

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.

Q&A WITH A LOCAL DOG OWNER

Unexpected surprise becomes best gift

By **Stephanie Jones**
Special to The Examiner



Jim Hess, executive director of the Office of University Events at George Washington University, and his dog, Louis, enjoy the fields of their Sheperdstown, W.Va., home. - Courtesy photo

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: Sheperdstown, W.Va.

How did you name your dog?

He's named after St. Louis where I got him. All my family is from there. I went to visit relatives and my uncle had a bunch of Labrador retriever puppies. I ended up unexpectedly coming back to D.C. with Louis.

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 did you train your dog?

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.

He's pretty straightforward; he eats Pro Plan dog food and Pro Plan dog biscuits.

Where does your dog sleep?

He sleeps on his dog bed next to my wife's and my bed. We now have a 2-year-old daughter so it's been a difficult transition for him. He got almost all of our attention until Maddie was born. Of course Maddie took a lot of attention away. He's starting to come around, it was actually pretty tough on him. But they get along great and she likes to play with them.

What is the worst thing your dog has ever done?

When he was younger, he did chew up some furniture, a couple table legs, chair legs.

One of the tables that he pretty much ruined was actually a very nice piece of furniture. By the time he was 2 years old, he kind of grew out of that phase.

Does your dog have any funny quirks?

He is shy and nervous, especially for a Labrador retriever. He doesn't like to go through doorways at the same time as a person.

Does your dog have a favorite toy?

He likes Nyla Bones. It's kind of a hard plastic, they wear down slowly.

What does your dog like to eat?

BOOK REVIEW

Fear factor: Calming canines

Worried about Fido's reactions to holiday guests and hubbub? Wondering how to travel with Lucky when she's terrified of car rides? Frazzled by Fluffy's separate anxiety fits?

Canine fears require intervention for the animal's well-being, for 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 share insights, management and behavior modification techniques 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 oth-

er 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 Flopsy'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 Santa'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



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



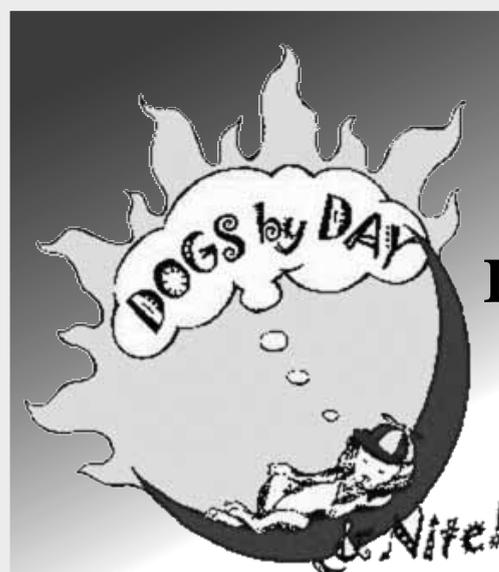
Buster

3-year-old male cocker



Nicholas

3-year-old male cocker mix



Dogs By Day & Night

Your dog's home away from home!

Cageless daycare & boarding for your dog

(202) 986-6301

www.dogsbyday.com

» "Help For Your Fearful Dog"
» By Nicole Wilde
» Phantom Publishing, 2006, 414 pages, \$24.95
» phantompub.com