



On Our Cover:

Cover photo/Maltese ©Kim Rawicz/Adobe Stock

FEATURES



MANE ATTRACTION

Their silky, white coats are glorious, but that's only one reason the Maltese has captured hearts for 3,000 years.



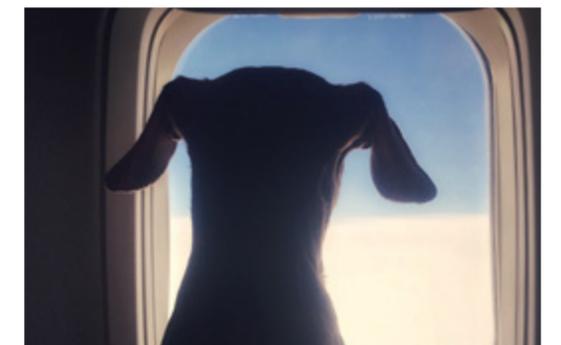
YOU CAN BE YOUR DOG'S PERSONAL TRAINER

These easy, at-home exercises will boost four-paw fitness.



HIGH HOPES

Will cannabis for canines live up to the hype?



PUP IN THE AIR

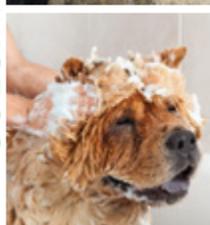
Tips to help take the stress out of taking flight with your dog

COLUMNS & DEPTS



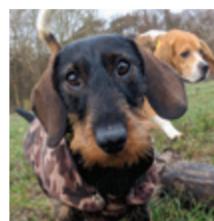
YOUR FAMILY DOG

The messy side effects of spring showers



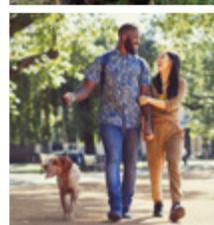
GOOD GROOMING

Seven ways to make bath time less stressful for your dog



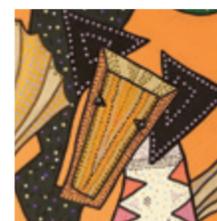
PAW PRINTS

Puppy love in Paris, new tick-prevention guidelines, and unusual fears



THE VET'S VIEW

Stress can have serious medical consequences on dogs.



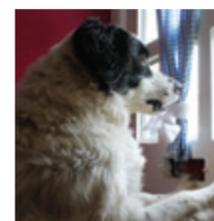
ONCE UPON A DOG

An unexpected breed in a piece of Mexican art



A DOG'S LIFE

After a personal setback, her dog opened her eyes to the joys of solo outdoor adventuring.



TRAINING & BEHAVIOR

Is it separation anxiety or does your dog just miss you?



HEROES & HELPERS

A yellow Lab is an essential member of the team on one Missouri farm.



THE CANINE MIND

Does stress cause premature graying in dogs?



THE END OF THE LEASH

A yogi and his Boxer

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Rest and Relax

Feeling anxious? Take a few deep breaths and digest this food for thought: As a pet owner, you have a valuable resource for combatting stress right at home, perhaps in your lap at this very moment. Scientific research has shown the correlation between dogs and elevated levels of “feel good” hormones, and a 2016 survey by the Human Animal Bond Research Institute found that 74 percent of pet lovers report mental health improvements from owning a pet.

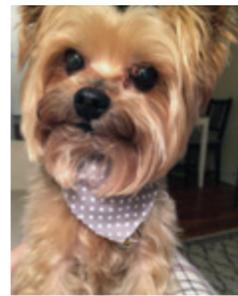
But what about when our beloved dogs become overwhelmed with fear and anxiety? We’ve dedicated this issue to addressing ways to combat stress in pets, from [indoor exercises](#) that work the mind and body to the growing controversial market of [cannabis treatments](#). You’ll get tips on how to navigate particularly stressful situations for dogs, including [flying](#), [grooming](#), and [being alone](#). Finally, our veterinary expert discusses the [detrimental health effects](#) that result from extended periods of stress.

