



# COEUR D'ALENE DOG FANCIERS

## FEBRUARY 2016

### *Paw Prints*



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### **DATES TO REMEMBER**

**BOARD MEETING**

**6:00 PM**

**FEBRUARY 23, 2016**

**GENERAL MEETING**

**7:00 PM**

**FEBRUARY 23, 2016**

**MARCH NEWSLETTER**

**DEADLINE**

**MARCH 5, 2016**

**SPRING REGISTRATION**

**MARCH 16, 2016**

**5:30 - 7:00 PM**

### **REMINDER**

**4H AT THE BUILDING  
SUNDAYS UNTIL MARCH 6**

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### **PRESIDENT'S MESSAGE**

I hope everyone is tolerating our El Nino winter. Personally, I am happy to see the snowpack in the mountains to help with our summertime fire danger. We are pretty fortunate to live in this part of the world where we are not vulnerable to tornados, tsunamis and other severe weather conditions; however, we do have winter storms with their related power outages and the beautiful forests are vulnerable to fire. As we mentioned in our January meeting, I am hoping our club will be able to agree to participate in spearheading obtaining a Disaster Relief Trailer in 2016. Please take a moment to view the video describing this program at

<https://youtu.be/xtod-DuoC7c>

As stated on the AKC Disaster Relief website:

Regardless of the size or budget of a community, local Emergency Management is required by law to prepare and care for its citizens – including plans to accommodate people with their pets in the event of a disaster. To successfully meet these newer legal requirements, including the PETS Act of 2006, government organizations cannot alone meet the challenges posed by a catastrophe.

AKC Pet Disaster Relief is a grant program that can be a key component to your local Emergency Management's disaster planning efforts to help people and their pets.

Local Emergency Management recipients agree to store, maintain and insure the trailer. They are also required to showcase the trailer in their community at public events like County Fairs and Parades and other festivals to educate citizens about disaster preparedness for pets.

To tow the trailer, the organization must have access to a vehicle capable of transporting the Unit. The typical Unit is a 16ft x 7ft two-axle trailer with up to 10,000 lb GVW. Truck should be at least 3/4 ton with electric brakes and 10,000 lb hitch.

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AKC Pet Disaster Relief trailers are stocked with essential, nonperishable necessities for sheltering pets. The supplies can be used to create a safe, temporary home-base for displaced animals and can be used to create one of two types of animal shelters.

- Co-location Shelters: A shelter that houses both humans and their animal companions. The people housed at the shelter are responsible for their animal's general care.
- Lost and Found Pet Shelters: Displaced animals are housed in what often becomes a pop-up reunion center as people and animals are reunited. Approved volunteers and shelter staff provide animal care.

The AKC Pet Disaster Relief trailer is stocked with essential non-perishable supplies to house at least 65 pets during the first 72 hours after a disaster is declared, the time before federal or state resources can be mobilized. The trailer can be driven to a designated site to be deployed. Its contents are supplied based on North Carolina's State Animal Response Team expertise in handling hurricanes, floods, fires and tornadoes.

The club's role would be to help raise funds for the community's portion of the trailer's costs. AKC underwrites \$10,000 of the \$22,000 trailer costs, leaving the community to raise the remaining \$12,000. We will be discussing in more detail in upcoming meetings and I would appreciate everyone's input in the decision and planning for this community service project.

*Cheri*

Missing items

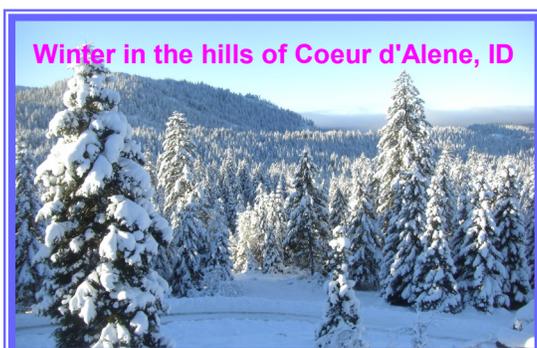
## AKC PET DISASTER RELIEF PROJECT



After the devastation of Hurricane Katrina, local Emergency Management teams are now required by Federal Law to have readiness plans and resources available to help citizens and their pets in the event of a disaster.

