

## Winter Weight Gain? You're Not Alone.

You may not be the only one who overindulged during the holiday season. What about your pet? Did Santa bring her a few too many milk bones? Has it been too cold for his evening walk? Is she spending less time in the backyard and more time on the couch? Your pet may have gained a little weight this winter too.

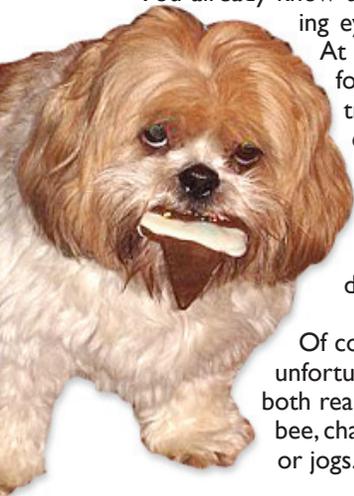
As American obesity statistics rise, so do those of American pets. According to the Association for Pet Obesity Prevention, an estimated 45% of all American pets are overweight or obese, and while your pooch may not mind being a little pudgy, that extra weight places his health in serious danger. Obese animals run an increased risk of developing osteoarthritis, Type 2 diabetes, heart disease, hypertension, cancer, liver problems, and joint pain.

So what's a dog to do? Count calories? Exercise? Yes and yes. As it turns out, you and your dog will need a similar weight loss strategy: **Less food and more activity.**

There are several ways to modify your pet's eating habits, and your veterinarian will help you decide on the weight loss strategy best suited for your dog. Some vets recommend significantly reducing the amount of dog food and replacing the volume with green beans or other vegetables. Other vets may suggest "diet" dog food. If your dog turns up his nose at reduced calorie food, try warming it or adding a small amount of ketchup or oregano. Even a few drops of an Omega-3 fatty acid supplement might entice his taste buds.

## Don't bite the hand that feeds you, unless it's holding back the good stuff...

You already know that "people food" is bad for your pet, and yet...those big pleading eyes, that soft pitiful whine...what's a pet owner to do? **RESIST!** At least 95% of your dog's caloric needs should be met by the dog food you provide. The remaining 5% should come from healthy dog treats and biscuits. But not all treats are created equal. Most treats can provide anywhere from 5 to 200 calories, and some common dog bones serve up as many as 600 calories! That's more calories than a medium sized dog needs in a single day! For basic guidelines regarding the daily caloric needs of various breeds, visit [www.petobesityprevention.com](http://www.petobesityprevention.com), and consult your veterinarian to determine your pet's specific dietary needs.



Of course, every weight loss strategy should incorporate exercise, and unfortunately, your dog won't be "hitting the gym" on his own. You can both reap the benefits of exercise by going to the park, throwing the Frisbee, chasing those squirrels, fetching the tennis ball, and taking brisk walks or jogs.

Perhaps you already walk your dog regularly, but for weight loss, a leisurely stroll around the block just won't cut it. To increase your dog's heart rate, firmly hold the leash and walk briskly, keeping your dog within two feet of you. Keep your focus ahead, and when you feel him try to wander, use a one word command to keep him by your side. Reward him for his efforts on the way back by allowing him to stop and sniff as he pleases.

To maintain your dog's healthy weight, follow the diet and exercise regimen that works best for your pet. Any variation from the routine can result in indigestion, tummy aches and ultimately, weight gain. You know that proper nutrition is essential for your dog's health, and yet, enforcing a strict diet can be difficult. Like humans, animals associate food with love and affection, so you may feel about as popular as the Postman when you start denying your pet those table scraps.

Put yourself in his paws. He's confused, hurt, betrayed. Did she do something wrong? Was it something he chewed? Don't you love her anymore? Reassure your pet by increasing the level of affection you show him during this time of change. Dogs are forgiving creatures, and a little extra attention may be just as satisfying as that extra milk bone.



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## Where is the news?

Winter Weight Gain .....	1
2007 - A Look Back .....	2
Pet Safety .....	2
Tail Wagging .....	3
Recipe of the Month .....	3
Top Ten Canine Resolutions for 2008 .....	3
Spotted Dog .....	4
Guiding Eyes .....	4

## PET SAFETY

# Bringing Your New Baby Home To Your First Baby -- Your Dog

So the day has arrived when you have decided to start a family. In all likelihood, you didn't run this decision by the first baby in your house – your dog! For many first time parents, they envision one big happy family from the moment they bring their baby home from the hospital. But, in many cases their pet feels threatened or stressed. They need to adjust to big changes in the household and be reassured that they are still loved. Here are a few safety tips to insure that your dog becomes baby's best friend!

