

# kind News



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SURVIVING  
WINTER

A PUBLICATION OF

 **RedRover**  
Bringing Animals from Crisis to Care

ISSN: 2575-0550

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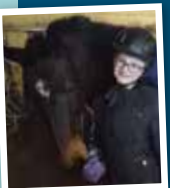
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For more, visit  
**KindNews.org**



# Being a HERO:

**How can you tell when an animal or a person needs help?**

In Ionia, where I am from, training as a warrior includes how to tell what emotions others may be feeling. This sometimes helps me know when an animal or person needs help. Sometimes people and animals can feel more than one emotion, though, and that can be confusing. Sometimes people and animals hide their emotions because they don't want others to see. Read this issue of *Kind News* to see why hiding emotions could be a matter of life or death!



**Think you know your emotions?**

Download my book and game apps, "Raja Book 1" and "Raja Book 2" and test yourself!



**In this picture, my dog friend, Belle, is likely feeling two emotions.** What do you think they are? How can you tell?



## MUTTS

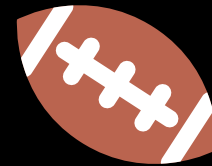
by  
Patrick McDonnell

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# Ryan's MONTHLY RESCUES



If you want to know Logan Ryan's top cause, look down. On the first game of the 2017 season when the National Football League (NFL) let players wear custom-made cleats, the Tennessee Titans cornerback chose to cover his with the words "RESCUE" and "ADOPT."

Ryan—who has two Super Bowl rings from playing with the New England Patriots—started his own organization, The Ryan Animal Rescue Foundation, with his wife, Ashley. It all started when they adopted a pit bull type dog named Leonardo.

"He's the reason," says Ryan. "He's the most loyal, obedient, trusting dog. He needed hip surgery and tens of thousands of dollars of leg surgeries. One day I woke up and thought, 'What if we didn't adopt him?'"

He decided to help other dogs who need medical help or have been in a shelter for a year or more. On the 26th of each month (his jersey number), he has professional photos taken with a dog. The photos are posted to the foundation's website and Facebook and Instagram accounts. The foundation has helped 28 dogs find homes this way, and raised about \$15,000 for medical care.

Ryan meets a lot of pit bull dogs like Leonardo. "They're big happy, goofy, funny dogs." His advice for kids? "Put your hand out and your palm up and let the dog come up to you." What about those who want to start their own organization? "I would tell them to go for it...Even if you help one dog, you did more than enough."

**Logan Ryan, Show Your Soft Side campaign Spokesperson**

Facebook.com/showyoursoftside  
Showyoursoftside.org



**Tell us how you've been helping animals!**

Send photos and details to **KindNews@RedRover.org** or mail to:

**HUMANE HEROES c/o Kind News, RedRover**  
PO Box 188890, Sacramento, CA 95818

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THIS PAGE: LEO HOWARD LUBOW; RIDDLE RAT: DIGITAL ZOO/PHOTODISC/GETTY IMAGES



# CAN YOU TELL WHEN AN ANIMAL IS IN PAIN?

When you stub your toe, do you howl in pain? If you do, guess what, some animals do, too! But other animals are quiet because they want to hide their pain. Can you think of any reasons why an animal would want to hide an injury?

## CLUES THAT ANIMALS ARE IN PAIN OR MAY NOT FEEL WELL:

- They may stop doing things they normally love. They may stop eating or not want to play.
- Their activity level changes. They may not want to move at all, or they may not be able to stand still or get comfortable.
- They may pace, pant, hide, or hunch their body into a ball.

### BE CAREFUL!

An animal who doesn't feel well is more likely to bite or scratch.

Many **prey** animals, those that are hunted for food, do not want to be seen or noticed by a **predator**, so they will hide their pain. Some predators may hide or mask their pain as well. Every animal is different. For example, some dogs may whimper when they feel pain. Other dogs will hide that they do not feel well. Some dogs may even continue wagging their tail! It is almost like they are saying, "Don't worry about me! I am fine!" This makes it hard for humans who are taking care of animals to know when they need to see a **veterinarian**,

or animal doctor. People have to know their animals well and pay close attention. This is especially true with prey animals, like cows, rabbits and horses.

Sometimes pain is not physical, but emotional. Animals can feel sad or lonely or a mix of emotions like pain and fear, or pain and sadness. Sadness and fear can make pain feel even worse. This is why kind, soothing words or actions may help both people and animals feel better when they are scared or in pain.

### UNHAPPY, COULD BE IN PAIN

Cat facial expressions are difficult to read! But tiny changes in the eyes and ears may give you some clues. Happy, excited or playful cats will look alert, with ears forward and eyes wide open and curious. Sad cats or cats in pain may look less alert. They may look down with eyes heavy, and their ears may be pushed or relaxed to the side instead of perked forward.

