

**From:** Gold Ribbon Rescue grr@grr-tx.com  
**Subject:** Newsletter - July 2015  
**Date:** June 26, 2015 at 3:32 PM  
**To:** sedonagirl@aol.com



*Rescuing and Rehabilitating Golden Retrievers in Central Texas*

July 2015



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**Newsletter Editor:**  
Dawn Marie Rae

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512 659-4653  
[www.grr-tx.com](http://www.grr-tx.com)



### A Message From Our President



It's been 17 years since our founder, Maura Phelan, and I met over lunch to discuss joining forces, to rescue Golden Retrievers in Central Texas. I had five years experience coordinating GRRIN, the Nebraska Golden rescue group. Maura and the Austin Golden Retriever Club were winding down the rescue of 100 puppy-mill Golden and Labs. By the time Gary and I moved to Austin, Maura had filed GRR's letters of incorporation and applied for our 501(c)(3) non-profit status. Using seed money left over from the puppy mill rescue, we had funds to pay our first vet bills. In 1998, websites and emails were new ways of communicating, but we plunged in.

We invited the adoptive parents of the puppy mill dogs to our first membership recruitment meeting and twenty-five people showed up, and most of them volunteered to help. Tim Tierney was in attendance, and Maura talked him into being GRR's treasurer; a job he has held continuously ever since. Our base has increased to 150 key volunteers and foster homes. We've rescued Golden Retrievers from the

Mexican border, El Paso, Midland, Amarillo, Waco, Houston, Corpus Christi and points in between.

I often reflect upon why GRR has survived these many years. Many (most?) rescues sputter and close due to lack of funds, disagreements or burn out. I strongly suspect that these key points have allowed GRR to thrive:

- Careful fiscal management and the ongoing generosity of our donors.
- Celebrating and accepting our volunteers' diverse personalities and skill sets.
- Utter determination, love, and the goal of working toward the Greater Good in rescuing these wonderful, beautiful dogs.

Since November 1998, GRR has rescued 2,645 Golden Retrievers (and almost Golden Retrievers). What a blessing it's been for both the dogs and for all of us.

In great appreciation to all of you...

I'd also like to let you know that after careful reflection and consideration, the Board has decided that GRR will no longer adopt to families with children under the age of eight. See the article below about the decision.

Enjoy!  
-Margo

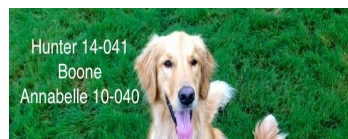
### Upcoming and Current Events

#### Gold Ribbon Rescue 2016 Calendar Auction

The auction is in progress now but will end July 4th. You can place a bid at this [link!](#)

#### Volunteer Training:

July 25th





1:00pm - 4:00pm  
[Austin Animal Center](#)  
 7201 Levander Loop Bldg A Austin, TX 78702

**Dog House Drinkery Get-Together**  
[Dog House Drinkery](#)

July 25th  
 10:30am – 12:00pm  
 3800 Co Rd 175  
 Leander, Texas  
**Note:** No children under 16 and two dog limit.

**Multi-dog house training:**

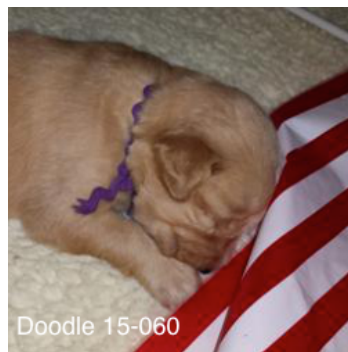
July 11th  
 9:00am - 1:00pm  
[Canine Center](#)  
 6901 Old Bee Caves Rd  
 Austin, TX

Contact [Sheila Thomas](#) for more information.



**Puppy Pandemonium at GRR: Eleven pups in two weeks**

*Becky LaBrum - see the full article and more photos [here](#)*



A couple of months ago, as our intake director, Jacki, and I were reviewing our latest rescue week, she announced, “We need some puppies. I’m ready for a litter to show.” As if on command, **Ritz, Graham, and Porter** popped into view the very next Friday! The three tiny vagrants were discovered outside a shelter at sunrise on May Day, and the staff promptly sent out an SOS. The pups were muddy and tangled, but so loaded with fluffy charm that one look at the trio’s “mug shot” had our volunteers practically fighting for the opportunity to collect them. A scary bout of parvovirus put all three boys in intensive care for several days, but they pulled right through, scampered out of the hospital, and didn’t look back. Now about 5 months old, all have been adopted.