- Introduce your dog to the baby even before she comes home from the hospital. Make a tape recording of a baby crying and play it occasionally. Additionally, bring home one of the baby's blankets and an article of clothing from the hospital so that your dog can get used to the scent.
- When you first come home from the hospital it's exciting but also chaotic. The natural inclination might be to put your dog outside or lock him in another room but this will only make the dog associate the baby with a loss of his special place within the family. Rather, allow dad to take the baby for the first few moments so that you can calmly greet your dog and greet him affectionately.
- Never, under any circumstances, leave your dog alone with your baby. Be sure that anyone taking care of your baby understands this and that there is never an exception. Even the most docile and obedient dog could challenge the baby. When you are interacting with your baby and the dog, such as during diapering time, play time or quiet time, praise him and offer him treats so he associates the baby with rewards.
- Create a quiet retreat for your dog that the baby can't get to but also establish "off-limits" areas for your dog such as the nursery.
- Keep your dog's food off the floor. If your baby crawls over to it while your dog is eating he can become extremely aggressive. Also, keep your dog's toys and baby's toys separated.
- As your baby gets older, teach her not to tease your dog, pull his tail or put her face or fingers near your dog's mouth. Be sure that she does not disturb your dog when he is sleeping.

With a little patience and a lot of praise and consistency your growing family will be able to live together in peace and harmony.

*Alison Rhodes is the Safety Mom and co-founder of Peek-a-Boo Baby Proofing, the leading baby proofing company in the tri-state area. Her company was born out of tragedy after the death of her first son to Sudden Infant Death Syndrome. Since then she has become a tireless advocate for children's health and safety. Alison is a national speaker on a variety of child safety topics from environmental toxins to drown prevention and online predators.*

# 2007 PAWS TO LOOK BACK

Dogs making headlines in 2007

## Dog Food Scare

Pet owners across North America were panicked last March when Canadian company, Menu Foods, announced a recall of over 60 million packages of "chunks and gravy" pet food. Menu Foods issued the recall after several palatability tasters exhibited signs of renal failure. Because the recalled product was an ingredient used by numerous manufacturers, the list of recalled items grew to include over 5,000 types of wet and dry pet foods and treats from Purina, Iams, Eukanuba, ALPO, Science Diet and many others.

As news of the recall circulated, the FDA launched an investigation to find the nature of the contaminant. After several weeks of testing, scientists identified melamine as the foreign toxin. Used as a fertilizer in Asia, the melamine was found in wheat gluten imported from China. As a result, the FDA issued a high alert on all imported vegetable proteins.



The FDA received over 17,000 consumer complaints and reports of at least 4,155 deaths (2,200 dogs and 1,950 cats). The FDA confirmed only 16 deaths (15 cats and 1 dog) directly linked to the contaminated pet food; however, they estimate the toxin was likely responsible for the deaths of hundreds of animals. Medical costs arising from the contaminated food were estimated up to \$20 million.

While no wrongdoing was discovered on the part of Menu Foods, the company has certainly suffered as a result of the recall. With sales down 37%, the company has sold one of its plants and down-sized its workforce by 15%. The recall cost the company an estimated \$55 million.

## Lifestyles of the Rich & Furry

Good news for "Trouble." The reading of Leona Helmsley's will last August revealed the real estate billionaire left her white Maltese, named Trouble, a \$12 million dollar trust fund. The bizarre announcement was made more scandalous by the added information that Mrs. Helmsley left two of her four grandchildren with nothing. The other two will receive \$5 million each, under the condition that they visit their father's grave annually, where they must "sign in" as proof of attendance.



Helmsley was dubbed "The Queen of Mean" in the eighties due to her supposed mistreatment of employees and apparent obsession with money.