### HAPPY, PLAYFUL

Cats' eyes often **dilate**, or get big, when they are excited or playful, but also if they are anxious or don't feel well! Look how much black pupil you can see in the eyes in both pictures. Turns out we can't even use cats' purring as a clear sign! Some cats may purr when they are in pain as well as when they are happy and content.







# SURVIVING WINTER

## Think it's cold outside?

Try being an Arctic Fox! In the flat land of the Arctic, called the **tundra**, temperatures can dip as low as 58 degrees below zero! There are no trees to slow down the wind.

## How do these cool canids survive?

They have many **adaptations** which, over time, have helped them better survive in their **habitat**. They have thick fur, and their bushy tails act like scarves when they curl up! Big, furry paws help them walk on crunchy snow. Their short features, like their ears and muzzle, prevent heat loss. Their fur is white most of the year, **camouflaging** them against the snow to help protect them from predators like polar

bears and wolves. They **burrow**, or dig, in the ground for shelter, and may even tunnel through snow to escape a storm.

The animals' front-facing ears help them find food in a frozen world. They can hear lemmings and other small rodents under the snow before ambushing their prey with a nose-first pounce. One threat to the Arctic Fox is a warming climate, which causes rodent **burrows**, or tunnels, to collapse.

Canids are a group of animal species, or family, that includes dog, coyotes, foxes, and jackals

# DIY Cat Toys

For the holidays consider making your cat a toy as a gift, or contact your local animal shelter and ask if they would like some donated cat toys! Here is one toy idea to get you started.

## WHAT YOU NEED:

- 1 Corks from wine bottles
- 2 A paper clip
- 3 Feathers or pipe cleaners

## INSTRUCTIONS:

Using the paper clip make a small hole in one end of the cork. Spiral a pipe cleaner around your finger. Insert one end of the pipe cleaner or the hard tip of the feather into the hole in the cork.

Did you make a treat or toy your cat or another pet loved? Share your idea or send us a video, and we may feature it in *Kind News* or online. Visit RedRover's new kids' YouTube Channel, RedRover Reporters, to watch videos for kids!

Send your DIY project idea or video to:  
[KindNews@RedRover.org](mailto:KindNews@RedRover.org)



## CRITTER CLUES

## WHAT ANIMAL AM I?

- 1 I get the first part of my name from the horn-like feather tufts on my head, called "plumicorns."
- 2 I eat a huge variety of creatures, including skunks!
- 3 I am mostly **nocturnal**, hunting for my prey at night.
- 4 I make my nests in tree holes, caves, stumps, or abandoned nests of other birds.
- 5 I usually live in **temperate** or mild (not too cold) climates, but I have adapted well to the cold, too.
- 6 I can hear sounds at a very high **frequency** (how often sound goes back and forth). This helps me find my prey.
- 7 My unique low-pitched call of "hoot" has given me a nickname.
- 8 I can't move my eyes, so to look up, down or sideways, I turn my neck up to 180 degrees!

ANSWER:

**PURPLE**

Can cats see color? Look up online, or read the Curiosity Corner in the next issue of *Kind News*!



# To the **RESCUE!**

This rescued **mare**, or female horse, is now beloved by a whole stable full of horse-crazy kids.



## Meet IC

*What a great kid's horse she'd make.* That's what Susan Kayne thought when she first met IC. Thin and in need of grooming, she still had hope in her eyes. She was a Thoroughbred, a breed used in racing, polo, and other sports. When those careers end, horses often end up in facilities that gather them up to sell or ship to other countries for meat.

As founder & CEO of Unbridled Thoroughbred Foundation in Kinderhook, NY, Kayne was able to raise funds to purchase the horse. A tattoo under the animal's lip led Kayne to Jockey Club registration papers and the horse's name, I C WHAT YOU R LOOKIN AT. Kayne nicknamed her "IC."

"When I first met IC in person it was magical," Kayne remembers. "She greeted me with

nuzzles, licks, and head rubs as if she'd known me her whole life." Kayne noticed that IC's eyes followed her every move around the barn, a sign that she wanted to interact more. It's what Kayne looks for in horses to work with children. Kayne matched up IC with Claire Affleck who runs Claire Affleck Training. Kayne's latest report on this hopeful horse? "IC is beloved by a whole stable full of horse-crazy kids."

## Kind Questions ?

Now that you've read *Kind News*, challenge yourself with these questions.

1. Susan Kayne said IC still had "hope in her eyes" when she first met her. What do you think hope in the eyes looks like? What might an animal's eyes look like if they don't feel hopeful?
2. Why did Susan Kayne think IC would be great with children? If you could meet IC, what would you tell her?



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