However...be careful what you wish for. Not long after puppies 1 through 3 appeared: sudden Puppy Pandemonium!! ELEVEN more have come to GRR in just 2 weeks!

The first five puppies offer a supreme example of traveling incognito: they were already on their way when mom **Layla** came to us 7 weeks earlier, and we hadn’t the faintest idea we were getting six dogs instead of one. A respiratory virus postponed the shelter gal’s spay, and by the time she was fully recovered: “She is looking awfully round,” said foster mom. An ultrasound confirmed it: five full-term puppies. And on Memorial Day, as roads washed out, thunder cracked, and rain poured down in solid sheets, **Yankee, Doodle, Dandy, Glory, and Rebel** entered the world. Now approaching 4 weeks, the four girls and one boy are sleek and glossy, starting to waddle, and tipping the scales at a plump 5 pounds. At their first clinic visit, “The whole staff had to take turns cuddling these adorable little guys. They’re all in the pink of health.”

But wait, there’s more! Incredibly, June 12 brought us another six puppies, and mama **Jade** as well. But if Layla’s pups were born with the proverbial silver spoon in their mouths, wanting for nothing, it was a different story for 12-week-old **Coral, Opal, Pearl, Topaz, Jet, and Onyx**. Arriving at the shelter in the bare metal bed of a pick-up, mom and pups had lived a life of unrelieved hardship. Jade is way underweight, heartworm positive, and generally so weak she could barely stand. Her puppies (four girls, two boys) are likewise skinny and tiny (5 to 7 pounds), and everyone had raw, itchy skin from mange. The good news? They’re in GRR care now, we’re attacking the health concerns on all fronts. We can’t wait to see them blossom into happy dogs without a care in the world.

In the meantime, if you want puppy love, GRR is the place! Layla’s brood will be ready for adoption in mid-July, and Jade’s in a few more weeks, when we’re confident they are strong and healthy enough. We’ll also be doing DNA testing to find out who their daddies were. If you’re interested, please go to our GRR website, read our information about adopting a puppy [here](#) and then complete an adoption application at this [link](#). More photos can be seen on the [adoption page](#).

**Adoption Policy Change Regarding Families With Children**

*GRR Board*

Golden Ribbon Rescue no longer adopts dogs to families with children under the age of 8 years old (repeat adopters will be considered on a case by case basis). This is a change from the previous requirement of no adoptions to families with children under 5 years of age.

We know many families want to have great memories of their kids growing up with a dog, like they did.

Golden retrievers have changed since many of us were kids. Greed

Golden Retrievers have changed since many of us have had them. Often causes indiscriminate breeding. Puppy mills that mass produce dogs do so for profit and not for betterment of the breed.

As a result of changing times, 71% of the dogs we have taken into care since January 2015 are from shelters. These dogs come with an unknown history of their compatibility with children.

Very few of our foster homes have young children to provide us with insight on how the dog will interact with children.

Therefore, we cannot gauge how a dog will react when a child:

- Removes toys or food from the dog's mouth, bowl, or play area
- Runs and yells through the house or around the yard
- Crawls over or tugs at the dog; gives a hug
- Carries food in their hands
- Is left alone with the new dog without adult supervision

Small children, many at a dog's eye level, see a Golden as a play partner or stuffed toy. The quick movements of young children and their loud noises can become too much for a dog, which has led to injury to the children and euthanasia for the dog.

Based on this, we feel it is no longer appropriate for us to accept applications from families with children under 8, knowing the chances of placing a dog would be slim, and the wait for a suitable dog, extremely long.

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## Matching Gifts and Volunteer Grants

*Does your company offer these?*



Did you know that your company might match your volunteer time contributions? Many local companies reward volunteer time with a donation of cash grants to non-profits in which their employees volunteer. For each hour of your volunteer time, your employer may donate money to GRR. Dell, Microsoft, EXXonMobil, and Gap are just a few.

**From Tim Tierney:** I got a letter from Microsoft Employee Giving Program, and they are changing their donation. For each hour of volunteer time donated Microsoft donates \$25. Additionally they match up to \$15,000 total per employee per year. You must be a US employee of Microsoft for matching funds or volunteer funds.