AKC Pet Disaster Relief helps local Emergency Management provide animal care services immediately following a disaster by means of a Pet Disaster Relief trailer sponsored by community donations and funds donated by AKC. Once donated, AKC Pet Disaster Relief equipment will become the property of the municipality to deploy whenever a disaster is declared. They will assume insurance requirements, as well as proper storage and maintenance of the trailer and its contents. Our

organization is considering taking the initiative to implement this program in our district and have our name listed on the trailer. Please visit the web site to learn more: [www.akcreunite.org/relief](http://www.akcreunite.org/relief)



## CONGRATULATIONS

**C**h Cascade n' Starstruck's Aslan of the Stars, owned by Cheri Hollenback and Wendy Peden won Winners Dog and Best of Winners finishing his AKC Championship on January 16, 2016 at the Tacoma Kennel Club Show under Judge James Moses.

**B**arbara Campbell's Samoyed "Sunny" won Winners Bitch for 1 point in Puyallup WA on Saturday January 16, 2016. She is co-owned by her breeders Cheri Hollenback and Darlene Rautio.

## WITH SYMPATHY

*Our condolences to Sue and Weldon White. They have lost Shandi, a Doberman with medical problems that they fostered and then adopted so they could provide the necessary medical treatment.*

### SHANDI 2012 TO FEBRUARY 5, 2016



**I**n January, 2014, Shandi came to us at 11 years old, after years of abuse and gross neglect with at least 6 different owners. Described as spunky, he was given only a short time to live. But SCRAPS staff was hoping we would take him, rather than have him spend his last few days in the Shelter. We agreed to provide a hospice home for him.

He had patches of missing fur, fell over in the snow when he tried to pee, and needed help going up and down the 3 stairs to the yard. He dreaded going outside, afraid he would never get back inside again.

But, he faced down his terrors, overcame major health issues, and quickly wrapped himself around our hearts. Always gentle with us, he appreciated everything and never gave up. He was with us longer than expected, but for less time than we had hoped.

## YOUR INPUT IS NEEDED

**W**e need your help in order to determine if the club should register for the Coeur d'Alene St. Patrick's Parade on Saturday, March 12th. If you and your pup are interested in participating, please email Cheri cascadesamoyeds@aol.com or call her (208-765-1099) by February 16th.

Thanks.

## TRAINING SESSION

**T**o better our trainers abilities, Dawna Shepard and Diane Brewster arranged a Training Program at the club on January 31. Sue White and Gigi Grant shared training techniques to motivate our dogs learned from Denise Fenzi, a renown trainer. Susie Malcolm introduced the group to several different types of collars. It was a very informative and a great learning experience.

## 17 DOG QUOTES FOR PEOPLE WHO LOVE DOGS

By Chrissy Stockton

*Such short little lives our pets have to spend with us, and they spend most of it waiting for us to come home each day. It is amazing how much love and laughter they bring into our lives and even how much closer we become with each other because of them.*

John Grogan

## WELCOME NEW CDADF MEMBERS

Please add their information to your address list.

**Sonia Schumacher**  
2885 S. Folsom Ridge Road  
Coeur d'Alene, ID 83814  
208-755-4925  
sevenstarsranch@gmail.com  
Sponsored by  
Susie Malcolm &  
Diane Brewster  
Border Collie, Rottie/Lab, Rottie/  
Collie, Kuvasz

**Marleyne Davis**  
2575 N. 13th #12  
Coeur d'Alene, ID 83814  
208-661-3787  
marleyne@mnac.com  
Sponsored by  
Susie Malcolm & Diane Brewster  
Miniature Poodle

**Adrienne Couch**  
6596 N. Swainson Lane  
Coeur d'Alene, ID 83815  
208-659-7820  
COCOBounce@gmail.com  
Sponsored by Deb Mansfield &  
Diane Brewster

**Dennis & Kathie  
Wilson Worley**  
6816 W. Half circle Loop  
Worley, ID 83876  
208-765-6378  
willohill@valuenet.com  
Sponsored by Susie Malcolm &  
Michelle Sande  
Irish Setters

**Carol Wheeler**  
PO Box 454  
Athol, ID 83801  
208-683-5626  
Cell 208-661-1804  
Carolbw@gmail.com  
Sponsored by  
Susie Malcolm & Ardell Parkin  
Border Collies

**THE WESTMINSTER  
KENNEL CLUB**  
140TH ANNUAL DOG SHOW  
**February 15th and 16th**

## HOMEMADE TREATS FOR HEALTHY PETS

**DR. BECKER**

### LIVER BISCOTTI

#### TREAT YOUR PET FOR VALENTINE'S DAY

Let your dog have a grand time chewing on this liver-flavored biscuit. Crunchy and appetizing, this treat will definitely keep him coming back for more!



