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## 7 Reasons Why Dogs Bark and How to Make Them Stop

Written by Dr. Karen Shaw Becker


## Different Barks for Different Occasions

Hello! Good to see you! - If your dog shows excitement when he encounters other people or dogs, his body is relaxed and he's wagging his tail, the barking he does at those times is his way of being neighborly.

What was that? Did you hear that? If your dog barks at what seems like everything - every movement or noise he's not expecting - he's distress barking. His body is probably held stiffly during this activity and he may jump forward a bit with each bark.

Hey! Stop right there! - Your pup considers your home, yard, car, his walk route and other places he spends a lot of time, his territory. If your dog barks continuously when a person or another animal approaches his domain, he's communicating that a stranger is invading his turf.

Look at me! Look at me! - Some dogs bark simply for attention - from you or another animal. Your dog might also bark

| The deadline <br> for the August issue is <br> July 8 |  |
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in the hopes of getting food, a treat or some playtime. The more you reward the behavior by giving him what seeks, the more likely he'll be to continue to bark for attention.

Hello all you other barking dogs out there! -If your dog answers when he hears other dogs barking, it's a social thing. He hears the barking of nearby dogs, or even dogs at some distance, and he responds in kind. This type of social barking is often heard at animal shelters and boarding facilities.

Help! I can't stop this annoying barking! - If your dog barks continually, perhaps while performing a repetitive movement like running back and forth along the fence in your yard, he's demonstrating a bit of a compulsion. You might want to try to find a better outlet for his energy - like a rigorous walk or a long game of fetch. A tired dog is a quiet dog.

Let me OUT of here! - If your dog is behind your fence and another dog passes by within view, your pup might bark excessively to signal his frustration that he can't greet his buddy out there on the sidewalk. This type of barking is usually seen in dogs who are confined or tied up to restrict their movement.

As you can see, there are some types of barks that require your attention in the form of environment or lifestyle changes that help soothe your dog and reduce or eliminate his need to bark. And then there are the barks that serve no real purpose and require an intervention.

In under-exercised dogs who don't receive adequate physical or mental stimulation on a daily basis, excessive barking can be a way to alleviate boredom. Dogs with separation anxiety also often bark nonstop or howl when they're left alone.

## Teaching Your Dog That Silence Is Golden

Since barking is a natural behavior and means of communication for dogs, it's counterproductive to try to prevent it. Instead, your goal with a dog who barks excessively is to teach her to stop barking on command.

This training will be easier if you're starting with a puppy, but it can also be done with an adult dog. With a puppy, you'll need to train yourself first to ignore his cute little yips and squeaks so as not to reinforce the behavior. Keep reminding yourself those adorable puppy barks will grow louder and more annoying the older she gets.
"You don't punish barking, you reward silence," says Dr. Nicholas Dodman, founder of the Animal Behavior Clinic at Tufts University School of Veterinary Medicine. ${ }^{1}$ It's a brilliantly simple approach, but it doesn't come naturally to everyone.
"There are many benign ways of training a dog not to bark," writes Dodman. "Most of them involve utilizing a voice command, such as No bark! Some of them simply entail patience, where you wait until the dog eventually does stop barking and then you reward it with some highly sought after treat ..."

If you're consistent in your response to your dog's barking, she'll start to reduce the length of time she barks. You may be able to speed up the process a bit by immediately following your verbal command to stop barking with words that indicate a treat is part of the bargain in exchange for her silence. When she starts barking, you say "No bark," followed immediately by "Want a treat?"

Gradually reduce the number of treats she receives until you're rewarding her with food only once in a while, and be sure to use only tiny pieces of healthy treats. (However, remember to always reward her with verbal praise and petting when she does what you ask her to do.)

Dodman also points out that some dogs may require negative reinforcement (which is not the same as punishment) through the use of a head halter with a training lead. When the dog barks, tension is applied to the training lead to remind him he's performing an undesirable behavior.