See these sites for more companies and ask your human resources department whether your organization participates.

[Double the Donation](#)  
[Friends of Youth](#)

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## Where Are They Now? Finian 15-034

*James Woolum*



Linda and I discovered Finian on the GRR web site; we liked his Bio and the smile on his face. Having recently lost our Golden we had adopted from GRR, we went right back. Finian can be a world-class clown! He's always doing something goofy and he's always entertaining. Finian is a very smart dog and tries to please, as long as it is on his own agenda. On the other side he is very warm and loving and likes to snuggle in on the sofa with us.

He gets along well with our son's dog Diamond who is staying with us and he is learning all the finer points about cats. Our cat, Hillary Clintoncat and Finian have become good friends and are sharing grooming techniques.

Finian likes to go on walks through the local parks and the greenways connecting them. Our personal best was a 5 mile walk. He wanted to keep going but due to the rains there was a creek flowing over the walkway which he of course wanted to swim through but I told him no

way and we went back to the car. He never meets a stranger on our walks and I refer to him as friend to the entire world.

Finian is a typical Golden and is simply awesome, I always get a kick out of watching him make discoveries for the first time. When he saw deer in the park he just didn't know what to do with himself, then he encountered a rabbit on the trail and the look on his face when he makes a new discovery is priceless. He now loves to sniff the trails and wants to see where the scent leads him, when in hot pursuit he resembles a Hoover vacuum cleaner; I believe he thinks he is a big game hunter. Speaking of vacuum cleaners, he is the only dog I have ever seen that is not intimidated by one, in fact, he walks around following it. Finian came along at a time when we needed to fill

a note in our home and lives from the loss of wrigley, and he is doing a great job of it.

Our special thanks to the staff at GRR, Margo, Paula, and Pat for helping us to find him and special thanks to Trish and Jamey who did an excellent job as his foster parents.

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## **Volunteer of the Month - Christina Linnell**



**How long have you been volunteering with GRR?**  
Since May 2015, I'm a veteran. Haa!

**What made you want to volunteer with GRR?**  
After meeting some of the volunteers and seeing their passion for helping Golden Retrievers I knew I had to help out. If I have a skill that can help, I'm going to put it to work.

**What volunteer position do you hold?**  
I'm a part of the social media team.

**About how many hours do you typically spend volunteering in this position?**  
On average about 2 hours per week.

**What is your favorite part about all?**  
Actually seeing people get matched with dogs. The pure joy that all parties get from it. It's awesome!

**Describe a cute/funny/interesting story while volunteering in this position.**  
I don't really have any yet because it's been such a short period. But I'm sure that will change very, very soon.

**Give one piece of advice for volunteers interested in serving in this position.**  
You Can Do It! No matter how small your contribution, it matters.

**What are one or two words that describe your experience while volunteering with GRR?**  
Fun & Fulfilling

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## **Dear Goldie**

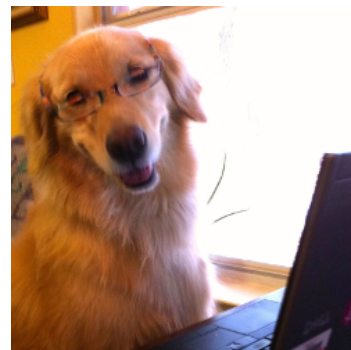
*Dawn Marie Rae*

**Bark!**  
**Bark bark!**  
**Bark!**  
**Bark bark, bark!**

Yep, that's me. I am the ultimate gatekeeper and savior of my pack. I am invincible. I am the Golden Superdog! So far, my barking has saved my owners from murder by ten postmen, forty dogs and a few cats, ten FedEx guys, three cyclists, and at least one landscaper. And yet, sigh, they are still ungrateful! When they holler at me to stop, I am even more confused. Don't they know it's for their own good? Am I barking up the wrong tree?  
Signed, Superdog in San Antonio

**Dear Superdog,**  
I am not too sure your humans think you're actually super, and to tell you the truth, I personally think you're an underdog at this point! At any rate, quit barking for a few minutes and listen to me.

We bark for a lot of reasons, but in your case, you are taking the territorial stuff a little over the top. No more crazy barking and no more yelling, from everyone in the the pack, including the humans! First, they're going to completely ignore you until you stop, they won't pet you, they won't look at you, they'll make you stay in your bed. Do you really want that?