Ms. Helmsley named her brother, Alvin Rosenthal, as Trouble's caregiver but Mr. Rosenthal has expressed no desire to look after the high-maintenance pup. John Codey, the executive in charge of Trouble's trust fund, estimates that Trouble's expenses will amount to \$300,000 annually. Apparently, a rotating security team, medical expenses, gourmet canine cuisine and weekly trips to the dog spa don't come cheap.

But money has not increased Trouble's popularity. The dog has received numerous death threats since the reading of the will and is likely to be sued for biting Ms. Helmsley's former housekeeper on several occasions.

Trouble currently resides at the Helmsley estate in Connecticut where she is cared for by the staff. Mrs. Helmsley's will specifies that upon Trouble's death, the dog should be laid to rest in the Helmsley mausoleum alongside the bodies of Mrs. Helmsley and her husband, Harry Helmsley. The "Queen of Mean" also specified that any money remaining in Trouble's trust fund should be donated to charity.



Peek-a-Boo BabyProofing™



# TAIL WAGGING

## A Dog's Tail

### It's a big day. BIG day!

by Leroy H. Brown

My first day of freedom...and it's about time too. My mom's always saying I'm such a big boy, and yet she kept locking me up in that horrible crate. "Go to your home, Leroy," she'd say and expect me to voluntarily enter the little prison. Then Dad would laugh at me as I slowly made my way down the hall. "Dead man walking," he'd say. Whatever that means. But at last, they can finally see that I am much too mature for a crate. I mean, I'm almost two! Or fourteen, I can't be sure, but either way I am more than ready to put my days in the ole crate behind me.

Dad and I had a big talk about it last night. He said they are putting a lot of faith in me, and that I must be very good and try real hard not to eat the couch. This morning before they left he gave me a new rawhide and said, "Remember what we talked about, Leroy," and Mom gave me a big cuddle and reminded me that I'm a big boy now. I slobbered on her leg a little, just so she'd know that I understood.

So here I am. Master of the house...King of the condo! Free to roam wherever I like. I start out by chasing Milo, but as usual, he escapes to the kitchen counter and stays there. Cheater. (Mom says Milo is my brother, but he's clearly a cat.) I shake my rubber tug a little, but that's not so much fun by myself, and Milo doesn't understand the principle of tug-a-war. Next, I decide to redecorate with the couch cushions. The pillows look much better on the floor, plus it's easier to chew on the leather with the pillows out of my way. Don't worry though; I'm NOT eating the couch. Just chewing.

I wonder what I should do next. I think Mom and Dad will be home soon, but then again,

they might have just left. Maybe Danielle will come over! I bet that's her now!

I run to the door to greet her, but she doesn't look too happy to see me.

"Leroy! What are you doing out of your crate?"

You didn't get the memo? I'm a big boy, Danielle. Now if you wouldn't mind...I think a little walk would do me some good. She immediately gets the leash and we go outside. Much better, thank you. I love Danielle...

Until she tells me to get in my crate. Danielle, no! You can't do this to me. Call my mom. Call Dad! She forces me into the prison and closes the gate. I'm locked in, but I can still hear her footsteps in the kitchen, so I start to whine. Shameless, I know, and it rarely works... except she's coming back! And that wasn't even my best whine. Sucker!

"Leroy, you should have told me your mom and dad left you out of the cage today! If I hadn't seen your mom's note I would have ruined all of your fun, huh?"

Well, yes, but I forgive you, Danielle. Now if you'll just excuse me, I need to get back to that couch. She gives me a pat on the head and makes her way to the door. I manage to restrain myself until she leaves, but then it's back to the large leather chew toy.

The couch keeps me entertained for hours.



At least I think it's hours; I'm not so good with time, but I'm sure my mom and dad will be home soon. Any minute now, I just know it. Maybe I should try to put the cushions back the way they were this morning. Yep, that's pretty much it, I think. And just in time too. I can hear them coming up the stairs. It's them. It's definitely them!

"Little Man!" my mom says. She calls me that sometimes.

"How'd you do, Bud -"

Uh-oh. She doesn't look too happy. I think it's the couch. I was almost sure I put the pillows back just right. But I didn't eat it. I didn't eat any of it, Dad. Just like we talked about. I didn't eat it! They are both yelling, first at me, then at each other. I definitely blew it. Where did I go wrong?

I guess I'll just head back to my crate and try to figure it out. Yep. I'll just go to my little prison...and maybe, just maybe, they'll give me another shot tomorrow.