#### INGREDIENTS:

- 1/3 cup chopped beef liver
- 1/2 cup beef broth
- 3/4 cup pumpkin or almond flour

#### PROCEDURE:

1. Mix the liver, beef broth, and 1/4 cup flour in a mixing bowl. Pour into a blender and blend until smooth, about 30 seconds. Transfer back to the bowl.
2. Add remaining 1/2 cup flour and stir well. Pour into 5x7-inch greased bread pan, and then bake at 325°F for 1 hour.
3. Once done, loosen edges and flip onto a cooling rack. Let cool for 20 minutes and decrease the oven temperature to 250°F.
4. Slice the liver mixture into 1/2 inch strips and bake at 250°F for another 40 minutes, until hard and brittle.

Once done, let cool before feeding to your pets.

Store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.



## HEALTHY DOGS, SICK DOGS - DOES BREED TYPE MAKE A DIFFERENCE?

### DR. JERRY KLEIN, CHIEF VETERINARY OFFICER OF AKC

For more than 30 years, I have served as a veterinarian at one of the largest veterinary emergency hospitals in the country. Each year, our hospital treats more than 11,000 cats and dogs in our emergency room. Thousands more see our veterinary specialists. As you might guess, I've taken care of a lot of dogs and have likely seen just about every type of canine illness you can imagine. I am also a longtime owner and breeder of Afghan Hounds. One thing I've learned through my experience is that when it comes to illness, pretty much any dog can get sick. Despite articles claiming that mixed-breed dogs are healthier than purebred dogs, my extensive first-hand experience, and an important study conducted by the University of California -Davis, tells us otherwise.

The study, titled "Prevalence of inherited disorders among mixed-breed and purebred dogs: 27,254 cases (1995-2010)," was reported in the Journal of the American Veterinary Medical Association on June 1, 2013. Research utilized more than 27,000 patient cases to determine the likelihood of occurrence of 24 of the most common hereditary diseases in dogs. Despite articles that claim that there is a higher concentration of hereditary disease in purebred dogs, this extensive study proves otherwise.

What researchers found was, "Of the 24 disorders assessed, 13 had no significant difference in the mean proportion of purebred and mixed-breed dogs with the disorder when matched for age, sex and body weight." One disorder was more frequent in mixed-breed dogs and the other 10 were more prevalent in

purebred dogs, although no one breed was dominant in suffering from any particular illness. Many of those disorders that are often attributed to a specific breed are just as likely to be found in mixed-breed dogs, including common health problems such as lymphoma, mast cell tumor, specific cardiac issues, hip dysplasia, and lens luxation.

This makes sense since most domesticated dogs are believed to be the descendants of just a handful of lines of wolves. As a result, all dogs share strong genetic tendencies, some of them health-related. In purebred dogs, national breed clubs such as the Golden Retriever Club of America and the American Kennel Club Canine Health Foundation have worked together to identify breeds with an increased risk of specific health issues and to take steps to minimize the risk. In fact, the Canine Health Foundation has funded more than \$35 million in research to improve the health and well-being of dogs.

So, perhaps the most important question is, "How can potential dog owners increase their chances of getting a healthy dog?" The good news is that thanks to the work of the American Kennel Club, their Canine Health Foundation, and breed clubs, responsible breeders are able to reduce the risk of some of the more prevalent diseases in dogs. Breed groups recommend specific testing for disease before breeding a dog. Responsible breeders utilize those tests before mating dogs, thus reducing the risk of a specific disease in the puppies they produce.

For example, in my beloved Afghan Hounds, responsible breeders gener-

ally test potential breeding pairs for hip dysplasia and juvenile cataracts. In breeding nine generations of Afghan Hounds, I have never had a dog with either of these health problems. I have always bred dogs with personality and health as my priorities. As a result, I have no doubt that my Afghan Hounds today are better dogs than my first generation.

