



In Like a Lion Out Like a Lamb



We have all heard the saying, “In like a lion and out like a lamb”, in reference to the month of March, but do you know its origin? This old saying, like “the dog days of summer”, is based on the constellations – in this case Leo the Lion and Aries the Ram (or lamb). From the first day of March until the last day of March, Leo (the Lion) rises higher in the Eastern sky, while at the same time Aries (the Ram....aka Lamb) lowers in the western sky. We also know that in many climates the average temperature rises about 15 degrees from March 1st to March 31st going from winter into spring. Well in our neck of the woods we are certainly welcoming spring. It has been a long cold winter but now it is time to get out and take in that warm sunshine. The vitamin D will do you and your pets a lot of good. Find activities that you can do together, even if it is sitting together on your deck or patio while you have a cup of coffee. Take them out with you while you plant your flowers or garden. Go for a nice long walk. Enjoy these first days of spring and get outside while the sun is shining, because we know that March turns to April and April brings spring showers.



Aches & Pains and Weather Vanes



You may know a storm is coming when your dog runs and hides or pants and paces, and there are ways to help your canine companion through those situations. But what about your senior dog that lets you know the weather is changing by the way she moves. She may be slow to get up or limp a bit in her step. That is often influenced by barometric changes due to the high and low fronts that commonly move across North America.

Air is made of molecules and those molecules have weight; barometers measure that weight providing barometric pressure readings. As we age our joints loosen up and the surrounding tissue is not as tight. The space pockets created respond to barometric pressure changes often causing pain, especially in those who suffer with arthritis. You can help your dog through these changing weather patterns with a bit of TTouch™ or gentle massage, a comfortable thick spot to rest the aching bones and some natural supplements to support the joints (such as GLC or Hyaflex 🐾).

Feature Companion for this issue: Peaches



Peaches is a very sweet Chow girl that was found frozen in the snow (with several hidden medical issues). You may have seen her story on the news back in late January. She was rushed over to The Pet Connection where she was given IV fluids and antibiotics (to fight a raging infection). N2paws was called in to help - using TTTouch™ to compliment the veterinary care. Ear slides were the order of the day (along with the circle

touches), to help support the immune system and keep the dog from going into shock. With the TLC given to Peaches by MOGS (MO German Shepherd rescue, the team that found her), Pet Connection and N2paws, Peaches was quickly on her way to recovery.

Announcements:

If your canine companions need some help getting through storm season, there are a couple of products that are made to comfort them: Anxiety Wrap™ (left) & Thundershirt™ (right). These products work by providing body awareness, to help bring an animal from the mind (panic) back into the body. They fit snugly (but not too tight) around the animal and the effect is like swaddling a baby. For more information or to try one of these products, contact pat@n2paws.com.



Just for Fun

Training Tip of the Month:

It is important to get your dog out for socialization, especially at an early age. The best way to introduce this is in a controlled environment such as a puppy class or family manners class. Even if your dog is not a pup, you can still enroll him in a basic obedience class to observe and guide his social skills. Building on what you learn from class, you should take your dog out to several places (other than the dog park), where he will meet a variety of people and other canines. Dogs that have not been socialized are often fearful of other dogs, people and/or new situations. Getting your dog out and about to experience life, while providing him with leadership, will build a confident and happy dog.

Doga & Meowoga for this issue:

Vrischikasana

Increases blood flow to the brain
Revitalizes body systems
Increases mind body coordination
Tones spinal nerves

Adho Mukha Vrksasana

Strengthens shoulders
Improves balance
Calms the brain
Strengthens stomach muscles

p.s. trick photography - don't try this at home.....but do come to a Doga or Meowoga class to learn how to relax and have fun with your canine or feline companion!



Quotes of the Month (in honor of spring):

It's just the cat's meow: No matter how long the winter, spring is sure to follow – Proverb

Every dog has his day: Spring is nature's way of saying, "Let's Party!" – Robin Williams

Feature Adoptable Companion for this issue: Max



Max is a gentle soul, whose person passed away. He was put outside to grieve, alone and abandoned. He was found thin and disheartened, but his spirits were lifted as learned that there were people who cared and could show him love. In turn he loves to be with people, including children, and is gentle with all. He adores his Frisbee, a

good chase object, but would do best in a home without kitties. Max has a wonderful sweet natured temperament and would make a great family member or therapy dog. You may find out more about Max, or any of his rescue buddies at MO-KAN Border Collie Rescue, www.mokanbcrescue.org, whose mission is to find forever homes for these wonderful dogs. **N2paws** offers discounted services to transition Max to his new home (or just take a class with Max for fun!).



Upcoming Events for N2paws & other fun stuff



IAABC ... A MEETING OF MINDS
THE INTERNATIONAL ASSOCIATION OF ANIMAL BEHAVIOR CONSULTANTS

Apr 17-18 – Pet Expo (American Royal Convention Center)

May 1 – Half-day, TTouch™ for Dogs workshop, Liberty, MO

May 15 – Open House at Tails R' Waggin, Overland Park, KS

May 3 – 24 - Doga Class, Mondays 6:30–7:30pm, Overland Park, KS

May 23 – Half-day, TTouch™ for Cats workshop, Liberty, MO

Jun 7 & 21 – *Beyond the Big Bang, Overland Park, KS (6:30pm)

Jun 14 – *Pedicures for Pups, Overland Park, KS (6:30pm)

Jul 12 – *Aging Gracefully, Overland Park, KS (6:30pm)

Jul 19 – *Here's Looking at You Kid, Overland Park, KS (6:30pm)



***for descriptions of specialty classes visit:**

<http://www.tailsrwaggin.com/php/training.php>

 N2paws carries specialty shirts for nervous dogs (Anxiety Wrap™ & Thundershirt™)



If you would like to learn more about TTouch, you may contact N2paws by email: pat@n2paws.com or 816-522-7005, for a private session, group workshop or a public speaking engagement for your club or organization. Also, visit our website www.n2paws.com, for interesting links and current workshop schedule.

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