When you do finally stop, you will be rewarded with high-end treats like cheese or chicken bits, you know, the really good stuff. They also should also teach you 'Quiet' and 'Speak' so you know when to do what, that'll help, I promise. The treats are worth a lot more than the barking, believe me. Besides, wouldn't you really like to take a break from it all, aren't you tired of listening to yourself? Are you really 'saving' anyone from murder? Chill out man!

**Note:**The 'Dear Goldie' column offers advice on issues behavioral and medical, and is written from the dog's first-person perspective. I have researched a great number of articles on the internet—and from you— before I formed the issue for this month. If you have any sample issues for the column, please drop me an [email](#). I promise to make the question and answer fun but informational. Enjoy! – Dawn Marie Rae

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## **GRR Monthly Status Report: May 15th - June 15**



**Adopted:** 15-005 Tibow, 15-036 Guy, 15-021 Montana, 14-073 Buttercup, 14-131 Parker, 15-041 Trixie, 15-051 Willow, 14-133 Rob, 15-046 Porter, 15-031 Bear, 14-045 Graham, 14-133 Rob, and 15-047 Papa Bear

**Came in to GRR Care:** 15-050 Whitney, 15-051 Willow, 15-052 Nolan, 15-053 Brayden, 15-054 Noelani, 15-055 Kai, 15-056 Buddy, 15-057 Brendan, 15-058 Grady, 15-059-15-063, 15-064 Mr. Wonderful, 15-065 Jake, 15-066 Tango, 15-067 Allison, 15-068 Simon, 15-069 Alvin, 15-070-15-076, 15-077 Benedict and 15-079 Molly

**Memorial Day Puppies:** Layla (Mother), Yankee, Doodle, Dandy, Rebel and Glory

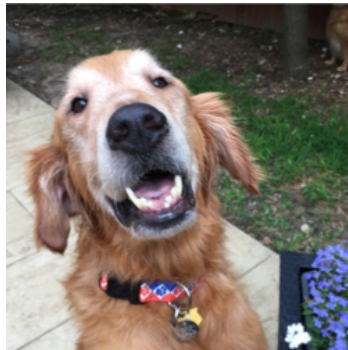
**Gem Puppies:** Jade (Mother), Coral, Opal, Pearl, Topaz, Jet and Onyx

**Currently in Foster Care:** 57 (27 Available Now/Soon, 18 Foster Pending Adoption, 4 Matched, 8 Permanent Fosters)

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## **Foster Dog of the Month: Nolan 15-052**

*Kristi Tenreiro*



When Nolan arrived at our home last month he was very thin and had a list of health issues. Thanks to the great care at the vet clinic and all kinds of love from us, he has blossomed into the most amazing dog. He is slowly gaining weight, his coat is changing to a beautiful soft golden fur and his eyes are bright and happy.

I can not say enough good things about this sweet, sweet boy. He walks well on a leash, gets along very well with other dogs and loves our kids. His favorite pastime is being anywhere the humans are, although, now that he is feeling a little more at home, he will often go to the dog beds in the bedroom and lay by his new BFF Chloe.

He listens very well; any time he is given a "no" he immediately stops and knows quickly that whatever behavior causes that word is not a good thing. He even respects the kids if they ask him to stop. Nolan is a fast learner and eager to please, he's just perfect in the house.

He does like to go outside, but currently will not really walk in to the yard without a human present. He is getting braver and realizing we always let him right back in (this may just be his way of making sure he does not get left on his own again).

Anyone who meets him will be immediately in love with his look of pure love and sweet goofy smile. He is truly a gem and anyone with a lot of love to give him will be the perfect family.

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## **We Want to Hear from You!**

*Dawn Marie Rae*



Each dog adopted from GRR is special; each has a unique story...and each happy ending is a joy to read. We would love to share YOUR adoption story with our readers.

We'd also like to hear a memorial from you if you have lost your GRR dog and would like to pay tribute to them in the newsletter. We welcome article submissions and suggestions on other topics of



Sophie 13-035

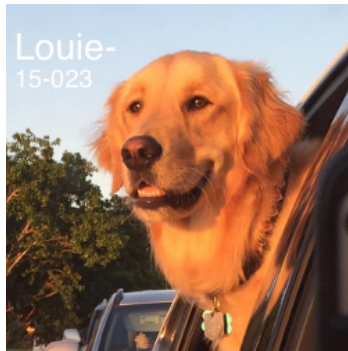
welcome article submissions and suggestions on other topics of interest, too.