People select dogs for a variety of reasons. Sometimes appearance plays a role, but certainly is not, and should not be, the only factor. Whether you choose a dog from a breeder, or from a shelter, it's important to remember that any dog, like any person, can become ill in its life. All dog owners need to be prepared for that possibility because the fact is that dogs, like people, suffer from a number of hereditary diseases. That is true of all dogs – both purebred and mixed-breed.

The best way to minimize that risk of serious illness is to do your homework. If you decide on a purebred dog, be aware of what the breed club recommends in terms of health testing. Work with a responsible breeder who utilizes testing and breeds ethically. If you select a dog from a shelter, learn about the animal and its possible breed mix. Then pick the animal that best suits you and your lifestyle and work with your veterinarian to keep your dog as healthy as possible. Most importantly, select a dog that you love and that you are willing to care for, in sickness and in health, for the rest of its life.

*Dr. Jerry Klein is an emergency and critical care veterinarian who has been a valued member of the Chicago veterinary community for more than 35 years. In addition to his work as a vet, Dr. Klein is a licensed judge for the AKC and has judged shows both nationally and internationally.*

## A TERVIE CHRISTMAS STORY

By Member Dawna Shepard

Published in the American Belgian Tervuren Magazine



**C**hristmas 2007 was the beginning of a record breaking snow event for North Idaho.

The snow in our back yard was several feet deep by the time Christmas Day came. Maverick, our Belgian Tervuren boy from Snowflower Kennel, was 10 months of boundless, naughty, intelligent energy. Our home at the time was a split entry with a deck overlooking a large fenced back yard.

Our daughter, her husband, children, and three dogs arrived Christmas Eve and stayed until after Christmas. Our Christmas Eve tradition is Christmas Eve Church and then a fun, festive meal. We wrapped up the evening late and due to an overstuffed refrigerator I decided to put the partially full, (corked with little festive reindeer corks) wine

bottles on the top railing of the covered deck. Safely out of reach of any animal.

Christmas morning dawned beautiful; sun sparkled off newly fallen snow. We lazily opened gifts over brunch and coffee. After gifts and brunch I decided it was time for the dogs to go outside and me to shower. I'm in the bathroom in a state of undress when I hear all hell break loose. My husband, Don, is a big man with a big, booming voice and impressive command of vulgarian. I hear him roar: What the &\*&&!!! What's wrong with that &\*\*\* dog!! My daughter, who is usually calm and collected, yells: "Mom, you need to come now!!!" I look out the bathroom window and see red splotches all over the snow in the back yard. Holy Crud!!! I whip my PJs and slippers back on, run out the door and down the deck steps faster than Old Saint Nick and all his reindeer on an icy roof top.

What do I behold when I hit the snow? My beautiful Terv boy, eyes sparkling, is lolling on the snow with the neck of a wine bottle hanging out the side of his mouth, red splotches all around him. Don booms from the deck: "The &\*\*\* dog cut his mouth!" I start running to save my boy. Maverick sees me running towards him and pops up, quivering with joy in anticipation of a GAME! I give chase in PJs and slippers, through waist deep snow we go. He leaps and dances joyously over and through the drifts, wine bottle firmly in mouth, red wine sloshing here, there everywhere on the new fallen snow. By now, the rest of the family have gathered on the deck and are yelling advice, with none joining in to help. I finally catch my naughty Terv boy, retrieve the wine bottle and confirm no injury or ingestion of purloined wine. The only casualties were no Christmas wine for dinner, a frozen Mom tush, and a MIA reindeer cork.

## PRESIDENTS' DAY FEBRUARY 15TH

### FIDO - THE LINCOLNS' DOG

It was a common sight in Springfield to see Abraham Lincoln walking to the local market with Fido trailing behind carrying a parcel in his mouth. Fido was a floppy-eared, rough-coated, yellowish dog of uncertain ancestry. His date of birth was unknown although 1855 would be a good guess. Mr. Lincoln would sometimes stop at Billy the Barber's for a haircut, and Fido would wait outside with the other customers' pets. Fido was the type of dog who loved attention and would spend countless minutes chasing his own tail.