We also acknowledge the comfort that canines bring to our lives. Our writer shares a [personal story](#) of how her dog helped her overcome a disappointing result from fertility treatments, and we end with an inspiring quote from a [yoga expert](#) who finds Zen beyond the mat in his relationship with his Boxer.

Keep calm, and read on.



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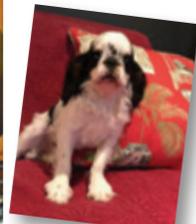
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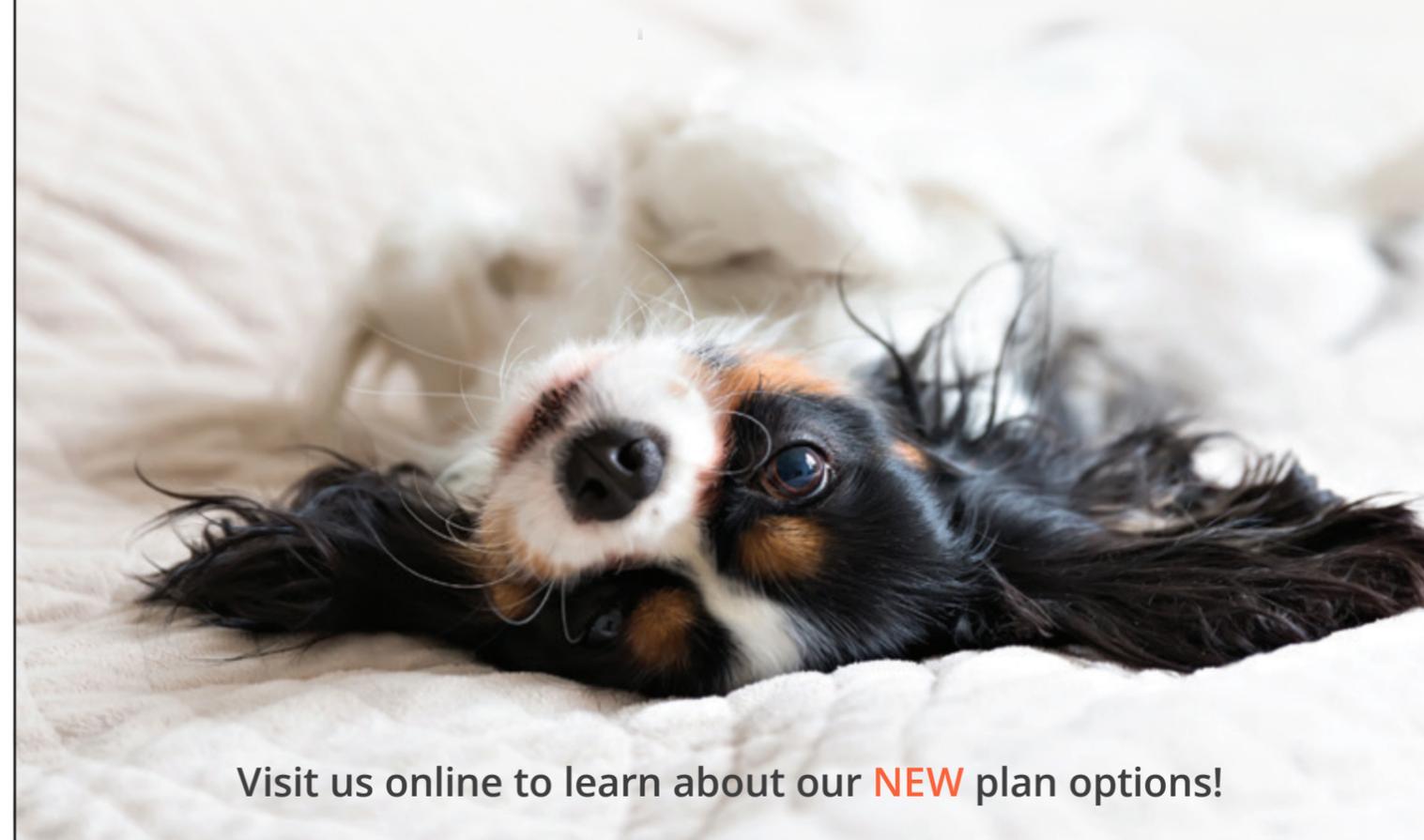
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YOUR FAMILY DOG



