

SE REGION NEWSLETTER

FEBRUARY 2015

LAURIE PATTON — SE REGIONAL DIRECTOR

A Note From Your Director

It is with a heavy heart that the husband of one of our TICA employees has passed away. Gloria Mares' husband Larry passed away Thursday, January 29. He leaves behind his wife Gloria and their three sons. I am hoping that you will be able to help her with the financial burden of medical and funeral expenses.

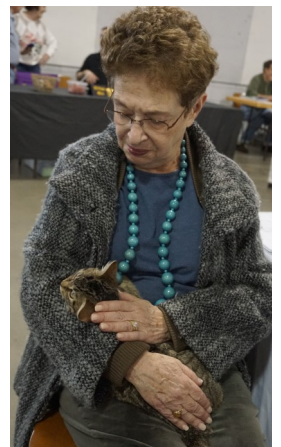
If you would like to make a donation, the paypal address is:
mares_fund@tica.org.



If you would like to send a card, please write to Gloria in care of the TICA office.

Gloria Mares
c/o TICA
PO Box 2684
Harlingen, TX 78551

“It’s ALL About the Cats”



BITS AND PIECES

THE DREADED ALLERGY



I spent most of my teenage years taking allergy shots every week so that I could have my beloved cats. I always knew that cats and I had a special bond and nothing was going to keep me from having them as part of my life. Of course, God's sense of humor threw an allergy at me and I learned how to deal. Eventually I was able to stop the shots and maintain myself on medication. This is the reason that when I get calls from people who need to "get rid of the cat" because of an allergy, I am not a very understanding person.

I really pushed my luck with the cat allergies when I started judging TICA. All of the symptoms came back and new tests showed that once again, I needed shots.

So why can I go to an allergist and not be told I have to get rid of my animals? Because the first doctor told me just that and I told him I needed a new doctor. When I walked into the next doctor's office, I told her right up front that giving up my animals and my judging was not an option. Her response was that she would never ask anyone to give up their animals. We just needed to figure out the best way for me to live with my cats and my allergies.

For me, it means shots once again. I do it gladly because of my love for cats. But I also have some information to share to help them reduce any allergies a new adopter may have, without them having to consider giving up their new kitten or cat.

Cat allergen is what causes your allergies. It is not cat hair, but it is a protein that is present in the dander and saliva of cats. When the allergens become airborne as little invisible particles, they are inhaled into the nose or lungs and can produce allergic symptoms. There are individual cats that produce less allergen than others. However, there is no relationship to the allergen production and the cat's hair length. And no matter what anyone tells you, there is no such thing as a hypo-allergenic breed of cat.

There are over six million people who are allergic to cats in the United States and over a third of them have cats anyway. Reactions are different for everyone; some people get red eyes and sneeze, while others end up with asthma attacks. For the people who love their animals, there are steps to be taken in order to decrease your exposure to the allergens.

Animal allergens, whether dog or cat, can linger for months on clothing, furniture, carpets, drapes and

bedding. And these are the places the cat owner must look to in order to decrease the allergens in the household.

First (and hardest for those who love their kitties) is that the bedroom should become cat free. Giving the person with allergies a cat free room and eight hours of being in that room, greatly reduces the allergic reaction. Many people have told me they think it's too mean to keep their cat out of their bedroom – well, it's definitely meaner to put your cat in a new home. If buying your cat a nice piece of cat furniture for the living room or den, for him to sleep on at night is all it takes for a chance to keep your pet, it is well worth it.



It can take up to twenty weeks for cat allergen in carpets to decrease enough to not cause an allergic reaction. If possible, remove the carpet and use throw rugs that can easily be cleaned each week. If you cannot remove your carpet, get a spray that reduces or destroys allergens and vacuum with a high allergen containment vacuum cleaner.

If you have an indoor cat, open windows and using exhaust fans will decrease the airborne allergens. Keep your walls cleaned and your drapes and curtains should be washed often. High efficiency air cleaners (I have two of them in my house) do a good job of removing cat allergen from the air.

Washing your cats with a damp cloth, will remove surface allergen. Using warm water with a washcloth designated for your cat only, will not only relieve allergy symptoms, but your cat will like the massage! And it is a way for you to interact with your cat that will not affect your allergies too much.

Do I do all of these things? Most of them. The only difference is that my cats sleep with me and I deal with the allergies. However, I do not have carpets or heavy drapes; I have two living air machines and I do wash my cats. There is also a plus to keeping your cats when you have allergies – you tend to have the cleanest house in town!



I would love for people to end me suggestions for [*Bits and Pieces*](#) on anything that is feline related.

Email: pentaclecats@sbcglobal.net



RECIPES



Balsamic Hot Chocolate!

Ingredients

1 cup of unsweetened almond milk
1.5 tablespoon of unsweetened cocoa powder (Girardelli Premium Unsweetened Cocoa)
and/or 2-4 squares of a >72% dark chocolate bar
1 tablespoon (or more) Dark Chocolate Espresso Balsamic Vinegar

Directions

Heat ingredients on stove top, dissolve ingredients into almond milk with whisk. Transfer to your favorite mug and console this treat by the fire with a smile!

Dark Chocolate Espresso balsamic vinegar also tastes amazing on top of vanilla ice cream!



Loaded Caluflower

Ingredients

1 large head cauliflower
6 -8 slices cooked bacon, crumbled
6 tablespoons chopped chives
1/2 cup mayonnaise
1/2 cup sour cream
2 cups colby-monterey jack cheese or 2 cups cheddar cheese
8 ounces sliced mushrooms (optional)

Directions

- Preheat oven to 425.
- In a large pot boil water and cook cauliflower for 8-10 minutes, drain and let cool.
- In a large bowl combine sour cream, mayonaise, 1/2 of crumbled bacon, 3 TBS chives, 1 cup cheese, mushrooms and cauliflower, mix well.
- Place mixture in baking dish and cover with remaining 1 cup of cheese and bacon.
- Bake for 15-20 minutes until cheese is melted. Top with remaining chives and serve



The SE Newsletter is posted monthly. Anyone wanting to submit articles, recipes, trivia, or anything you think others would enjoy, please send the information (Subject Line: SE Newsletter) to:

shutterbug1948@gmail.com
Judith Milling

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<http://www.facebook.com/group.php?gid=300505338191>