More info at <http://rogerjnorton.com/Lincoln2.html>

### GEORGE WASHINGTON'S RELATIONSHIP WITH DOGS

Although George Washington is best known for his hunting dogs. His journals and letters show that he had many types of dogs throughout his life, and that he had a real fondness for them.

He probably had about 50 or more dogs during his lifetime.

Records from 1786 reveal that our first president paid 12 shillings for a "coach dog" (a dalmatian) named Madame Moose.

<http://presidentialpetmuseum.com/blog/george-washington-dogs/>

## CANADIAN HOSPITAL ALLOWS PATIENTS TO GET VISITS FROM THEIR PETS

By: Liz Donovan AKC.org



It started as a last promise to a dying young man. And now it's changing the lives of Canadian hospital patients as well as the

people and pets who love them.

Operating out of at Juravinski Hospital in Hamilton, Ontario, Zachary's Paws for Healing is the first Canadian organization that arranges for hospitalized individuals to get weekly visits from their beloved pets.

The organization was started by Donna Jenkins, whose nephew, Zachary Noble, was diagnosed with aggressive Hodgkin's Lymphoma at the age of 23. While staying in the ICU after a treatment, he begged to be able to see his dog, Chase. "Chase was his constant companion," Jenkins says. "Zachary missed him so badly." The family managed to discreetly bring in the Dachshund into the unit for a visit. Immediately after, Zachary began feeling better. Later, while staying in the hematology unit, Jenkins, a Dachshund breeder, brought in one of the puppies. Again, the positive effect was undeniable.

"Research shows that pets can help improve vital signs, lower stress, reduce depression, and remind patients of the reason to get well and go home," Jenkins

says. "We saw all of that in Zachary."

When Zachary realized he wasn't going to survive much longer, he made Jenkins promise that she would find a way to help others like him receive visits from their pets. He also spoke to his caretakers at the hospital and asked them to pledge to support the program.

Shortly after his death in November 2014, Jenkins helped the hospital form a committee to start the pilot program for Zachary's Paws for Healing. Everyone from the oncologist and infectious disease experts to housekeeping was involved in creating the process and protocol.

Since it launched in September, the program has arranged for 30 pet visits. It has expanded from being offered in only four units to being available hospital-wide. When a patient requests a visit, Jenkins' team completes the paperwork and, as long as no issues arise, arranges for the pet to come to the hospital within 48 hours (or two hours for end-of-life visits). The pet is assessed upon arrival for temperament, cleanliness, and overall health, and then placed in a covered crate, which is wheeled to the patient's room.

"The crate prevents problems with people who are fearful of or allergic to dogs and helps keep

the pets from being overwhelmed with strangers who might want to touch them," Jenkins says. "These dogs are family pets, not therapy dogs, so we don't want to stress them out."

Jenkins has witnessed incredible moments between patients and their pets in the last several months.

One particularly moving story she recalls is a patient named Shirley who requested an end-of-life visit with her dog, McCoy. Shirley was unable to move except for her right hand. When her dog was brought to her, the dog gave Shirley a kiss and then immediately settled down by her right hand so that she could pet her.

"She spoke about the visit until she passed away," Jenkins remembers. "Her last words were about her dog." The woman's son-in-law, David Lang, was so moved by the experience that he became one of the organization's 28 volunteers.

"It was very heartwarming," Lang remembers. "The sense of reassurance she got from seeing that McCoy was OK put a sense of ease on her."

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Another memorable case both Jenkins and Lang recall was a young woman named Jules who had been hospitalized for over a month. Her mother told volunteers the girl had been in a lot of pain and hadn't smiled since she got there. When her Cocker Spaniel, Hayden, paid her a visit, she sat up and smiled the whole stay. "She was able to go home not much longer after that," Jenkins says.

"I have to think that pet visit helped make that happen," Lang adds. "It just put her in a better spirit, a better frame of mind."

The patients aren't the only ones who benefit from these visits, Jenkins explains. "These pets are suffering from separation. They don't know where their hu-

man has gone and long to see them. It doesn't matter what breed of dog or how old or young they are, the pets are always happy to see their owner when we reunite them."