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An American in Paris

These lucky dogs get to participate in a cultural exchange with travelers from around the world. Bottom: Since their own Pomeranian was back home, the author's husband especially enjoyed meeting Homie in Paris.



Dogwalker Juliette Sebaux leads the pack; right: author Dana McMahan

lining a wide street on the fringes of Paris, a series of vans emblazoned with dog pictures hint at their purpose. They belong to the dogwalkers of La Ville Lumière. Along with these professionals in the heart of the Bois de Vincennes park, dozens of peppy Parisian

pups romp and wrestle across an expansive field, roam through forests, and doggie paddle in creeks. And if you're traveling to Paris, you can join them.

Enterprising dogwalker Juliette Sebaux invites travelers to become part of the pack through her Airbnb Experi-

ence [“Walk with Dogs in an Urban Woodland”](#) (price: about \$40), which this writer participated in during a recent trip to Paris.

Most days, a small group of guests join Sebaux to meet her clients—up to a dozen pups including her own Pomeranian, Homie—for a two-hour outing far from the tourist crowds. I let thoughts of long museum lines be forgotten in favor of watching Hermes, Oscar, Georges, and crew

dashing off-leash around a huge field where other packs form constellations around their walkers. Escape artists wear GPS trackers, and periodically Sebaux left me in charge while she chased down an explorer.

The dogs don't answer to English commands like

“come” or “sit” but know the universal language of treats, and Sebaux comes bearing goodies. You'll quickly see why she urges you to wear “clothes and shoes that are NOT fragile” when your new friends leap up to say *bonjour*. The hard part is saying *au revoir*. —Dana McMahan

