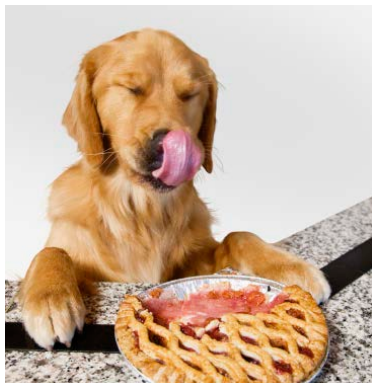# FARE OF THE DOG

Want your pooch to enjoy a holiday feast of her own? We asked Lisa Freeman, DVM, PhD, a professor at Cummings School of Veterinary Medicine at Tufts University, for **healthy Thanksgiving tips.**

DO focus on safer fruits and veggies. "Green beans, corn, carrots, and sweet potatoes are great treats. If they're raw, wash them thoroughly. If they're cooked, don't make them too spicy or buttery. Simply steaming or roasting is fine. And fruits like blueberries, pumpkin, apples, and bananas are wonderful low-calorie options. A small amount of cooked turkey is also fine for most pets."

DON'T assume that if it's okay for you, it's okay for them. "There's a long list of foods to keep away from pets: Grapes and raisins can cause kidney failure, anything in the onion and garlic family is dangerous, and fatty meats can result in gastrointestinal upset. When in doubt, call the ASPCA's poison control center at 888-426-4435."

DO count calories. "You can enter weight and health information in the petnutritionalliance.org calculator to see how many daily calories your pet should consume. About 60 percent of dogs and cats in the U.S. are overweight or obese. If your animal is either, be even more judicious with treats. One sugar cookie could be a small dog's entire daily intake." —ZOE DONALDSON

Mukhi (*left*) should gain U.S. citizenship this year, almost two decades after arriving here for college.

Citizen Pain

The U.S. immigration system is fraught with snares and snags. **Maneesha Mukhi** is here to help.

WHEN MANEESHA MUKHI completed her degree at Gettysburg College in 2003, she took on two jobs. Her 9-to-5: doing healthcare market research. Her every-other-waking-hour gig: trying to become a U.S. citizen. It took Mukhi, now 36 and living in New York City, ten years of visa changes and updates to land on solid ground. "I didn't cry at my wedding, but I did cry the day I got my green card, because this process is so antiquated and frustrating," says Mukhi, born in France to a diplomat dad. "Whether you're here legally or undocumented, there's anxiety in every immigration story."

To combat that anxiety, Mukhi founded Ask Ellis (a nod to Ellis Island, near where the Statue of Liberty resides). The database connects immigrants in need of counsel with carefully vetted attorneys who walk them through our serpentine naturalization system. Mukhi personally screens each lawyer–searchable by area of expertise (like student visas), languages spoken, and payment plans offered–to ensure that vulnerable users aren't swindled. "It can be impossible for the average immigrant to find reliable help," says Mukhi. "That shouldn't be the case." —Z.D.

THREE OF THE BIGGEST MYTHS CLOUDING OUR NATIONAL IMMIGRATION CONVERSATION:

FOREIGN WORKERS STEAL JOBS FROM CITIZENS.
"Immigration is not a zero-sum game," says Mukhi. "According to the Bureau of Labor Statistics, there are roughly 6.7 million job openings in the U.S.—but only 85,000 new H1Bs, or skilled-worker visas, are awarded to immigrants each year through a lottery system. That means there are plenty of jobs we *can't* fill."

IF YOU'RE HERE LEGALLY, YOU HAVE NOTHING TO FEAR.
"If you get laid off, you have everything to fear. People who are here on certain nonimmigrant work visas and lose their job have only up to 60 days to either find a new one or else leave the country—even if they've been here five years, or put down roots with a partner and bought a home."

CHAIN MIGRATION LETS ENTIRE FAMILIES ENTER THE U.S. WILLY-NILLY.
"Two assumptions are at work here: that every new citizen sponsors tons of people, and that the process is fast. Both are false. When I become a citizen, the only relatives I could bring over quickly are my parents. Besides, as great as America is, lots of folks already have terrific lives elsewhere!"