Several hospitals in the United States have similar programs. For instance, the Mayo Clinic in Rochester, Minneapolis, offers a program, and PAWS (Pets Are Wonderful Support) Houston works with multiple Texas hospitals to arrange pet visits with patients. Jenkins used PAWS Houston as a model when setting up her program. She credits Juravinski Hospital for how quickly she was able to put her program into motion. "They are very forward-thinking here," she says. "They realize there's more than just traditional medicine that can

be provided to their patients."

In addition to hospital visitation, Zachary's Paws for Healing offers a case-by-case no-cost foster program for pet owners who need someone to care for their pet of any species ("We had one volunteer foster a parrot," Jenkins says) while the owner is hospitalized.

Jenkins hopes to expand the program to other areas of Canada and that organizations in the United States will follow suit. She urges people interested in volunteering or starting a similar program at their local hospital to contact her. The payoff, she explains, is worth all the effort.

"I'm the most blessed human being on this Earth," she says. "When people are having the worst time of their life, we can

## INTERNATIONAL DOG SHOWS & INTERNATIONAL ALL BREED CANINE ASSOCIATION, INC IABCA SHOWS

Seventy five per cent of dogs at IABCA shows are AKC registered breeds and majority are breeder/owner handlers. Rare breeds are also represented.

They have been organizing International European-style All Breed dog shows for over 25 years. Several new additions include:

- Junior Handler are the future of dog shows. In order to encourage exhibitors for our next 25 years all Junior Handler seminars and competitions will always be free.
- CGC testing available at many shows.
- IABCA Rally available at more shows this year.
- Medals awarded for Best of Breed and Group wins.

- Door prizes.
- People's Choice BIS award

All dogs receive written critiques. If you are interested in showing at an IABCA show please visit their web site at [www.iabca.com](http://www.iabca.com). Member Deb Mansfield can also provide information.

IABCA, Inc  
International Dog Shows  
4742 Liberty Rd S #159  
Salem, Oregon 97302  
[info@iabca.com](mailto:info@iabca.com)

# HOW TO CALM EVEN THE MOST HYPERACTIVE PET (EDITED)

By Dr. Becker [healthypets.mercola.com](http://healthypets.mercola.com)

The term "hyperactive" or "ADHD" is used all the time these days, and many pet owners use one or both to describe a very active pet, which is typically a dog, though some people believe their cats are hyper as well.

But despite the popularity of the term, the clinical syndrome of hyperactivity is actually quite rare in pets.

True hyperactivity involves overactivity, attention deficits, impulsivity, and high testing physiologic parameters, all of which are conventionally calmed by — of all things — stimulant drugs.

Most dogs who appear hyperactive are probably better described as hyperkinetic. They react to normal everyday sights, sounds, and smells as if they're experiencing them for the first time. They often seem unable to rest even in a completely comfortable, quiet environment.

## **HYPERKINESIS SYMPTOMS AND DIAGNOSIS**

Hyperkinetic dogs are usually 3 years or older and typically have increased heart and respiratory rates, poor body condition scores, reactivity, and agitation. They are emotionally aroused by routine stimuli and often stay in a state of arousal long after the stimuli is removed.

In order to diagnose true clinical hyperkinesis in a dog, certain things must be ruled out first, including:

- Conditioning (meaning the dog has been rewarded for undesirable behavior)

- Lack of appropriate exercise and environmental stimuli

- Phobias and anxiety disorders

- Territorialism

- Hyperthyroidism

- Allergies or another medical condition

- Cognitive decline (in older dogs)

After all root causes for hyperactive behavior are ruled out, the traditional method for diagnosing hyperkinesis is to observe the dog in a hospital setting, where she is put in a quiet location and her physical activity is recorded for an hour. Her heart and respiration rate are measured every 15 to 30 minutes.

If both her activity level and physiologic measures remain elevated, she moves onto the next test in which she's given a stimulant and put in an alternate quiet area.

A minimum of one hour later, she's returned to the testing area, and if she behaves in a calm manner, with reduced heart and respiration rates, she is diagnosed with hyperkinesis.

This test can also be conducted at home over several days under the guidance of a veterinarian, but often the results are less conclusive and unreliable.

## **IS YOUR DOG'S 'HYPERACTIVITY' ACTUALLY NORMAL BEHAVIOR?**

Veterinarians and animal behaviorists agree most symptoms of hyperactivity that dog owners complain about are actually either breed-specific behaviors, conditioned behaviors, behaviors result-

ing from a lack of appropriate physical or mental stimulation, or a combination of these things.

