

## A very good dog's wish list

BY KAY MACDONALD  
Special to the Record-Eagle

I read pet product mail order catalogs in the same manner many people watch the soaps, compulsively and with great pleasure and Omaha Vaccine's Best Care catalog is one I have read and ordered from for over 30 years with complete satisfaction. The Fall 2005 issue is filled with necessities and fun nonsense that my dogs just won't be able to live without now.

For our fussy eater Poodle, Bandit, there is Vito-Gravy, a vitamin fortified to add to dry food in T-bone or chicken flavoring that might perk up his puny appetite. \$3.29 for a 12 oz. bottle.

For a small dog on cold nights or an old dog with tired bones, Snuggle Safe microwave heat pad at \$20.89 can be slipped under your dogs bedding and provide a constant temperature of about 123 degrees for five to six hours.

I liked the Condo Bed for either of my two small dogs who like cosy, protected spots. It is an 18" by 18" dome made of a durable fabric with a padded floor. \$32.57.

Dog sports are gaining in popularity and agility is one of the most popular. Here's your own at home

Agility Kit for \$31.87 and it includes weave poles, high jumps, tunnel, pause box, instructions and game rules. This sounds like a lot of fun for dogs and owners.

Here's one that makes you work for your dog, the Pumpkin Puzzle toy. He takes it apart and you put it back together again. Maybe your toddler and the dog could work together on this. \$5.79.

For a teething puppy or just a hot dog. Chilly Bone. Wet the bone and put it in the freezer for an hour. Fido will love chewing the icy, vanilla flavored chew toy. Small and large sizes \$4.29.

The Custom Paw Plaque would be a nice gift for dog lovers who want to remember that special dog forever. It is a paw print, photo and name plate done tastefully from the information you yourself send. \$25.98 for a 9 by 7 plaque.

There are pill crushers and pill cutters for that hard to medicate dog, \$5.19 to \$7.39. Beef and chicken flavored canine toothpaste are available to aid in preventing dangerous plaque build up. \$2.79 includes a free toothbrush. And for that smelly old friend, air freshener from \$6.25 for a citrus spray to a dispenser of fragrance and flea fighter for \$32.95.

There are auto canine

safety belts from \$7.59 and booster seats with safety harnesses for small dogs from \$17.98 to as much as \$70.00.

For an Omaha Vaccine Pet Care catalog call 800-367-444.

If you have an interest in hunting dogs and classy gear for both you and your dog, Stafford's of Thomasville, Georgia, has a high end catalog that makes me salivate, beautiful leather items, some very nice hunting breed jewelry, clothing to make you as handsome as your dog. 800-826-0948.

At Thomas Laboratories, An interesting line of holistic pet supplies; homeopathics, herbs, oils, books and drugs are available by mail order.

If your dog camps and hikes with you, Wolf Pack LLC, has gear for the active outdoor dog at .

Made to order windsocks, banners and other canine oriented gifts, call Bhe at 800-36TAILS and ask for a catalog.

There are catalogs too numerous to name but on the web at , you can request a catalog listing of specialty catalogs.

Happy shopping and try not to get hooked on all the wonders available for your pooch.

## 'How to Meditate with Your Dog' takes a gentle pooch approach

BY KAY MACDONALD  
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*How to Meditate with Your Dog: An Introduction to Meditation for Dog Lovers* is a gentle and interesting approach to a calm, happy bonding experience between caring dog owners and their dogs. The book by James Jacobson should appeal to those who seek a deeper communication with their canine best friends.

I was skeptical at first and then I discovered that skepticism is a normal element of beginning meditation. Expecting the book to be another dog training manual, I was happy rather to find it is a method of attaining serenity with your dog and, in the process, creating a calming influence for the two of you.

A quote from novelist Edward Hoagland gives insight into the purposes of meditating with a dog:

"In order to really enjoy a dog, one doesn't merely try to train him to be semi-human. The point of it is to open oneself to becoming partly a dog."

Author James Jacobson who lives in Maui, Hawaii with his Maltese, Maui, has taught classes for many years in Washington, DC, Denver and Hawaii on the pleasures of meditation with dogs. He is a speaker and radio host and has successfully fought Hawaii's strict animal quarantine laws.

Finding dogs to be naturals at meditation which Mr. Jacobson calls "hound lounging", he has enjoyed it with Maui for twelve years and feels it is beneficial to all dogs and their human partners.

As a dog trainer myself, I have always tried to impress owners with the importance of a calming, hands on approach to teaching their dogs

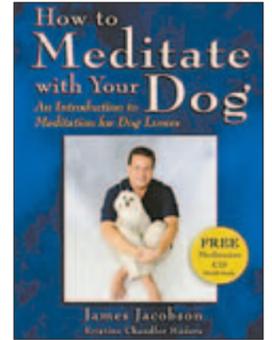
To be sane, pleasant members of the family. Mr.

Jacobson, while he encourages plenty of active play and enjoys lots of 'bliss disc' play with Maui who will retrieve her toy endlessly, does feel that the meditation time with her are important to their relationship. He relates a particularly poignant story about Maui losing her sight suddenly. The veterinarian diagnosed her with an incurable disease known as Sudden Acute Retinal Disease. She was suddenly in a totally dark world in a new house in a new neighborhood where she didn't have the comfort of familiar surroundings.

Maui was in a panic mode and so was the author and to calm himself and her he spent a long time meditating with her that day. Afterward she was more relaxed and not as confused by her new situation and he himself was ready to do some intelligent research on the disease.

And the next day Maui jumped up at the sound of the doorbell and ran to greet visitors, her sight restored. Mr. Jacobson is not inferring that meditation cured his dog, only that it gave them the serenity to face the problem. Over the years Maui's sight has waxed and waned and confounded veterinarians who predicted total blindness.

Since dogs do have a mind of their own I wondered how they could be encouraged to participate when they don't feel like "hound lounging". I had a small laugh envisioning me



begging my 110 pound Labrador to be serene with me but in his chapter When Your Dog Won't Meditate With You, the author gives reasonable instructions on soothing your dog into wishing to lie quietly with you and look forward to it in the future. This is, as I have said, a method of attaining a calm and quieted dog.

Dog lovers of contemplative natures will enjoy the light handed introduction to human/canine togetherness. Synergy, the law of "where two or more are gathered" making meditation more effective, is attained as well by one of the partners being canine. The author as guru, guides us into comfortable, relaxing methods of finding our way into this practice.

The book is \$16.95 and includes a free downloadable CD complete with music and guided instructions. It can be ordered by contacting 0-975-2631-1-0

Ten percent of the profits from sales will go to non profit organizations that train service dogs.

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