burton  
Anne & Mark Hoeffler  
Daniel & Alesha Brock  
Tracey Ife  
Rachel & Ethan Gill  
Bernadine Baca  
Alison Endicott

Michelle Phillips  
Michelle Willcox  
Kyla Costello  
Myra DeBruyn  
Bob Mares  
Sarah Turner  
Ford Nelson  
Christy Batson  
Brita Sauer  
Laura Lundy  
Valerie Preston  
Christine Tafoya  
Amy Morton  
Michael Clifton

Cassie Crenshaw  
Hisako Yamada  
Debbie Aguilar  
Ian Kaiser  
Kelsey Sprout  
Joan Yost  
Kathy Kraemer  
Peggy Wolff  
Bob Duerloo  
Penny Moore  
Kamri Lucero  
Rachel Molina  
Penny Moore  
Trina McKee



## DONORS & MEMBERS

Claire Pederson  
Kathleen O'Keefe  
Vivien Mueller

## STUDENT/SENIOR/LOW INCOME/ ACTIVE VOLUNTEER DONATION \$10 - \$29

Alice Hauck  
Andrea Westwood  
Annette Merriken  
April Polichette  
Ashley Harvey  
Carrie Hall  
Christina Hartsock  
Christina Hogan  
Dani Escobar  
Deborah Trujillo  
Diane Gardner  
Eric & Sherry Pennala  
Faran Paslay & Anne Turner  
Frank Ozuna & Julie Jacobs  
Gary Sullivan  
Ilene & John Starr  
Joanna Jill Dunning  
Julie & Charlie Liles  
Julie Smith  
Keith & June Kofford  
Kelly McLaughlin  
LeNore Mastin  
Linda McLaughlin  
Margaret Pomeroy

## STUDENT/SENIOR/LOW INCOME/ ACTIVE VOLUNTEER DONATION \$10 - \$29

Merrie Ritter  
Michael Mudd  
Pat Harding  
Robin Somes  
Rosemary Garcia  
Susan Warren  
Theresa Bernhardsen  
Theresa Mirabal & Stephanie Reinhard  
Trish Homburg  
Zoe Johnson

## INDIVIDUAL DONATION \$30 - \$49

Ethan Edwards  
Irene Healy  
Janet Simon  
Ken Wright  
Kitty & Martin Pokorny  
Lt. Col. (Ret. AF) James & June Willging

## SPONSOR/FAMILY DONATION \$50 - \$99

Amy Morton  
B-Lu Thoin  
Donald & Cynthia Rossi  
Donna Allen  
Donna Young  
Emily Jewell  
Glenda Johnson  
Jill Banning  
John Christiansen  
Kitty & Martin Pokorny

## SPONSOR/FAMILY DONATION \$50 - \$99

Laura Lundy  
Matt & Stephanie Mitchell  
Michelle Wilcox  
Neall Doren  
Norma Vogt  
Peggy Wolff & Bob Duerloo  
Scott Florez & Joseph Madrid  
Silviano & Irene Rael  
Tatiana Flanagan  
Timothy & LeAnn Barnes  
Tom Goldsberry

## FRIEND DONATION \$100 - \$249

Alex Mirabal  
Bentley Laaksonen  
Charles Hancock  
David Stevenson  
Debbie Muldawer  
Deborah Balansky & Jon Tinkle  
Elizabeth & Richard Thompson  
Jeff Smith & Lisa McKittrick  
Karen Carroll  
KC West  
Laurie Moorehead  
Linda McGuffee  
Manuel Archibeque  
Michael Milone  
Myra DeBruyn  
Renee Goodvin  
Richard & Katherine Logan  
Susan Cummings

## Holiday Gift Idea

A tax-deductible donation to F.A.T. Katz makes a wonderful gift for the cat lover in your life. Include their full name and address and we will notify them that you made this donation in their honor (will not specify amount of your donation unless you enclose instructions to do so). This gives them the satisfaction of knowing that they didn't get another "less than welcome" gift but instead are helping out our furry friends. Your donation is tax deductible too.