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## BARK...from p. 1

The reward for his silence is release of tension on the lead.
"Most owners make the mistake of feeling that they have to chastise or otherwise punish their pup for barking but the commotion and anguish that this causes does little to improve the situation," writes Dodman. "In fact, in yelling at a dog that is barking may seem to it as if you're barking, too."

## 3 More Tips to Curb Excessive Barking

- If loud noises set your dog off, a crate of his own that he can go in and out of at will, coupled with soothing music or a television on in the background can help.
Tips and tricks for crate training your dog (including fearful dogs).
- If he's barking out of boredom, increase his exercise and playtime, take him on walks, to the dog park, or find other activities that give him both the physical activity and mental stimulation all dogs require to be well-balanced. The best way to create a quiet dog is to exhaust him with exercise.
- Changes in your dog's routine and environment can cause stress, so as much as possible, stick to a consistent daily schedule he can depend on. You might also consider talking with an animal behavior specialist about desensitization and counter conditioning exercises for a stressed-out pet. Lifelong socialization and positive training are also essential for your dog's mental and emotional wellbeing.

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# 7 Reasons Why You Should Sleep With Your Dog 

Dr. Karen Shaw Becker
If you curl up every night next to your favorite pooch, count yourself in good company. Surveys suggest that 56 percent of dog owners sleep with their dog next to them, with about 50 percent of the dogs sleeping in their owner's bed. Size matters when it comes to sleeping arrangements, as among dogs that sleep with their owners, 62 percent are small dogs, 41 percent are medium and 32 percent are large.

Despite its popularity, it's been suggested that sleeping with your dog may interfere with your sleep or even transmit diseases, but there are likely many more benefits than risks when it comes to sharing your sleeping space with your dog. Doing so may even result in significant benefits to your health!

## Seven Reasons Why Sleeping With Your Dog Is Good for You

1. It Increases Feelings of Security and Contentment - The physical presence of your dog next to you provides a source of companionship and comfort. Your dog's rhythmic breathing, soft fur and warm body all contribute to this soothing effect. In fact, in a study published in Mayo Clinic Proceedings, 2 many of those surveyed said they felt secure, content and relaxed when their pet slept nearby.

From a safety standpoint, your dog's sensitive sense of smell and hearing can also alert you if anything unusual happens during the night, likely well before you'd otherwise notice. Having your dog nearby adds a source of protection.
2. It's Conducive to Getting a Good Night's Rest - If you're wondering whether sharing your bed with your dog affects your sleep quality, you can rest easy. One study used fitness trackers to accurately gauge sleeping time for dogs and humans sharing a bedroom. 3 During the seven-day study, sleep efficiency, which is a measure of how much time is actually spent sleeping while in bed, was high - 81 percent for owners and 85 percent for dogs.

A sleep efficiency score of 80 percent or higher is considered to be indicative of a good night's rest. Further, 41 percent of pet owners perceived their pets as unobtrusive or even beneficial to sleep. 4
SLEEP....cont'd on p. 3

## SLEEP....from p. 2

3. Dogs May Help With Sleep Disorders Many people with service animals sleep with their dogs, who may alert them to a medical problem during the night. However, sleep professionals suggest that service animals, and perhaps even pets, could be beneficial in the support of sleep disorders including obstructive sleep apnea, nightmares and narcolepsy. According to a review published in Sleep Review:5
"One of the greatest benefits of SAs, particularly for medically complicated patients, is that they offer a nonpharmacological solution to treating a sleep disorder in a way that may augment or even replace other (currently standard care) treatments."
4. It May Help Combat Depression People with depression often have trouble sleeping, but inviting your dog into your bed may help, as your dog can help to relieve associated feelings of stress, loneliness and anxiety.
5. Warmth and Comfort - The warmth from your pet can act like a hot water bottle on a cold night, helping you to stay cozy and lulling you off to sleep. In fact, your pet may keep you so warm that it's possible to overheat, so you may want to turn your thermostat down a couple of notches if your dog is in your bed.

