



# Leash on Life

January 2009

Monday - Friday 10 to 6  
Saturday 9 to 4  
Sunday Closed

## Just Stuff It!

Our customers often ask, *How can you keep a busy dog busy?* The simple answer: Any dog can benefit from the joy of stuffable toys! *Stuffable toys*, you might ask? Yes, we have a great variety of interactive toys that can be *stuffed* with food or treats—just ask to see them! Benefits from these types of toys extend beyond keeping your dog simply busy.

First, your dog will be working hard to remove the goodies you place inside—this time consuming task will keep your dog engaged while you are gone at work or simply reading the paper. If your dog is busy working on a stuffed toy, he can't also be chewing your favorite shoes! Second, these toys are great as an aid in crate training. When used as rewards for going in—and staying in—your dog will associate being crated with a lasting treat. Third, chewing is a great stress reliever for dogs! If you have an active or anxious dog, some of that energy can be diffused. Lastly, dogs love them—but not just for the food. Interactive toys requiring *de-stuffing* engage a dog's natural instincts. To quote trainer Jean Donaldson, *The vast majority of dogs are under challenged in their day to day life (Culture Clash, 1996)*.



**Frozen treat, anyone?** Not only do Kongs freeze well, but they are safe for the top rack of the dishwasher!

A few favorite stuffings: canned plain pumpkin, vanilla yogurt with apple slices, peanut butter and mashed bananas, canned dog food with a biscuit stuffed inside, and rice boiled in chicken broth. Put these in the freezer and even Master De-Stuffers can burn quite a bit of energy and brain power cleaning out a frozen Kong! To restrict adding extra calories, simply place part or all of your dog's meal in an interactive toy. For novice de-stuffers, we recommend making the toys easy for the dog at first: make sure the treats or kibble you place inside easily fall out.

## You Are What You Eat...

By now, you have noticed dog food manufacturers have raised their prices. This mirrors the price increase in the *human* grocery stores: the pet foods in our store use human grade ingredients. Let us assure you *the extra few dollars per months is worth it*. A premium dog food can be identified through a quick review of the first five ingredients and evaluation of the included preservatives. For example, compare the first five ingredients of two common low cost brands of dog food to our Innova dog food. The answers are on the back of the newsletter.

- Natura's Innova Adult: turkey, chicken, chicken meal, barley, and whole brown rice.
- Food 1: Corn, soybean meal, ground wheat flour, beef and bone meal, animal fat with preservative BHA (a carcinogen) and corn syrup.
- Food 2: Wheat flour, powdered cellulose, chicken, brewers rice, and corn gluten meal.



Hope you all enjoyed the holidays and all the goodies as much as Gertie!

## Stop By and Meet the Crew!

We would like to take the opportunity to introduce the *wonderful folks* who help us out by working in the store. Not only do they give us the opportunity to have the occasional day or afternoon off (to go spoil our critters, of course), but they do a terrific job helping all of our loyal customers as well as doing the behind the scenes stocking and arranging of the store. We could not do it without them. If you see a new face at Leash on Life, please say hello and introduce yourself the next time you are in!

You will recognize **Justin** as the one who carries two big bags of food at the same time. This description sells him short, however: not only is Justin knowledgeable about all of our products, he is a great resource of information about rescue dogs. Regis is his four-legged buddy. You may recognize Justin from the side lines or courtside at Hawkeye games where he works as a photographer. **Rachel** brings a sense of youthful style to the store as well as her knowledge and love of cats. The fancy felines Angie and Teddy allow her to stay with them. After all, Teddy is a celebrity—he posed in the October 2007 Leash on Life newsletter playing with a Ducky World cat toy. Rachel is learning about dogs with great enthusiasm. When Rachel is not at the store, she spends her time as a dean's list student and baker at the Co-op. **Brenda** is our newest staff person who had the unbridled pleasure of learning the ropes during the holidays. She has a beautiful Golden Retriever at home named Bandit. You will recognize Brenda by the big friendly smile on her face. **Michelle** is our utility player. She fills in when no one else can and at a moments notice. Scoobie, Bear, and Rocky are her dogs at home. Michelle works full time as a realtor so we appreciate her willingness to step in and help out. Michelle also volunteers her time as the president of the Friends of the Animal Center Foundation. **Sherri** (Laurie's sister) and our friend **Jodeane** also fill in when we are overwhelmed or out of town. We dare you to ask Jodeane about her dogs and cat. She is the Raptor Center director and most birds of prey are bigger than her dogs. Sherri has big Teddy and Mika (a Solon rescue dog) at home with her. **Laurie** Haag has been with us since we opened, lending one of her many talents of photography. You may have seen Laurie with her Great Pyrenees, Ben at the dog park. Please stop in to meet all of these great people. All of them love dogs and cats as much as you do.



Our local celebrity: Teddy the cat

## Adoptable dog, Quinton...

Quinton is a friendly, outgoing and energetic Lab/Pointer mix. A youngster at about six months old he is ready for daily exercise and someone to take him to dog school. He would like a playmate to match his energy level, human or canine. Quinton is available at the Iowa City Adoption Center, call (319) 356-5295 or visit [www.icanimalcenter.org](http://www.icanimalcenter.org) to learn more about any of the dogs and cats at the Center.



## Dogs of Iowa City



## Remember the New Year...

The Dogs of Iowa City calendars are now available. This desk calendar sits up in a CD jewel box display stand and features photographs from Leash on Life sittings taken by Laurie Haag. All the proceeds from the sale of these calendars are being donated to the Iowa Women's Music Festival and the Iowa City Dog Park. Calendars are \$8 each. Stop by Leash on Life to pick one up and to see which month has your favorite dog.

*Food 1: Kibbles & Bits. Food 2: Purina Pro Plan.*

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