Not a good writer? It doesn't matter! Just tell us your story and we'll edit it as needed. Help us share your dog's story.

If you would like to contribute something, we'd love to hear it! If you think your story is one our readers would enjoy, please submit it via email to [Dawn Marie Rae](mailto:Dawn Marie Rae). (Please include a photo in your e-mail.)

## Your Car is an OVEN!

Audrey Farrington - [Homeward Bound Golden Retriever Rescue and Sanctuary](#)



Louie-  
15-023

It seems like common sense, doesn't it? But every year countless dogs die in hot cars. On a warm day, cars heat up faster than we might expect. Never leave your pet in a locked car on a warm day.

On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On a mild 73 degree day, the temperature inside a car can reach 120 degrees in 30 minutes. On an 85 degree day, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Dogs and cats left inside briefly can suffer from heat exhaustion, heat stroke, brain damage, liver damage, and death.

If you see a dog in a car and in distress, take down the car's color, model, make, and license plate number, and call local animal services or police. Take a photo of the car/pet with your cell phone. If the car is parked outside a business, inform the manager and ask him/her to page the owner. Have someone keep an eye on the dog. Don't

hesitate to call 911 if the dog appears to be in distress. Stay with the dog until help arrives.

For more information about how you can get involved in spreading the word about hot car dangers, visit [My Dog is Cool](#).

## The Golden Stomach

- Dr. Don Bramlage, DVM [Revival Animal Health](#)

If you own a pet, you have experienced digestive problems: vomiting and diarrhea. Digestive problems can be caused by serious diseases, such as cancer, or by a serious obstruction in the digestive tract. However, most digestive problems are far simpler in origin—a change in diet, stress, a virus and most commonly, eating something that upsets the system.

### What is happening in the gut?

Vomiting and diarrhea are the natural ways the body eliminates harmful toxic substances. In a typical intestinal upset, bad bacteria start to overpopulate the intestine. Bad bacteria secrete harmful toxins that can damage the villi lining of the gut. The cells of the villi recognize these invaders and respond by secreting fluid in an attempt to flush the bacteria from their cell wall, causing diarrhea. This sudden loss of fluid can dehydrate the animal and cause the intestine to lose its flexibility if left unchecked. In most cases of diarrhea, your pet's symptoms are temporary. When diarrhea lasts longer than 12 hours, you need to intervene in order to prevent dehydration. Early treatment is easy and will ensure quick recovery. Should your pet's symptoms continue, see your veterinarian immediately to ensure he is receiving the right treatment.



### Avoid feeding off the table.

Some pet owners think they are giving their pet a treat by giving them table food. A Shih-Tzu eating one steak is like a human eating five steaks at one setting. We would have issues digesting that much protein, as well. Stick with vegetables and dog treats and limit meat to less than 10% of the diet.

### Over feeding

Dogs generally eat calories, not volume as humans do. If a dog runs out of calories today, they'll eat more tomorrow. But when a dog starts eating volume, they become overweight and have more digestive upsets. It's best to stick to a normal feeding regimen for your pet's health.

### Foreign Body Obstruction

Everything goes in the mouth of a dog! Small toys and plastic bags seem to be the most common items dogs

ingest, especially in the first year. Most dogs can pass these foreign objects without causing any harm. Occasionally, these objects cause damage or obstruct the digestive tract, leading to vomiting and surgery to correct. One way to prevent this from happening is to provide your pet with toys that are pet-safe. Child or puppy proofing their surroundings will also help. If you suspect your pet has an obstruction, see your veterinarian immediately. The right treatment may avoid a surgery.

#### **Stress**

You may not realize it, but change of diet, environment or simply a change in routine can cause stress for your pet. Diarrhea may be your pet's natural response to these situations. You can minimize stress in your pet by keeping his routine as consistent as possible. But if this is unavoidable, you can use a natural pheromone diffuser or spray such as D.A.P.® to help them feel more comfortable. In some cases, feeding probiotics one week before and during a stressful situation can help prevent stomach upsets.

#### **Disease**

Digestive problems may also be caused by illness due to disease, parasites, or virus. If your pet does not respond to typical treatment, see your veterinarian to determine what is causing the symptoms and the best way to treat it.