As noted by Stanley Coren, Ph.D., professor of psychology at the University of British Columbia, "The term 'three dog night' comes from the Canadian maritime provinces, where it was standard practice to take your dog (or dogs) to bed with you on a cold night to help keep you warm."6
6. Increased Relaxation and Bonding - Not only do dogs help their owners relieve stress, but being close to your dog increases production of the hormone oxytocin, which is linked to bonding and feelings of affection and happiness, 7 while lowering your heart rate. 8
7. Improved Sleep in People With Chronic Pain - Among people with chronic pain, having a dog in the bed helped many fall asleep and stay asleep, with researchers noting that participants' dogs enhanced their sleep in many ways. 9 Researcher Cary Brown, Ph.D., of the University of Alberta told Folio:10
"Typically, people who have pain also have a lot of sleep problems, so usually if they ask their health-care provider about a pet, they're told to get the pet out of the bedroom. But that standard advice can actually be damaging .

They [study participants] liked the physical contact with their dogs - cuddling before bed, and how it distracted them from feeling anxious about being alone at night. They felt more relaxed and safer so they weren't anxious as they were trying to sleep ... A sense of relaxation and caring are emotions that release positive hormones in our bodies that will help us sleep better."

For those of you wondering, sleeping with a cat may confer many of these same benefits.

## Who Shouldn't Sleep With Their Pet?

While most people can safely enjoy sleeping next to their pets, there are some minor risks. The biggest one is likely that your pet could crowd your sleeping space or paw at your face for a midnight snack. It could also lead to arguments with your human sleeping partner if you're not on the same page about co-sleeping with your pets.

For people with allergies, pets may also not be the best bed buddies, as pet dander will become infiltrated not only into your bedroom but also into your bedsheets. Very young children, including infants, should also avoid sleeping with any snuggly animal, as they often like to cuddle up close and could inadvertently suffocate a baby.

Most pets also have the potential to transmit certain diseases to their owners, so if you have a compromised immune system, you may want to give your pet a separate sleeping space. For most pet owners, however, the happiness and health benefits that come from sharing their bedroom with their pet far outweigh any downsides.

## Milshore Minature Schnauzer Club July 302021 <br> Sweeps Dale Hafner Regular Classes :Richard Powell

> The Portland MSC will be holding its Designated Specialty with theSouthern Oregon Terrier Association on July 162021 at Bandon HS in Bandon, Oregon Judge is Philip Freilich Sweepstakes Judge is Laura Reeves

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2. To make your reservation: Call 1-

800-733-7663 to book your room; open 7 days a
week, 8 AM-1 AM EST
3. Block room rate available until Friday, 9/3/2021; unclaimed rooms will then be
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2021-10/5/2021, combination of Deluxe 2 Bed and
Superior King rooms, non-smoking,
\$67.99-\$80.74 per night, $14.6 \%$ tax not included
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4. Group rate is available for $10 / 5 /$

2021-10/11/2021, combination of 1 Bedroom Suite
Kings (\$149), 2 Bedroom Suites
(\$199) and Studio Kings (\$129), nonsmoking, $10 \%$ tax not included
5. $\$ 75$ non-refundable pet fee

Member Meeting and Social 10/9/2021 At this time, we are planning to have the member meeting and social at the Jeffersonville Golf Club, a short drive from the hotel. Additional information will be
available closer to the event.
Any questions, contact me at barbaramd_2000@yahoo.com or 1-215-896-9666.
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## Five Tips for Road Trips With Your Dog

Many pet owners cannot imagine traveling if it means their dog has to get left behind. While it's possible to find reliable in-home pet sitters or trustworthy boarders, travelling with your pet is the next logical solution.

