

Adding Fun for Dogs to the Dog Days of Summer

Physical activity, learning new things, interacting with others, and experiencing the world around us benefit both humans and dogs. Now that the weather is warmer and days are longer it's a great time to spend time with our best friends.

Dogs are calmer, and more content if they have an outlet for their energy. Using their brain and bodies to do what they were bred to be is the key to a content dog. If your dog's genetics come from herding, swimming, retrieving, tracking, running, etc. there is an activity/class/ sport that is just what they've been dreaming of doing.

Listed below are suggestions for activities that are available in Chatham or one of the surrounding counties. Training facilities can be found for each of these with a quick online search.

Basic/Novice Obedience. This is the first step for most dogs. Basic obedience commands are heel, sit, down, stay, and come, are performed on-leash. If needed, most trainers can help with general manners issues, such as jumping on people, nipping, etc. Obedience classes are available beyond the basics that include intermediate and advanced courses.

Canine Good Citizen (CGC). Dogs prepare for a test of basic obedience skills, along with exposure to situations that prove the dogs are friendly and polite around strangers. The

the Canine Coach

by Valerie Broadway



CGC test is given by testers/trainers certified through the American Kennel Club (AKC).

Therapy Dog. Dogs are trained and tested to visit patients in hospitals and nursing homes, children in schools, and other types of care giving environments. Dogs become familiar with unexpected situations and equipment. CGC certification is a prerequisite for becoming a therapy dog. There are several nationally and internationally recognized therapy dog organizations. Official therapy dogs must be tested by an evaluator certified by one of these groups. Therapy dogs and their handlers are required to adhere to the guidelines of the organization and actively perform therapy visits to keep their certification current.

Freestyle. Most people have seen online videos of competitions with handlers performing joyful and moving dance routines with their dogs. This is Freestyle. Dogs and humans are equal partners in this advanced version of obedience moves set to music.

Dock Diving. This is a sport for dogs who

like to run, retrieve, and swim. There are several types of dock diving competitions; longest jump to retrieve an object, the fastest swimmer, and the highest jumper. This past September a state-of-the-art dock diving facility opened here in Chatham County. It's called Indian Creek K9 Aquatics and is located in Goldston, NC, and find them online at www.carolinadockdogs.com.

Dog Acting. Dogs are often seen in commercials, TV shows, movies, and in online and print ads. Acting classes can be just for fun, or perhaps you'll learn your dog has the "it" factors that could make them a star. Dogs should have mastered the basic obedience commands before being enrolling in an acting class.

Agility. Dogs run an obstacle course of many different types of objects; such as tunnels, jumps, and weave poles. Dogs of any breed and age can enjoy agility, but athletic and high energy breeds often excel.

Parkour. Parkour is a non-competitive activity that is simply for fun. It is an excellent way to exercise high energy dogs. Natural and manmade environments are used for navigation. Playground equipment, rocks, tables, ropes, ladders, and all others sorts of objects can be used.

Herding. Many dogs, especially herding breeds, can enjoy this activity. Herding is instinctual for some dogs. Other dogs need to be

introduced carefully, as they must learn there are boundaries and rules they must adhere to. There is a fine line between herding and hunting. For some breeds herding satisfies a primal need resulting in a calmer and less anxious dog.

K9 Nose/Scent Work. This is based on the training for professional scent detection (sniffer) dogs, but is just for fun. Any dog can do scent work. It relies on the dog's natural ability to use its nose.

There are many more activities to do with dogs. A search online by breed may suggest specific activities that a particular dog may enjoy and excel at. There are many other ways to spend quality time with dogs that don't involve classes. Most dogs are always up for a hike or jog. With a little practice and preparation, and a doggy life jacket, some dogs enjoy riding in a kayak or canoe. Social dogs may enjoy a trip to the dog park. Many dogs want nothing more than to play a game of fetch or Frisbee.

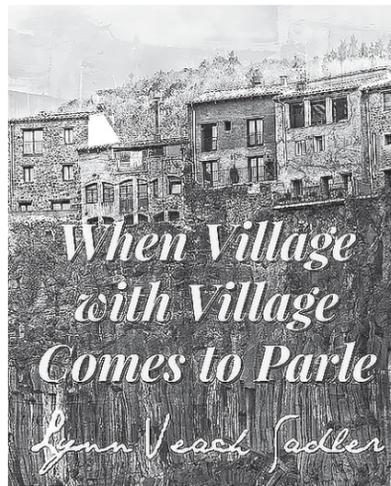
It is important to take dogs to new places and teach them new things, but what dogs want the most is to spend time having fun with their people. When the effort is made to share in interesting activities with our dogs, the result is quality bonding time. Try something new and have a memorable, healthy, and happy summer.

Valerie Broadway, the Canine Coach, is a dog trainer and behavioral specialist. For information: 919.542.4726 or www.caninecoachingservices.com.

When Village with Village Comes to Parle

Dr. Lynn Veach Sadler's latest book, "When Village with Village Comes to Parle" (Bellmawr, New Jersey: Bards and Sages Publishing, 2017) has just been published. It is her first collection of nonfiction. The title is from a piece she was asked to write about a tour of Glencoe Mill Village in January 2016. The contents include newspaper columns and articles about, for example, the Sadlers' five voyages around the world, the Old West, Gypsies, Maya Angelou, a letter to J. D. Salinger, Jazz, "Okrapreneurs," Alzheimer's, baseball, Baghdad Medical City, Princess Diana, various wars.

A (former) college president, Distinguished Woman of North Carolina, and 2010 inductee into the National Women's Hall of Fame, Lynn works full time as a writer and an editor. She has published 5 books and 72 articles and has edited 22 books/proceedings and 3 national journals and publishes 2 newspaper columns, including a history column in Chatham County Line. In creative writing, she has 11 poetry chapbooks and 4 full-length collections, 125+ short stories, 4 novels, a novella, 3 short story collections (one historical fiction), a non-fiction collection, and 41 plays (including 1 commissioned for the First International Robert Frost Symposium). She set up what is thought to be the first microcomputer laboratory in the country for teaching writing,



pioneered in computer-assisted composition [CAC], coined the term, published the first journal in the field (done with desktop publishing), and originated the first conference on academic computing in North Carolina. She consulted in and provided keynote addresses, talks, and workshops on academic computing at conferences (e.g., World Conference on Computers in Education) on campuses across the country and for organizations (e.g., Aetna Institute for Corporate Education, IBM Academic Computing Conference).

in sunlight and shadow

BY LOU LIPSITZ

A man is shoving at the front door with his shoulder and cursing because it won't give way. Where's his key, did he just forget about that which means you could guess he was drunk, but how drunk could he be if he made it this far from the Irish bar on Nostrand Avenue, though maybe somebody gave him a lift. Anyway then you hear the thud again and the curses as he bangs harder—like a hateful wind roaring out of the north disgusted with the prolonged misery of autumn. So you go to the door and look out and he's sitting down now, blue overcoat still on, gray hat in his hand, muttering, sitting on the cold tile of the entry way. And he's crying. You've never seen this—the old man crying and he starts to sing—Danny Boy - and that tune drags you like a tide carrying the debris of childhood and so you open the door and want to say "Go back to the bar you miserable drunk. Go back where they know you. Where they like you." but the song plummets into you and you sit down beside him, smell the beer and whiskey and take his cold hand the way he once took yours and let the tears swallow you.

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