### Recipe of the Month

#### Beefy Biscuits

##### Ingredients:

- \* 2 cups whole wheat or all purpose flour
  - \* 1 cup cornmeal
  - \* 1/4 cup wheat germ
  - \* 2 teaspoon beef bouillon powder
  - \* 1/2 teaspoon yeast extract
- (adds additional meaty flavour)

Mix above ingredients in a medium bowl.

##### Add:

- \* 1 Large egg,
- \* 1 table spoon cooking oil

##### Directions:

Stir well. Roll out on a well-floured surface to 1/2 inch thickness. Place on un-greased cooking sheet. Bake on center rack at 275 ° for 2 hours or until very dry and very hard. Let stand overnight to dry thoroughly.

Makes 10 big bones and 14 puppy bones.



## Top 10 Canine Resolutions for 2008

1. Get control over back leg during belly rubs
2. Chase postman
3. Catch postman
4. Quit chasing my own tail
5. Work on begging skills
6. Stop licking myself in public
7. Eat more people food
8. Learn to shake paw
9. Find bones buried during 2007

# Canine Quarterly

Newsletter for the Canine Customer



## TAILS OF THE HEART...

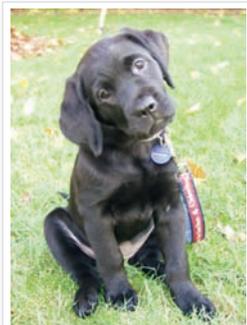
### The Spotted Dog **JOSIE**

**Meet Josie, a three year old Labrador Retriever with the face of an angel.**

You may have seen this irresistible face once or twice before. Josie is unofficially The Canine Fence Company's super model, endorsing some of her favorite toys and products including Wubba® toys and many designer collars.

Despite her good looks, Josie never planned on a modelling career. She was originally bred to become a guide dog for Guiding Eyes for the Blind (see right). Josie changed her career path when the expert trainers at GEB realized her nature was simply too "sweet" for the heavy responsibility of being a guide dog.

Josie's parents adopted her from Guiding Eyes when she was only eight weeks old. She may not have been right for a career as a guide dog, but she is a perfect fit at The Canine Fence Company. Most days, she comes with her parents to work at the Canine Fence office where she helps to keep the staff happy and motivated!



### **WHY WE LOVE...Guiding Eyes for the Blind**

Since 1956, Guiding Eyes for the Blind has been developing canine heroes and training successful guide dog teams. There are an estimated 10,000 guide dog teams at work in the US, but that number accounts for only 2% of America's blind population. It is the mission of Guiding Eyes for the Blind to increase those numbers by breeding, raising and training superior guide dogs to enrich the lives of the visually impaired.

Labrador Retrievers are the preferred breed for guide dog work at Guiding Eyes for the Blind, making up 95% of the dogs they train. Golden Retrievers and German Shepherds make up the remaining 5%. These superior dogs are bred to produce healthy, intelligent puppies with the confidence required to become a successful guide dog.

A core part of GEB's service involves teaching the visually impaired students to work with their guide dog partners. The students are invited to the Training Center where they learn to work with their guide dog in a variety of settings. Over the course of the twenty-six day training program, the team builds a relationship of mutual trust. But GEB's service does not end with graduation; GEB is committed to providing life-long follow up support.

The cost of breeding, raising, and training a guide dog is approximately \$45,000, but Guiding Eyes for the Blind does not charge a fee. The non-profit is funded entirely by contributions from individuals, foundations, organizations and corporations like the Canine Fence Company. Events such as the "New Leash on Life" Walkathon and the annual Golf Classic are essential in raising the funds required for GEB to produce 200 guide dog teams every year, a number they aim to increase annually.

By the year 2010, the number of blind people in the United States will double - primarily due to the number of aging Baby Boomers. You can help Guiding Eyes for the Blind meet the needs of the increasing blind population by volunteering at their Training Center in Yorktown Heights or the Canine Development Center in Patterson, New York. Other ways to help include serving as a Puppy Raiser, or becoming a foster for the Brood/Stud program. Guiding Eyes for the Blind also accepts online donations at their website, [www.guidingeyes.org](http://www.guidingeyes.org). GEB is a 501c3 non-profit organization and all donations are tax deductible.