While at least $18 \%$ of Americans travelling for leisure purposes have hit the road with their pet, a study published in the Journal of Quality Assurance in Hospitality \& Tourism noted, "As an increasing number of people consider pets as members of their families, pet owners are refusing to travel without their pets."1

It's important to consider your dog's temperament when deciding if he'll make a suitable travel companion. Temperament is even more important than breed, as individual dogs will have different levels of tolerance for the new sights and sounds that a vacation will bring, even if they belong to the same breed. That being said, some hotels may have breed restrictions in place, so call before you make your reservation.

Dr. Tom Watson of Carolinas Veterinary Medical Hospital explained it well in Southern Living, stating, "You're going on a vacation to relax and unwind. If the dog is anxious and making you anxious because they're not traveling well, you need to figure out how you can make it a good trip for everybody." ${ }^{2}$

The size of your dog may also be a consideration, as some hotels may have size limits on allowed pets, along with limiting the number of pets in a room. Generally speaking, I don't recommend travelling with your pet by air unless it's absolutely necessary, so the tips that follow refer to travel by car, and can be invaluable before setting out on your next road trip, pooch in tow.


## Five Top Tips for a Doggy Road Trip

1. Help Your Dog Love Car Rides Some dogs seem to be hard-wired to love car rides. Others, no so much. If your dog has extreme anxiety about car travel, you may want to rethink a road trip, but there are ways to help your dog learn that a car ride is fun, starting with baby steps.
"If you want to run a marathon, you start by jogging around the block one time. The same thing goes for dogs," Watson said in Southern Living. "First, put the dog in the car and stay in the driveway. Then, move up and down the driveway or go around the block once. ${ }^{33}$

From there, you can take brief trips to close locations your dog loves, such as a forest preserve, pet food store or grandma's house, to ease him into car travel. Be aware that, just like people, dogs may get motion sickness. Experiment with taking trips when your dog has empty stomach versus a few treats first. Some dogs do better traveling on an empty stomach while others do best with a small amount of food in their tummy.
2.Put Safety First - You probably wouldn't even consider driving in your car without a seatbelt, and you shouldn't allow your dog to ride unrestrained either. When your car is in motion, I recommend most dogs stay in a crate that fits your pet snugly, with enough room to be comfortable but not excess room (which poses a risk to your pet in an accident).

Depending on your dog's size and vehicle, you can place the crate in the rear (such as in an SUV) or on the backseat. Look for crates and carriers that have strength-rated anchor straps or work in connection with your vehicle's existing LATCH connection systems (used for children's car seats) so the crate will be secure in the event of an accident.

Alternatively, you can use a safety harness to restrain your pet in the car, but be sure it has been crash-test certified for safety.
3.Plan Extra Time for Pit Stops Travelling with a dog is not unlike travelling with a small child, in that you'll need to plan extra time to for plenty of stops along the way. Your dog will need to stop to go to the bathroom and let your
dog stretch his legs every few hours. Plan to have clean up supplies on hand, along with your dog's leash and harness, water bowl and fresh water to drink.

Be sure to plan for meal times - for your pet and you. Ideally, feed your dog in the morning before you leave and again at night once you've settled in to your hotel. If you'll be stopping to eat along the way, plan to do so at a location where your pet can accompany you, as pets shouldn't be left unattended in cars.
4.Pack for Your Pet - When traveling with your pet, you'll need to bring all necessities, including items like poop bags and food bowls, but don't forget to also pack some of your dog's favorite toys, blankets and, depending on size, even his bed to remind him of home.

You should also make sure your dog is wearing a collar with a current ID tag at all times, and pack a pet first aid kit in the event of an emergency. A recent photo on your phone is also recommended, in the event you become separated.
5.Expect the Unexpected - If you're expecting a road trip with your dog to be entirely free of hiccups, you may want to re-evaluate your expectations beforehand. Bringing your dog on vacation may provide you with wonderful new memories together and extra time to bond, provided your dog is truly up for the adventure.