we asked, you answered

Fear Factor

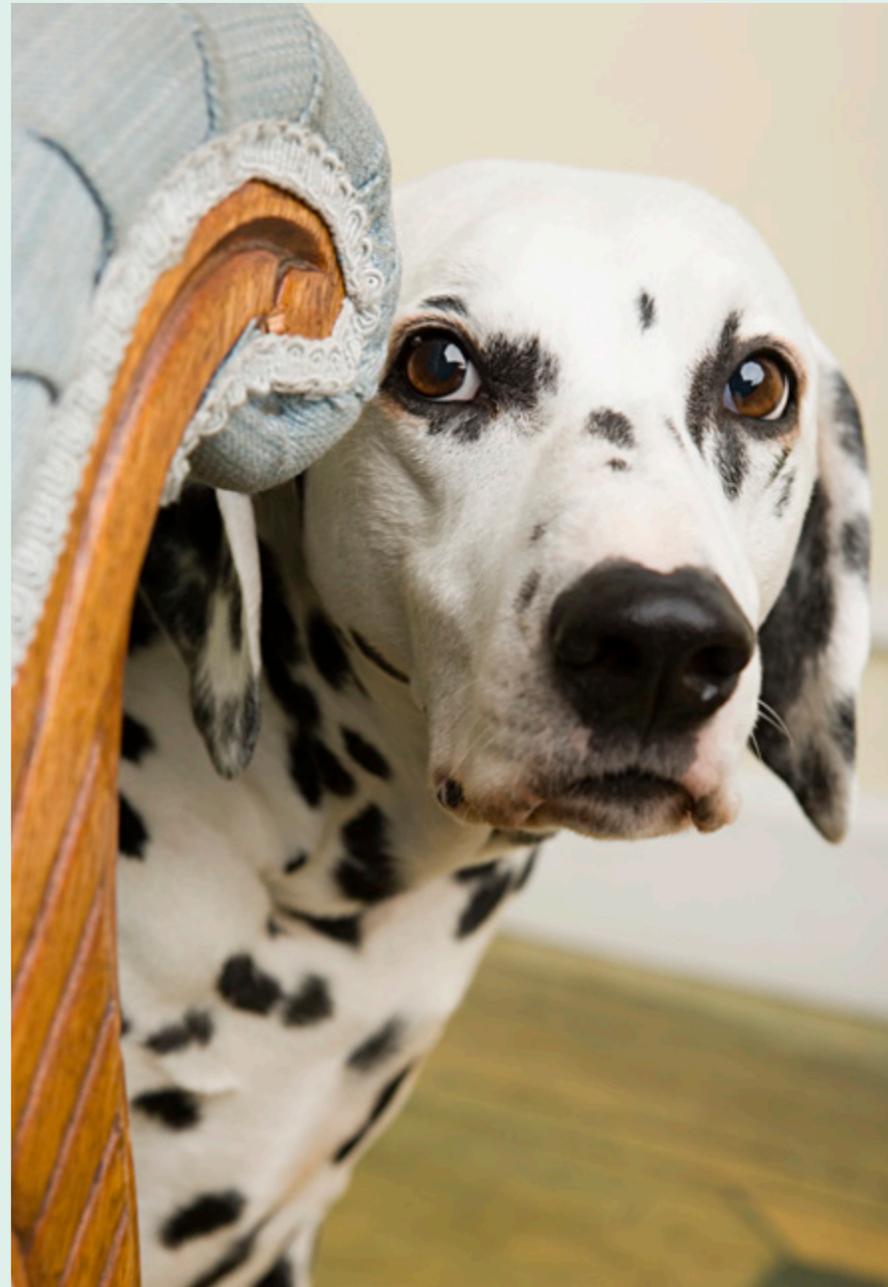


We asked followers of the AKC FAMILY DOG Facebook page to share their dog's odd fear. Some triggers, like plastic bags, cats, and vacuums, were more common among those who responded, and then there were these:

My Cavalier is scared of the middle couch cushion... not the left or the right ones, just the middle one. —KT

As a puppy, my dog Franklin scared everyone by barking incessantly at the reflection of the TV in the window at night. —Amanda

My Pomeranian was afraid of flies. If a fly got in the house she would shake and breathe heavy and hide. #dogfears —Michelle



I have a German Shorthaired Pointer that is afraid of flies also! At night if she hears one, she sits beside me on the bed shaking like a leaf and whining until I get up and kill it! —Stevie

Not sure if it's the smell or why but pull a lemon out of the

fridge and he runs to another room. —Cyndi

His own fart. (True story!) —Lisa

Note: If your dog is showing stress at a particular sight or sound, speak to your

veterinarian about possible behavior modification that may include medical treatment.

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*Responses have been edited for length, grammar, and clarity.

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PAWPRINTS

With the weather getting warmer, flea and tick season is gearing up again. And according to the Companion Animal Parasite Council, Lyme disease is becoming more prevalent in the United States, even in areas where the tick-borne disease was not previously considered a high threat, including in Illinois, Iowa, North Dakota, Ohio, Michigan, and Tennessee. Speak to your veterinarian about the risk of tick-borne disease in your specific area and recommendations for keeping your dog safe, including year-round flea and tick prevention and in some cases, a Lyme vaccine.