#### **Assist in their recovery**

There are a few things you can do to help your dog get back to normal in the midst of a stomach upset. Using a coating agent will help slow diarrhea and prevent your pet from dehydrating. Replacing lost electrolytes will speed recovery. Replacing the good bacteria in the intestinal tract with probiotics will help regain normal gut flora. Probiotics are also good to use with antibiotic-induced GI upset, as well. Although digestive problems are a normal part of life, they should not be ignored. Prevent setting pets up for digestive issues. When they do happen, early treatment will speed recovery and comfort to an uncomfortable family member.

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## **What Dogs Teach Us About Gratitude**

Audrey Farrington – [Homeward Bound Golden Retriever Rescue and Sanctuary](#)

Dogs are wonderful teachers...of love, compassion and living in the moment. They can also teach us about gratitude. Here are seven lessons we can learn from dogs to live a more grateful life.

#### **Find joy in what you have:**

Your dog doesn't worry about who has the best house, car, or dog bed. Your dog is thankful for a roof over its head; food to eat; and your love. Simple joys.

#### **Live in the now:**

Dogs don't stress about what they will be when they grow up. They don't worry about the future; they live in the now. Dogs can remember the past, but they are also capable of moving on and appreciating each and every day.

#### **Anticipate the best:**

Your dog will always anticipate the best and kindest actions from you: attention paid; a gentle gesture; assurance when they are afraid. Even dogs that have had bad experiences in their past can express something else.

#### **Forgiveness:**

A dog could have suffered hurt, neglect or worse – and still, when trust is earned – show forgiveness and surrender to love when offered kindness.

#### **Practice mindfulness:**

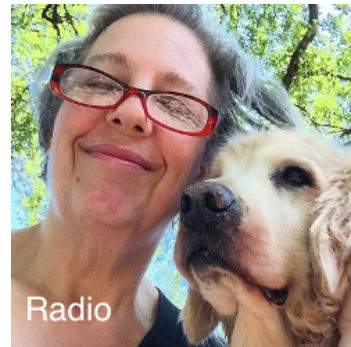
Dogs don't try to control time. They don't obsess over long lists of tasks to accomplish. Dogs make time to take in the world around them enjoying a cool breeze, the warm sun, or the march of seasons passing by. That 'staring into space' look? That's your dog practicing mindfulness.

#### **Don't pretend emotions:**

Dogs don't bother trying to cover up their feelings; they wear them on the faces (not their sleeves). Love, loss and even grief. Dogs do grieve, but they don't regret. And they share their grief with others just as they share their happiness. They seem to accept that love and loss can go hand in hand. They are grateful for the first, without fearing the latter.

#### **Pay it forward:**

Dogs show their appreciation by paying it forward. A pat is rewarded with a snuggle; a ball tossed is (generally!) returned; and your arrival home each day is met! with a wagging tail. We enjoy a lot of that appreciation and we're grateful for every moment of it.



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## **Doggy Dictionary**

[Dog Breed Info Center](#)

**LEASH:** A strap that attaches to your collar, enabling you to lead your person where you want him/her to go.



**DOG BED:** Any soft, clean surface, such as the white bedspread in the guest room or the newly upholstered couch in the living room.

**DROOL:** A liquid that, when combined with sad eyes, forces humans to give you their food. To do this properly you must sit as close as you can and get drool on the human.

**SMIFF:** A social custom used to greet other dogs, similar to the human exchange of business cards.

**GARBAGE CAN:** A container which your neighbors put out once a week to test your ingenuity. You must stand on your hind legs and try to push the lid off with your nose. If you do it right you are rewarded with margarine wrappers to shred, beef bones to consume and moldy crusts of bread.

**BICYCLES:** Two-wheeled exercise machines, invented for dogs to control body fat. To get maximum aerobic benefit, you must hide behind a bush and dash out, bark loudly and run alongside for a few yards. The person then swerves and falls into the bushes, and you prance away.

**DEAFNESS:** This is a malady which affects dogs when their person wants them in and they want to stay out. Symptoms include staring blankly at the person, then running in the opposite direction or lying down.

**THUNDER** This is a signal that the world is coming to an end. Humans remain amazingly calm during thunderstorms, so it is necessary to warn them of the danger by trembling uncontrollably, panting, rolling your eyes wildly and following at their heels.