However, it can also cause extra stress on both you and your pet, especially if things don't go exactly as planned. Be prepared to be flexible in your plans and keep your dog's best interest in mind, even if it means skipping an activity or two.

If your dog is generally nervous or fearful, he'll probably prefer to stay home, but even outgoing, confident dogs may have some anxiety when thrust into a new environment and routine. In this case, spraying your car or hotel room with Rescue Remedy or other anxietyreducing flower essences may help take the edge off a potentially stressful situation.

## How Much Language Do Dogs Really Understand?

## By Mary Robins

We've all heard a story of a whip-smart dog who learned strategic words, like "walk" or "treat." But do those dogs really understand human language, and if so, what are the limits on their language learning? A burgeoning field of scientific research is beginning to find some answers.

The Average Dog Doesn't Distinguish the Details of Human Speech

Try telling your dog to "sit" or "sid" and you'll likely get the same result: a good pup in a nice sitting posture. That's because, as recently demonstrated in a study from Eötvös Loránd University in Hungary, dogs don't access phonetic details when they're listening to human speech.

Researchers used a groundbreaking noninvasive method to observe dogs' cognitive responses to three types of word: instruction words they already knew (like sit, stay, or down), nonsense words that sound similar to those known instruction words, and nonsense words that sound nothing like the known instruction words.

They found that when it comes to distinguishing an instruction word from a totally different nonsense word, dogs' brains process speech very quickly-on a similar timescale to humans, in fact. But when a nonsense word sounds just like an instruction word, they don't distinguish at all.

This means that dogs aren't listening to or learning words in quite the same way as humans-or at least, not in the same way as adult humans. This kind of non-detailed phonetic recognition is also the way babies process speech up to the age of about 14 months, and goes some way toward explaining why most dogs can only learn a small handful of words, since a big vocabulary requires precision.

So what does all this mean for you and your pup? Dr. Lilla Magyari, one of the researchers on the project, notes that first and foremost, it means that dogs are listening to your speech. "If some owners are thinking that it doesn't matter what I say to my dog because the dog is watching the gestures I do or finding out from context what he or she should do, it's not entirely true. They do listen to human speech," Dr. Magyari says. It just seems that their attention isn't on the phonetic details-and yet even that isn't set in stone. "There are studies that show that after some training, some dogs can differentiate similarsounding words," Dr. Magyari continued.
"So it doesn't mean even that they don't hear these differences. It is just that they probably don't think that those differences are important."

In short: keep talking to your dog, and keep using clear commands while training them. They are listening. They just have their own way of processing the information.

Some Dogs Really Are Linguistically Gifted

Then there are the exceptions: dogs who can learn hundreds of vocabulary words. These pups are currently the subjects of another study at Eötvös Loránd University, and recently made headlines after going to head-to-head in a live Genius Dog Challenge, which challenged them to learn up to 12 new words in the space of a week. All six dogs successfully learned between 10 and 12 words in one week.

Perhaps even more interestingly, the words they learned were not command words, like those tested in Dr. Magyari's study, but names for toysa category of word that dogs seem to have much more trouble picking up. "We know that dogs can learn commands or cues or sound stimuli or any stimulus for a behavior, which is basically a process of association," Genius Dog researcher Dr. Claudia Fugazza says. "But there was [no existing research] about learning the names of objects. So we started investigating and we found that, irrespective of the age when you start training, most dogs do not learn the name of objects. We trained a group of dogs very intensively for three months, we included a group of puppies around three months old and a group of adult dogs, and none of them could learn any words."

Today, we've gained insight into how the smartest dogs learn. Chaser, shown here with her toys, learned the names of more than one thousand objects.

Yet the six dogs that participated in the Genius Dog Challenge were able to learn the names of objects with no training. In fact, astonishingly, some dogs could learn the name of a toy after just four repetitions. Perhaps even more fascinatingly, most of the dogs that have this trait seem to be Border Collies.

