Q&A WITH A LOCAL DOG OWNER

Unexpected surprise becomes best gift

By Stephanie Jones
Special to The Examiner

Owner: Jim Hess, executive director of the Office of University Events at George Washington University
Dog: Louis (pronounced Louie), Labrador retriever; 9 years old
Residence: Shepardstown, WV.

How did you name your dog?
He’s named after St. Louis where I got him. All my family is from there. He was the shiest of the litter. I did that myself. I did spend a lot of time doing that. I got a few books and read up on training techniques and really spent the time when he was a puppy to teach him the basic commands plus a little more. No tricks, that shyness has never left him, tricks are not his speed. He’s a really mellow dog. He’s very good off the leash. He’ll heel. When I stop at the street corner, he sits down at the corner and waits for me to cross the street.

How did you train your dog?
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How did you pick him out of the litter?
He was the shiest of the litter. I just said, “I’ll take the quiet guy over there.”

How do you train your dog?
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By Nicole Wilde

Fear factor: Calming canines

Warried about Fido’s reactions to holiday guests and hubbub? Wondering how to travel with Lucky when the aggression is defensive and not offensive, it’s still not acceptable in our own sanity and for safety’s sake. Since dogs can’t say, “Please don’t approach me, I’m scared,” canine responses have the potential to escalate to growling and biting. Even if the aggression is defensive and not offensive, it’s still not acceptable in human society.

So what do you do? Turn to Nicole Wilde’s new “Help For Your Fearful Dog: A Step-by-Step Guide to Helping Your Dog Conquer His Fears.” The California-based certified pet dog trainer shares insights, management and behavior modification strategies drawn from her own experience and that of an all-star cadre of canine experts.

The well-organized guide doubles as a concise course on understanding, managing and shaping canine behavior. Topics include distinguishing fear-aggression from other types of aggression; reading face and body language signals; identifying individual fear “triggers”; managing fear, anxiety and phobias (thunderstorms included); and tailoring behavior modification programs to your dog.

Holiday-timely tips range from controlling exposure to fear triggers to teaching guests Wilde’s smart “Bore and Ignore” technique. Wilde nicely articulates the key owner responsibility: becoming a benevolent leader who instills calmness and elicits trust. So often, people telegraph their own anxieties, fueling doggie freakouts.

Diet, exercise and mental stimulation immensely affect behavior. Wilde explains why it’s good to remove corn and artificial coloring from fearful Fido’s food, and instead add veggies, brown rice and B-complex vitamins.

[ She writes: “A dog whose mind is under-stimulated is more likely to be anxious and to display that anxiety by chewing on inappropriate objects, pacing, whining, barking or exhibiting relentlessness or hyperactivity.”]

The author’s bag of practical calming strategies include teaching the “settle” command ... Valerian root and other herbs... touch therapy and DAP (dog appeasing pheromones). Wilde illustrates how, in minutes, “the deep, uniform sensation of pressure” of a body wrap calms a dog.

The lend-worthy book’s thick with insight; thankfully, it’s easy to flip to the most relevant chapters and return to others later. The payoff: a dog who trusts you, and a dog you can trust. - Robin Tierney

BOOK REVIEW

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Tips, tricks and news for animal lovers

ADOPTION EVENTS
The Montgomery County Humane Society is holding an adoption event from noon to 3 p.m. Saturday at the Kentlands Petsmart, 220 Kentlands Blvd., Gaithersburg. For more information, visit 240-773-5966 or www.mchumane.org.

TAKE ME HOME
Pets for adoption in the metro area

MONTGOMERY COUNTY HUMANE SOCIETY
Foster program: 240-773-5967; fosterprogram@hotmail.com

STONE
5-month-old intact male DSH

OLDIES BUT GOODIES COCKER SPANIEL RESCUE
www.cockerspanielrescue.com
703-533-2373

WILLOW
2-year-old female cocker

BENTLEY
3-year-old male cocker

BUSTER
3-year-old male cocker

NICHOLAS
3-year-old male cocker mix

DOGS BY DAY & NIGHT
Cageless daycare & boarding for your dog

(202) 986-6301

www.dogsbyday.com

Dogs By Day & Night
Your dog’s home away from home!
Pets are creatures that have been brought to life by animation magic. Only world-hoppers such as the player and NPCs like Pascal have the ability, which consists of bringing inanimate objects to life. Pets are used in a variety of ways across Dappervolk. Players will keep theirs in their Menagerie. Special items will give the player the option of incubation. The player will have to wait a pre-set amount of time, depending on the item. These hatching items, sometimes called “hatchables”, can be obtained. The Pets.com site design was extremely well-received, garnering several advertising awards. In January 2000, the company aired its first national commercial as a Super Bowl ad which cost the company $1.2 million[15] and introduced the country to their answer as to why customers should shop at an online pet store: “Because Pets Can't Drive!” Pets.com made significant investments in infrastructure such as warehousing. Pets.com was a dot-com enterprise headquartered in San Francisco that sold pet supplies to retail customers. It began operations in November 1998 and liquidated in November 2000. A high-profile marketing campaign gave it a widely recognized public presence, including an appearance in the 1999 Macy's Thanksgiving Day Parade and an advertisement in the 2000 Super Bowl. Its popular sock puppet advertising mascot was interviewed by People magazine and appeared on Good Morning America.