Stamp of Approval

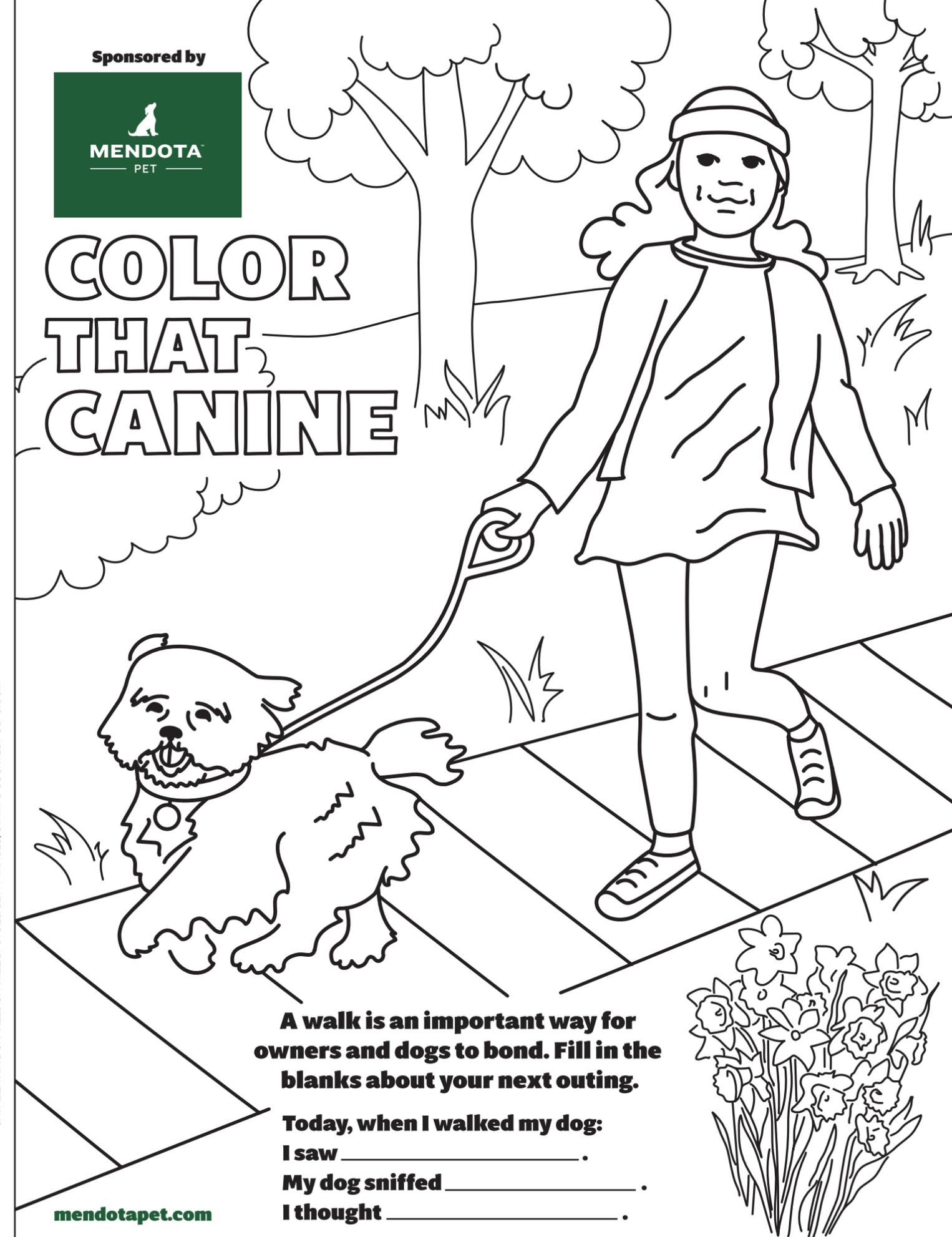
Texting and emailing may be the preferred methods of communication these days, which is all the more reason to add a special touch to snail-mail correspondence. This year, dog lovers can give a nod to the country's brave military K-9s through the latest addition to the United States Postal Service's 2019 collection, the Military Working Dogs. The 20-stamp booklet features four breeds commonly bred and trained to be K-9s: German Shepherd Dog, Labrador Retriever, Belgian Malinois, and Dutch Shepherd.

CAVALIER KING CHARLES SPANIEL: ©FOTOES/GETTY IMAGES; STAMPS COURTESY USPS.COM

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A walk is an important way for owners and dogs to bond. Fill in the blanks about your next outing.