## THANK YOU!

### HERO DONATION \$250 - \$499

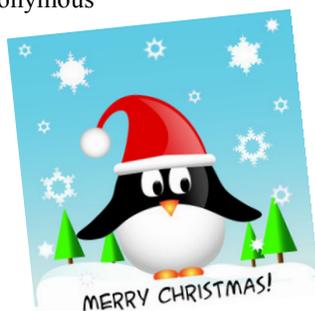
Alison Rosner  
Ed Aleyunas  
Parrot Heads of New Mexico  
Phillip Young

### STAR DONATION \$500 - \$999

Erich Pokorny  
James & Nancy Souhrada  
Joan Henry  
John & Lavina Keizur  
Marilyn Heyward  
Rebecca Morris

### GUARDIAN ANGEL DONATION \$1000+

Maribeth & Chris Thornton  
Rebecca Welch  
Anonymous



### HONORARY/MEMORIAL DONATION

Andrew Sanchez for Puddy Cat  
Charles Hancock for Marilyn Heyward  
Dierdre Stoneking for Marilyn Heyward  
Eleanor Heyward for Marilyn Heyward  
Jackie & Chris Gooding for Marley  
Jim McCain for Susan Warren  
Marcy Troy for Jose Rael  
Myra DeBruyn for Lynne Fullerton  
Peter Sanchez in memory of Eleanor Sanchez  
R.A. Simler for Chem & Angel  
Ruth Stamm in memory of William Stamm

### MICROCHIP SPONSOR

Don & Barbara Ormand  
Judith & Gary Strom

### SPONSOR-A-CAT

Andrea Westwood – for Chiona  
Anonymous – for Silas  
Bobbie Bordeaux – for Cielita  
Carol Manning – for Xena  
Dori Goldman – for Chiona  
Glenda Johnson – for Xena  
Isis Griego – for Xena  
James & Nancy Souhrada – for Freddy  
Jennifer Hosking – for Chiona  
Karen Powers – for Chiona  
Laurie Moorehead – for Freddy  
Lilly Lawrence-Metzler – for Xena  
Lynne Fullerton – for Graycie  
Magan Casale – for Lucca  
Marilyn Heyward – for Cherie  
Melissa Morgan – for Chiona  
Michelle Willcox – for Chiona  
Myra DeBruyn – for Graycie  
Myra DeBruyn – for Chiona  
Myra DeBruyn – for Star  
Neill Doren – for Xena  
Rebecca Welch – for Silas  
Robert Campbell – for Freddy  
Ron Spiegel & Pamela Wingard  
for Graycie  
Shay Ramos – for Chiona  
Stephanie Kaylan – for Chiona  
Sue Cummings – for Silas



## *What your donations do.....*

We are so happy that you are interested in donating to F.A.T. Katz! Most people wonder where their money goes when they donate. We have decided to give you some ideas of what your money does.

\$10 covers one rabies vaccination

\$25 covers all shots for one cat

\$100 covers complete vetting for one cat

\$150 feeds four cats on special diets for two months

\$300 covers one dental cleaning with some extractions

\$1,000 covers tests and one night hospitalization for an acute, life-threatening condition

\$15 covers one FeLV/FIV test

\$60 covers one spay or neuter

\$130 covers one complete blood panel

\$400 covers one minor eye surgery

We sincerely thank you for all of your donations and support—big or small—and hope you will continue supporting our F.A.T. Katz kitties!



# 'Tis the Season for PET SAFETY TIPS!

## COOKIES AND CANDY

Consumption of chocolate can cause agitation, vomiting, diarrhea, high heart rate, tremors, seizures and even death.

## MACADAMIA NUTS AND WALNUTS

These nuts can cause severe lethargy, increased body temperature, vomiting, tremors, joint stiffness and the inability to walk.

## HOLIDAY DECORATIONS

Tinsel, ribbon and similar decorations can cut up the digestive tract and cause intestinal obstruction. Ornaments should be kept off low-lying Christmas tree branches.

## LIGHTS AND CANDLES

If your pet can reach them, they may be a fire hazard if knocked over.

## ALCOHOL

Alcoholic drinks may cause vomiting, disorientation, diarrhea, lethargy, lack of coordination, difficulty breathing, tremors, coma and seizures.