It's important to recognize the difference between canine behavior that is abnormal, and behavior that is actually normal given the dog's circumstances, but undesirable.

In order to sort it out, your veterinarian or an animal behavior specialist will need a detailed description of the unwanted behaviors, including:

- How often your dog performs them and to what degree

- How much exercise, social interaction, playtime and exploration your pet gets daily

- How you and other family members respond to your dog's undesirable behaviors

## **FACTORS THAT CAN INFLUENCE A DOG'S BEHAVIOR**

There are many things that can affect your pet's behavior, including whether she's alone or ignored much of the time, isn't getting enough exercise, or hasn't received obedience training. It's also possible she's been conditioned through your response to use physical activity to get attention, or is punished for unwanted behavior instead of rewarded for desired behavior.

If you notice your dog is much easier on your nerves after he's been to the dog park or has run around the backyard with your kids for an hour, you can draw the logical conclusion that burning off physical and mental energy has a positive effect on his behavior.

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Dogs that don't get their daily needs met for activity, social interaction, mental stimulation and environmental enrichment may appear to be hyperactive as they attempt to fulfill those needs within the confines of their environment.

### **HOW TO HELP A 'HYPERACTIVE' DOG**

Since very few pets are clinically hyperactive or hyperkinetic, my recommendation is to evaluate your dog's lifestyle from every angle as a first step.

- Make sure your dog is getting plenty of exercise — rigorous exercise — until SHE tells you she's tired.
- Provide mental stimulation with puzzles, treat-release toys, hikes, swims and other outdoor activities that appeal to your dog's natural instincts.
- Focus on desired behaviors your dog performs rather than on what you don't want him to do. Dogs respond to positive reinforcement behavior modification, which does not include punishment.
- Enroll your dog in an obedience class or an activity that helps him focus, such as nose work.
- Feed your dog a balanced, species-appropriate diet to avoid food

intolerances, amino acid deficiencies and allergies common in dogs fed low-quality commercial pet food. I think vets underestimate how much food sensitivity can contribute to restless, hyperkinetic behavior.

- And last but not least, discuss supplements such as L-theanine, ashwagandha, GABA, melatonin, hops, chamomile, valerian root, flower essences and CBD oil with your integrative vet.

### **WHY EXERCISE IS SO IMPORTANT, ESPECIALLY FOR HIGH ENERGY DOGS**

Every dog needs regular physical activity to be healthy, and this is especially true if your dog is a high-energy breed. In my experience, lack of sufficient exercise and playtime is the biggest cause for restless behavior, erroneously categorized as hyperactivity or obsessive-compulsive disorder (OCD).

Dogs are workers by nature. Canines in the wild have very busy lives tending to the business of survival, raising their young and socializing with other members of the pack. Unfortunately, many companion dogs today have sedentary lives. They don't get enough physical or mental stimulation, and they

often spend many hours alone at home every day, or watching their owners watch TV, work on the computer, or text.

Dogs with very active temperaments can develop behavior problems if they aren't provided opportunities to work off all that energy. If your dog is under exercised or bored, he may show one or multiple behaviors that may appear as though he has a clinical case of hyperactivity:

- Barking or whining for attention
- Excessive mouthing and play biting
- Predatory and rough play
- Destructive chewing, digging or scratching
- Counter surfing, garbage raiding and other sneaky type behaviors
- Rowdiness, crashing into furniture, and jumping up on people

If you feel sure the lifestyle you're providing your pet gives him plenty of outlets for physical activity and mental stimulation, but your furry buddy is still hyperactive more often than not, I recommend making an appointment with your veterinarian.

### **The Purpose of the Coeur d'Alene Dog Fanciers:**

- **To further the advancement of all breeds of pure-bred and mixed breed dogs.**
- **To conduct dog shows, obedience trials and sanctioned matches under the rules of the American Kennel Club.**
- **To bring together those persons interested in the training, care, breeding, exhibition, welfare and knowledge of dogs.**
- **To further any activities protecting dogs, dog breeders and dog**

Paw Prints is the official publication of the Coeur d'Alene Dog Fanciers. The views and articles appearing in Paw Prints do not necessarily reflect the attitude or policy of the CDADF, its officers/board or the editors of Paw Prints.