



# The Hempstead Hound



Vol. 14 No. 1

JANUARY 2014

Free



## **Training Tails – New Year’s Resolution: A Healthier Dog** by Laura Garber, CPDT-KA

With the holidays behind us, we’ve all packed on a few extra pounds, even our beloved canine family members. So, as you determine your own New Year’s resolutions, make sure that you consider making some healthy resolutions for him as well. Fortunately some of our everyday tricks make for a great workout and, given the cold and inclement weather outside, you’ll be happy to hear that there’s plenty you can do inside!

### **Indoor Activities**

**Tug:** Tug is no doubt one of your dog’s favorite pastimes! Fortunately, it’s a great strength-building exercise as well as a fun bonding activity that we can do with our dogs. By holding the tug at head level, your dog is working out his rear legs. By tugging at ground level, he’s working



*Dodger getting some exercise*

out his front legs.

**Caution:** It’s important that you do *not* jerk the tug toy quickly from side to side or up and down, as this can cause injury.

(For a list of indoor activities, go to [http://www.mywoofgang.com/archive/VTC\\_NYresolution.php](http://www.mywoofgang.com/archive/VTC_NYresolution.php))

*(Outdoor Activities continued on page 2)*

## ***Digesting the Ins and Outs of Canine Diet***

by Laura Garber, CPDT-KA

Deciding the best diet for our dogs has only gotten more confusing as the types and varieties have proliferated. Commercial or home-made? Cooked or raw? Well, chew on this...

### **The Ingredient List on a Commercial Label**

While there is a huge selection of foods out there, there are a few basic tenets which will help reduce the field substantially:

- Look for foods that have a meat

*(continued on page 2)*

## ***Free Ask The Trainer Seminar***

The Town of Hempstead Animal Shelter is offering an *Ask the Trainer* seminar to shelter adopters presented by certified professional dog trainer and behavior specialist Laura Garber, CPDT-KA. The seminar is one hour in length, meeting the 3<sup>rd</sup> Tuesday of each month at 6:30pm. The next one is offered December 19<sup>th</sup> at 6:30pm.

Please call the shelter at **(516) 785-5220** to reserve a spot.

## ***About the Town of Hempstead Animal Shelter***

The Town of Hempstead Animal Shelter fosters a community of compassion and respect, and provides animals in need with a chance at a lifelong, loving home. Dogs like Candy take refuge at our shelter until they can find the loving forever home that they deserve. Won’t you join our community and help our mission?

If now’s not a good time for a new furry family member, help us in other ways, by sending donated items from our wish list or volunteer some of your time to our very critical mission.

Stop in to the shelter, call us at **(516) 785-5220**, check us out online at [www.toh.li/animal-shelter](http://www.toh.li/animal-shelter) or on FaceBook at **Hempstead Town Animal Shelter. Adopt, don’t shop!**

## ***The Pooch Scoop – Eye Contact***

They say the eyes are the windows to the soul. Well, eye contact can be a great way to strengthen the bond between you and your dog. Every time her eyes meet yours, say "Good girl!" and give her a treat. She'll start looking at you more often. **Hint:** Try smiling as you gaze at her... it will soften your eyes and relax your face, an attitude she'll definitely appreciate.

### **Canine Diet (cont.)**

source (e.g. “beef”) *first* in the ingredient list.

- In dry food, a whole meat (e.g. “chicken”) contains a lot of water, which means that it’s ideal if the second or third ingredient in the list is a specific meat *meal* (e.g. “chicken meal”). If the only other animal protein is much later in the list, it does *not* actually contain much animal protein.
- Canned foods need liquid for processing. It is better if this be the second item (not first) in the ingredient list, and it’s usually tastier to pets if broth is used rather than water.
- Animal proteins tend to be tastier *and* easier to digest than plant proteins.
- Avoid foods that contain by-products (either specific or general) early in the ingredient list.
- Look for foods with whole grains and vegetables; avoid fractions (“brown rice” is better than “wheat gluten”).
- Some animals have adverse reactions to grains. If your pup’s stool tends to be loose or he has itchy skin, try a grain-free diet.
- Avoid foods with artificial colors.

(For this article in its entirety, go to [www.myWoofGang.com/handouts/CanineDiet.pdf](http://www.myWoofGang.com/handouts/CanineDiet.pdf))

### **Pet Therapy & Humane Education**

Pet Therapy and Humane Education personnel can visit your group with the shelter’s therapy dogs! **Free seminars** are available teaching pet care, safety and responsibility to students, seniors and special needs groups. Are you a scout or group leader? Contact us for a free shelter tour at **(516) 785-0197** or email [pettherapyandhumaneed@tohmail.org](mailto:pettherapyandhumaneed@tohmail.org) for more information.

### **Training Tails (cont.)**

#### **Outdoor Activities**

**Retrieve:** Playing a hearty game of retrieve has always been great exercise. You can expand on its efficacy by throwing uphill to work your dog’s hind limbs, and retrievals through water are a great full-body endurance workout.

**Walkies!:** Taking your dog for a walk is not necessarily beneficial if the walk is a slow saunter as he sniffs p-mail and leaves his own. In order to get cardiovascular benefit and build endurance, you want your dog to settle into a trot gait. Start your walk at a clip fast enough so that your dog needs to trot to keep up. After he’s settled into this gate, you can often slow your own speed and he will continue on at a trot.

#### **Canine Sports**

Sports such as agility, flyball, and winter skjoring are great sources of exercise for dog and human alike. Consider signing up for a class at a local training facility.

#### **A Word to the Wise**

Remember that outdoor activity is still an essential component of any exercise regimen, giving your dog a change of scenery, which is mentally stimulating, as well as burning physical energy. Consider your dog’s athletic program with the same caution and care as you would your own. As with any exercise regimen, start gradually. And consult your vet about whether there are exercises you should avoid because of your dog’s physical limitations.

**Have a healthy, happy New Year!**

\* The DVD “*Building the Canine Athlete*” by M. Christine Zink DVM, PhD and Laurie McCauley DVM is a great resource for building strength and endurance in your canine athlete.

### **Volunteer Scuttlebutt**

**December Adoptions!:** Noel, Sweet Pea, Daddy, Hunter, Baker, Luke, Annie, Shade, Beverly, Millie, Scarlett, Jasmine, Gino, Shadow, Lad, Mila, Chester, Simon, Murle, Chunk, Callie, Lumpy, Harissa, Mahi, Marmaduke, Charlie, Frosty, Trinity, Eddy, Abby, Tillie, Allegra, Serena, Pooh Bear, Maya, Destiny, Lady, Spencer, Gemma, Flash, Coach, Aurora, Gizmo, Carmen, Gatsby, Fluffy.

#### **Upcoming January Calendar:**

**Buddy Training classes:** Wednesday nights at 6:30pm

#### **Dog Volunteer Orientations:**

Saturday 1/25 at 12pm

Call *Dolores* at x4635 for details.

#### **Off-site Adoption Events:**

**1/18** at PetCo in Wantagh

**1/25** at PetCo in Bayshore

Call *Wendy* at x4628 for details.

Want to take on a special project dog for training or for the Buddy Project? Let *Laura* know at x4632!

#### **Featured Pup – HICKORY**



Hickory came to the Town of Hempstead shelter a year ago as a stray from a local animal hospital. Playful and friendly, he’s a great favorite of volunteers and staff alike! He loves playing with other dogs and is often used as a puppy pal for dogs who need some education in dog play. He’s ready to make friends with anyone and everyone! He’s just waiting for someone looking for his brand of canine devotion...

Might you be his forever buddy?!