## GRAPES, RAISINS, AVOCADOS, ONIONS AND GARLIC

These can cause lethargy, lack of appetite and vomiting.

## ARTIFICIAL SWEETENERS

Sugarless gum and artificially sweetened treats may cause vomiting, lethargy, loss of coordination, seizures and liver failure.

## FATTY TRIMMINGS AND BONES

Pets may experience vomiting and diarrhea. Fatty foods can also promote pancreatitis. Swallowed bones can cause stomach perforation and painful constipation.

## HOLIDAY PLANTS

Holly, mistletoe and poinsettias may cause irritation, vomiting, diarrhea and heart arrhythmia in both cats and dogs.

## ELECTRICAL CORDS

If chewed, live electrical cords can cause burns in or around a pet's mouth, difficulty breathing, seizures and cardiac arrest.

If you notice your cat acting sick or uncharacteristic, quickly take an inventory of any substances it could have eaten. Immediately call your vet, emergency vet clinic or the Poison Control Center at 888-426-4435. Be prepared to describe the signs your cat is showing, the substance it may have gotten into, and have your cat's weight handy.

**Adoption events are held  
every weekend at Petco  
6300 San Mateo NE  
Saturdays & Sundays  
11am-5pm**

Robin & Xena!



WISH LIST

- Cat litter - clumping and non-clumping
- Canned & dry foods
- Toys, catnip
- Scratching posts, trees & cardboard scratchers
- Cat beds from Pet Edge (call for details)
- Towels
- Foaming, non-alcohol hand sanitizer
- Small garbage bags
- Copy paper, printable address labels
- Printable postcards (4 to a pg), printer ink
- Stamps - postcard and first-class
- Foster homes
- Volunteers for adoption or special events
- Gift cards - Revival Animal, Petco, PetSmart, WalMart or Idexx
- Sponsor a newsletter
- Sponsor a newspaper advertisement
- Commercial printing services



**Happy Tails**

It gives us great joy to know that our kitties are doing well in their forever homes! If you have adopted a kitty or kitties from us, we'd love to hear from you! Please send updates and photos to [FatKatzAbq@Gmail.com](mailto:FatKatzAbq@Gmail.com) or [www.Facebook.com/FatKatzAbq](http://www.Facebook.com/FatKatzAbq)

A huge thanks to all of our volunteers, fosters, donors, members and sponsors! If you are interested in donating or becoming a member, please see below, and if interested in volunteering, complete the form below, call 505-293-2830 or email [FatKatzAbq@Gmail.com](mailto:FatKatzAbq@Gmail.com)!

**If you are interested in an email version of the newsletter, please email us at [FatKatzAbq@Gmail.com](mailto:FatKatzAbq@Gmail.com)**

**F.A.T. KATZ – P.O. Box 95645 – Albuquerque, NM 87199-5645  
505-293-2830 or [FatKatzAbq@gmail.com](mailto:FatKatzAbq@gmail.com) [www.Facebook.com/FatKatzAbq](http://www.Facebook.com/FatKatzAbq) [www.FatKatzAbq.org](http://www.FatKatzAbq.org)**

Yes, I would like to become a member of F.A.T. KATZ in the following category (checks or money orders made payable to FAT KATZ):

- Guardian Angel (\$1000 or more)
- Friend (\$100)
- Active Volunteers (\$10)
- Star (\$500)
- Sponsor or Family (\$50)
- Student, Seniors, Low Income (\$10)
- Hero (\$250)
- Individual (\$30)

Sponsor-A-Cat, Name of cat and amount \_\_\_\_\_  
See Facebook or web page for pictures and the list of adoptable cats

Microchip program sponsor amount \_\_\_\_\_

F.A.T. KATZ also has a PayPal account! You can donate through PayPal with your credit card using our email address listed above!

You can also donate straight from your paycheck using United Way. Please visit their website <http://www.uwcnm.org/> to find out how!

Please check here for information on volunteering or fostering - you must provide email address or phone # for this!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ DATE: \_\_\_\_\_

F.A.T. KATZ is a registered 501(c)(3) non-profit. Your donations are tax-deductible to the fullest extent of the law.