Today, when I walked my dog:
I saw _____.

My dog sniffed _____.

I thought _____.



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"The Bravos," among the hundreds of doggy artworks on view at the [AKC Museum of the Dog](#), now open in New York City

The editors of this page will span centuries in search of juicy historical tidbits to share with our readers. But this edition of "Once Upon a Dog" goes back a mere 23 years to bring you Alfredo Garcia Aguilar's 1996 "The Bravos." The imposing 71-by-58-inch mixed-media canvas hangs in the new AKC Museum of the Dog in the heart of New York City.

"The Bravos" is awash in traditional Mexican colors and folk

imagery. In fact, it's quintessentially Mexican except for one detail: the choice of breed. The artist presents not the Chihuahua or Xoloitzcuintli you might expect, but three stylized Smooth Fox Terriers. The incongruity of this English breed against a vivid Mexican backdrop is among the charms that made "The Bravos" such a hit with the AKC Museum of the Dog's early visitors and the reporters who previewed the opening. In its whimsical way, this Anglo-Mexican mashup joyfully suggests the multicultural mix of the city that is now its home. **FD**

What, No Chihuahua?



AKC MUSEUM OF THE DOG COLLECTION/PHOTO BY DAVID WOO

Some people believe that a puppy who whines briefly after the owner leaves the room may have or will develop separation anxiety. That's not the case. But a dog who barks nonstop for hours after being left alone or exhibits some of the behaviors discussed below could very well be affected by the behavioral disorder. Fortunately, training by a qualified professional, sometimes combined with veterinary intervention, can be successful in treating it.

WHY DOES THIS HAPPEN?

Dogs are social animals, and they like to hang out with their pack. In certain animals, when they're left alone, it triggers a response of fear or even panic.

WHAT ARE THE SIGNS?

Typically, when I meet with a new client to discuss behavior issues with their dog, we have an in-depth interview to properly identify the problem. This article isn't meant to diagnose or treat dogs I haven't personally evaluated, but there are a few common signs that can point to separation anxiety:

- Barking, howling
- Breaking of housetraining (some dogs might also eat their feces, a behavior called coprophagia)
- Chewing/destruction of property, especially at exit points, like doors and windows



Stay with Me

Of all the behavior issues I'm asked about at my dog training school, by far the most misunderstood is separation anxiety.

- Trying to escape
- Excessive licking or chewing themselves
- Drooling
- Pacing
- Attempting to prevent owner from leaving
- Greeting owner in a hyper, hysterical manner

While most of the behaviors on this list alone can also point to an untrained dog, a combination triggered by the absence of the dog's guardian usually indicates the issue is anxiety based.

WHY DOES THIS HAPPEN?

Like in people, mental-health issues in dogs can arise at any time and may stem from a variety of factors. Some common ones include:

Genetics. Some dogs have this issue hard-wired into them. I've met puppies from the same litter who have this issue show up in multiple generations of a particular line of dogs. That's why it's necessary to seek out a responsible breeder and ask questions about temperament.

Learned behavior. If one dog in a multi-dog household has anxiety, there's a good possibility that it can be passed to the others.

Life changes. You got a full-time job and are out of the house all day now. Someone moved into (or out of) your home. You moved into a new home. You got a divorce. A household member passed away.

BEFORE BEGINNING TREATMENT

It's important to talk to a veterinarian if you suspect your dog may have anxiety to rule out an underlying medical condition. For example, a urinary tract infection or side effects from medication could explain your dog having accidents while you're gone.

Also, consider your own commitment of time to your dog while you're home. It's possible chewing or destructive behavior are merely lapses in training or a lack of exercise.