Dr. Fugazza and her team are now hard at work finding out how and why certain dogs have such advanced linguistic skills. "We suspect that there might be a genetic basis for this talent," she says, "but for the moment we don't know. Of course the fact that most of the dogs that have this capacity are Border Collies points to some genetic factors, but we need to run some studies to find out." Dr. Fugazza adds that the ability could very well come down to a combination of genetic and environmental factors-dogs with a particular gene meeting the right conditions for their vocabularies to soar.

## How Can Dog Lovers Help Foster Better Communication Between Humans and Dogs?

So where does this leave the average dog owner or dog lover? Since we now know for sure that every dog really is listening when we talk, there's every reason to continue lavishing attention on our pups, linguistically and otherwise. And when you train, make sure to use clear command words, to make it as easy as possible for your pup to understand. After all, they're the ones doing most of the work here: humans have not yet learned any words in Doggish.

How about if you suspect you know a linguistically gifted dog? Dr. Claudia Fugazza and her team are still looking for genius dogs to help further our understanding of dogs' linguistic abilities. If your pup knows the names of more than 10 objects or toys, you can apply to participate in gifted-dog studies, and bring humankind one step closer to our best friends.

## Tick Repellent Recipe

> 20 Drops Lemongrass Essential Oil 20 Drops Eucalypus Essential Oil 4 oz. of Water
> Add all ingredients in a spray bottle.... Shake Welll!

Spray on shoes, socks, and pant cuffs

SAFE FOR HUMANS ${ }^{\text {AND DOGS }}$

## AMSCOPE

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## 10 Facts About Ticks

Reviewed and updated for accuracy on December 27, 2018 by Dr. Hanie Elfenbein, DVM, PhD

Sure, we all know ticks are a nuisance, but do you really know what they are and what they can do? Here are 10 facts about ticks that you probably didn't know.

1. Ticks have four life stages: egg, larva (infant), nymph (immature) and adult (mature). All stages except the egg need to feed on a host, or else the tick will die. At each stage, most ticks die before they are able to find a host.
2. Ticks are arachnids. This means that they are more closely related to spiders and scorpions than insects. At the larva stage, ticks only have six legs, but they have eight at the nymph and adult stages.
3. It can take up to three years for a tick to mature to the adult stage and reproduce.
4. Ticks may appear as small dark specks on your pet's fur (larva stage). These can be hard to find, which is a good reason to provide your pet with prescription flea and tick prevention.
5. Ticks feed on the blood of their hostshumans, birds, reptiles, and wild and domestic mammals. Many tick species prefer to feed on different hosts at different life stages, though some (like the Brown Dog Tick) may feed on one host species.
6. There almost 900 tick species. Ninety of these are found in the continental United States, many of which are capable of transmitting diseases such as Lyme disease, Rocky Mountain Spotted Fever and Alpha-gal. Transmitted by the Lone Star tick, Alpha-gal causes an allergy to red meat in humans but does not cause illness in dogs or cats.
7. Tick infestations are more common in dogs than cats. They are also easier to prevent since there are more FDAapproved products to kill ticks on dogs than on cats. Some tick-prevention products are not safe to use around cats, so be sure to discuss the best preventative with your veterinarian.
8. Ticks are not born with disease agents. They acquire them during feeding and pass them along to other animals during subsequent feedings. Many diseases are only transmitted after many hours of feeding. Most tick prevention takes advantage of that time lapse and kills the tick faster than the tick can transmit disease.
9. Pets (and humans) may contract multiple diseases from a single tick bite. These
diseases can be very serious and even fatal. The tick that your dog carries into the house can bite you and spread disease.
10. Never remove a tick with your bare hand, and never twist to remove it. Instead, use tweezers or special tick-removal instruments, such as TickEase tweezers, to grasp the tick close to the skin and pull it out gently. It is important not to leave the head embedded in the skin.

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