

## N-Harmony with the Animal Kingdom






### Beat the Summer Heat


The whole country is experiencing extreme weather patterns. We are hotter across the country (and in unusual places) more than we have been in many decades.

Here are a few ways to beat the summer heat and still have fun with your animal companions.

Do your gardening with the kitty or take your dog on a walk EARLY in the morning.

Freeze some liver treats  in ice cubes and toss them in the yard for a QUICK game of fetch, or place them in the water bowl and let your dog "bob for ice cube treats"

Now that we have made it through the 4<sup>th</sup> of July celebrations, we can kick back and relax – try some meditation or yoga (doga  with your dog, meowoga  with your kitty)

Take an indoor class with your dog (brush up on family manners; try agility or Rally, chill out with group Doga 



**In honor of Patriot's Day, thank a soldier or veteran for their service! If you have the means donate to an accredited military charity (see below for suggestions)**

## Remembering our 4-Legged Heroes



*This September will mark the 10<sup>th</sup> anniversary of the horrific attacks on the U.S., in NY, Washington DC, and PA, that had far reaching effects across the globe.*

*In the aftermath of 9/11, the search and rescue teams worked tirelessly to recover victims, as they have done many times before and since (e.g. Oklahoma City bombing, Hurricane Katrina and most recently Joplin).*

*The loyalty and dedication that search and rescue, K9 police officer, or military dogs demonstrate is unparalleled, in the face of dangerous and hazardous elements. They should be honored with as high a status as the human side of the team.*

*Many of the dogs that participated in the search for 9/11 victims have crossed over the rainbow bridge. That infamous event took a heavy toll on our 4-legged friends, maybe more so than the human emergency responders, probably because our canine companions were closer to the harmful elements of ground zero.*



*There are many ways to pay your respects to our 4-legged heroes from donating to their causes to thanking a SAR team, K9 Officer or Military dog the next time you see one.*

## Feature Companion for this issue: Darla

Well the 🐾Thundershirt™ has been a big hit through the storm and fireworks season. I have yet to find anyone that has purchased one, that didn't find at least some improvement with it. I have heard everything from, "Well it did seem to calm her a little bit", to "Oh my God, it was a miracle!"

The Thundershirt™ and Anxiety Wrap® are trademarked items that were designed based on the Tellington TTouch method (the technique of using body wraps) to influence the nervous system, bringing more awareness to the body which balances the physical, therefore, helping to balance the mental and emotional state (as they are all tied together). Here we have Darla, who before the Thundershirt™ would have hid in a corner of the bathroom - terrified, and this photo was captured during a storm! Feel free to send in your calmer canine wearing his or her Thundershirt™, to be featured in a future newsletter!



## Announcements:



During this season of fleas and ticks, one safe and effective way to remove a tick is with the Tick Key. N2paws is offering a free Tick Key when you sign up for a class or training session (they are also available for purchase).

N2paws encourages donations to: [www.searchdogfoundation.org](http://www.searchdogfoundation.org) or military charities in honor of the 10<sup>th</sup> Anniversary of our brave heroes (2-legged and 4-legged) (See below for more info on Search & Rescue & Military charities.....Search & Rescue teams were most recently helping the victims of Joplin, MO).

## Training Tip of the Month:

Since it has been too hot to do much outside, a fun way to stay cool is to spend some time inside teaching your dog (even an old dog), a new trick. The first rule of training is that you have to "make it fun!" This will captivate your dog's interest and keep him motivated. To make it fun you need to always use a fun (and exciting) voice. You can incorporate the lesson in with movement - for example if teaching sit, take a few fast steps forward then stop (abruptly) and ask for sit. If it is not too hot to do this one outside then you could jog around, frequently changing direction, and abruptly stop and ask for sit. You want to make sure you don't get into a pattern or your dog will catch on; you want to keep him on his toes.

Another important ingredient to make training fun is to use a high value treat. 🍗 You want to find something that is really tasty (and nutritious), but reserve it only for training so that your dog will look forward to it. It will be more like "Play & Learn" sessions than training.

# Just for Fun & Heart Tugs

## Quotes of the Month:

"Way down deep, we're all motivated by the same urges. Cats have the courage to live by them." - Jim Davis

Dogs have courage too: "On September 11, 2001 when terrorists attacked the World Trade Center, over ten thousand heeded the call for help (300 were dogs).....they worked obediently, searched tirelessly and comforted.....they went where it was impossible for humans to go.....risked injury.....they are the Search & Rescue Dogs of America.....we are forever in their debt.....NEVER FORGET"

<http://www.thedogfiles.com/2010/09/03/hero-dogs-of-911/>

## Doga & Meowoga for this issue:

**Supta Padagusthasana**  
(Reclining Big Toe Pose)

Strengthens knees  
Improves digestion  
Stretches hips,  
thighs, hamstrings,  
& calves



2008© Dan Boris

**Savasana**  
(Corpse Pose)

Rests the mind  
Removes fatigue  
Slows heart rate,  
reduces blood  
pressure



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

## Military Charities

To find a military charity that is rated for accountability (on how much of their donations are spent on the mission vs. other costs) follow this link:

<http://www.charitynavigator.org/index.cfm?bay=content.view&cpid=531>

A charity that takes care of military members' pets while they are deployed (and working for our freedom): <http://guardianangelsforsoldierspet.org/>

A charity that unites shelter pets with military veterans which brings benefit to both. This organization also supports the veterans who adopt with the animal's basic with funding and partnering with veterinarians to obtain discounts for the life of the animal.

<http://www.petsforpatriots.org/>

## **Feature Adoptable Companion(s) for this issue: Lady**



My name is Lady (a Treeing Walker Coonhound). I am just a puppy and was found huddling under a pile of rubble on a vacant lot - on a very hot weekend. I was starving and thirsty. I had been there a while because all my ribs were sticking out. These kind people took me in, got me spayed, all my shots (and on heart worm prevention and flea/tick protection). I am approx. 5 months old and weigh about 35 pounds, but will get bigger (maybe 50-60 pounds). I am a very sweet girl, but I do have a *voice*. I am looking for a forever home where I can spend time inside with my family and have a fenced yard (no electronic fences please).

If you would like to meet Lady please contact, [pat@n2paws.com](mailto:pat@n2paws.com) or 816-522-7005. N2paws offers discounted services to help transition Lady to her new forever home.

## **Upcoming Events for N2paws & other fun stuff**

**Aug 26 – Art Unleashed, 7-10pm, Hale Arena**

**Aug 29 – TTouch for Cats, KCMO**

**Sep 6 – Dog Swim (Adventure Oasis Water Park), Independence, MO**

**Sep 24 – Strutt with Your Mutt, Brookside, MO**

**Sep 26 – Doga - Intro, Overland Park, KS (6:30pm)**



N2paws carries a nice variety of high quality treats for dogs & cats (liver bites, grain-free treats, bully sticks). Contact [pat@n2paws.com](mailto:pat@n2paws.com) or 816-522-7005 for flavors.



N2paws teaches yoga for dogs (Doga) and yoga for cats (Meowoga)

N2paws teaches the TTouch method using body wraps and also carries the Thundershirt™.

**If you would like to learn more about TTouch, you may contact N2paws by email: [pat@n2paws.com](mailto:pat@n2paws.com) or 816-522-7005, for a private session, group workshop or a public speaking opportunity. Also, visit our website [www.n2paws.com](http://www.n2paws.com), for interesting links and current event schedule.**

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