**WASTEBASKET:** This is a dog toy filled with paper, envelopes and old candy wrappers. It is important to evenly distribute its contents throughout the house before your person comes home.

**BATH:** If you find something especially good to roll in, humans get jealous and they use this degrading form of torture to get even. Be sure to shake only when next to a person or a piece of furniture.

**LEAN:** Every good dog's response to the command sit, especially if your person is dressed for an evening out. Incredibly effective before black-tie events.

**BUMP:** The best way to get your human's attention when they are drinking a fresh cup of coffee or tea.

**GOOSE BUMP:** A maneuver to use as a last resort when the regular bump doesn't get the attention you require. Especially effective when combined with the sniff. See above.

**CHILDREN:** Short humans of optimal petting height. Standing close to one assures some good petting. When running, they are good to chase. If they fall down, they are comfortable to sit on.

**LOVE:** A feeling of intense affection, given freely and without restriction. The best way you can show your love is to wag your tail. If you're lucky, a human will love you in return.



## **Why Does My Dog...?**

**Dr. Karen Becker**

It's more of the rule, not the exception, to wonder about your dog's quirks. And, yes, they all have them... although they may vary widely from pet to pet. Just as some humans adore tennis and others are die-hard comic-book fans... some dogs live to play tug-of-war while others count down the hours until their next scratch on the back. However, being a canine does come with its own set of peculiarities, which aren't so peculiar after all when you learn the reasons behind them.

### **Why Does My Dog Curl Up in a Ball When He Sleeps?**

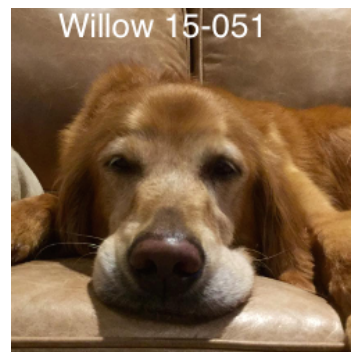
Many dogs curl up like a caterpillar when they sleep, even when they've got plenty of room to stretch out. It might seem uncomfortable, but it's a cozy, secure position for dogs, sort of like the "fetal position" for humans.

In the wild, dogs dig a nest and curl up in a ball for warmth to sleep. This not only conserves body heat, it also protects the bulk of their organs from predators. Many dogs particularly enjoy having a blanket to "dig" in and curl up on (or under). If your dog often sleeps stretched out, it means he's either hot or very secure in his surroundings.

### **Why Does My Dog Twitch While Sleeping?**

Have you ever noticed your dog start to twitch or quiver in his sleep? His feet may even start to move and he may let out a small bark or grunt. He's dreaming! Dogs go through three stages of sleep, non-rapid eye movement (NREM), rapid eye movement (REM), and short-wave sleep (SWS).

It's during REM sleep that dogs dream and the body movements that go along with them are thought to be your dog's way of "acting out" the dream. If your dog curls up when he sleeps, you might see such movements less often, since his muscles will be more tense than a dog sleeping stretched out.





Generally, you can leave your dreaming dog to dream in peace, unless he seems distressed. You may then want to call his name softly to wake him up. If it seems he's had a nightmare (yes, some dogs have nightmares), speak to him in soothing tones to help him calm down.

There are a couple of less common reasons why dogs may twitch in their sleep as well. If your dog is cold, twitching can be his body's way of warming up. In this case, move your dog to a warmer location and provide a blanket.

Twitching can also be a sign of a seizure. Initially, if you're not sure, call your dog's name to wake him up. If he wakes up, he was dreaming. If he continues to twitch and tremble, feels stiff, and does not respond to his name, he's having a seizure. In this case, you should seek medical attention. Once you know what it looks like when your dog is dreaming, you'll be able to identify it when it happens in the future.

#### **Why Does My Dog Walk in a Circle Before Lying Down?**

Your dog's ancestors slept in the wild and probably trampled down a "nest" of grass, leaves, or snow to sleep in. When your dog circles before lying down, he's displaying this ancestral tendency, which is basically a way to get comfortable and feel safe.

Your dog may also dig or scratch at your couch or carpet prior to lying down. This, too, is an ancestral behavior, as wild dogs dig holes to lie in. The hole helps keep dogs cool in the summer and warm in the winter.

Most dogs only circle a few times before getting comfortable. If your dog seems to circle endlessly and has trouble