HOW SEPARATION ANXIETY IS TREATED

Please note this issue is not a "quick fix." It's a problem that requires the expertise of a veterinary behavior expert and sometimes a medical professional, too. But some initial steps I take to help clients include the following:

Systematic desensitization is my preferred way to teach a dog that something he doesn't like will lead to something he does like. One way to start is by giving your dog a food puzzle toy before you leave the house. Vary the time frame that you give it to him so he can't predict when you're leaving. Sometimes give it to him 20 minutes before you leave, sometimes 2 minutes, sometimes 10, and never give it to him for any other reason. The idea is for your dog to love it when you leave. It's even better if the toy is frozen so that it takes

a long time for the dog to finish it.

Change your departure cue. In short, don't let your dog know when you're leaving by changing your routine. It might be something as subtle as the sound of your keys as you grab them before you go, or something you say to your dog as you leave. To fix this, start by picking up your keys, putting them down, and then doing something other than leaving (e.g., sit on the couch or make a call) so that eventually that action becomes a non-predictor of an event. As for what you say when you leave, how about saying nothing and just leaving? I promise your dog won't think you're rude.



It's not like walking out of the house without saying goodbye to your grandma.

Train his body and his mind. Every morning, my 18-week-old puppy (who doesn't have separation anxiety) and I get up to run around and complete some training. When I leave for work, he's ready for a nap. It's a rare occasion that he even notices I've left. He gets his breakfast in a frozen puzzle toy, which also works his brain, and by the time I return a few hours later, he's well-rested and ready for the next adventure.

Consider a Web Cam. It's helpful to use cameras to monitor your dog's behavior while



you're away. One model even lets you offer treats remotely. Note: Some people use the microphone feature to speak to their dogs while they're not home. Personally, I think that would freak my dogs out, so I do not use that feature.

SEEK PROFESSIONAL HELP

True separation anxiety can be a serious issue that escalates quickly, so I always recommend that people contact qualified dog professionals for a treatment plan. Your dog may benefit from behavior modification combined with veterinary intervention, including medication.

You absolutely owe it to yourself and your dog to find out what's at the root of this behavior so that you can solve the problem and reduce/eliminate the stress of it for both of you. **FD**

Kathy Santo trains dogs for home and competition at her New Jersey school. She is the author of Kathy Santo's Dog Sense and has handled multiple Obedience Trial Champions. Check out her new digital dog-training course at dogtrainingtribe.com.

History records that something remarkable happened to Marie Antoinette (1755–1793), the ill-fated queen of France.

The night before her jailers walked her to the guillotine, her hair allegedly turned white. She is not the only person whose hair lost its color because of a major

stressful event. More modern accounts tell of survivors of bombing attacks in World War II whose hair turned white as a result of the anxiety they had experienced.

Furthermore an examination of “before and after” photographs of United States presidents shows a highly visible increase in the amount of gray hair by the end of a four-year term. Some scientists suggest that this is a consequence of the stresses experienced in that office.

With or without stress, we can expect our hair to begin to turn gray as we age. At the age of 45 or 50 years it is likely that many of us—including our dogs—will have visible graying. This lighter hair appears first on the dog’s muzzle and face, and it’s usually quite noticeable by the time the dog is 7 or 8 years old. But of course there is a lot of variability in the age when a person’s hair begins to turn gray, and the same is true for dogs. Some dogs can show graying on their muzzle as early as 1 or 2 years of age. Genetics clearly play a role, but other factors—including stress—contribute as well.

Hair color comes from

melanin, a pigment that is produced in each hair follicle. There are two hypotheses as to how graying happens. The first is that aging wears down your DNA, somehow inhibiting the production of cells called melanocytes, which produce melanin. The second hypothesis says that your hair gets bleached from within because hydrogen peroxide is also produced in small amounts in the follicles. Normally this bleaching compound is kept in check by another enzyme called catalase, but eventually the body stops producing this enzyme.

Scientists are still not clear how stress might prematurely trigger either of these processes, but in 2011 a team led by Nobel prize winner Robert Lefkowitz offered a clue. It has to do with exposure to stress-related hormones, specifically ones called catecholamines. Prolonged exposure to these hormones has many negative effects, and these can reach all the

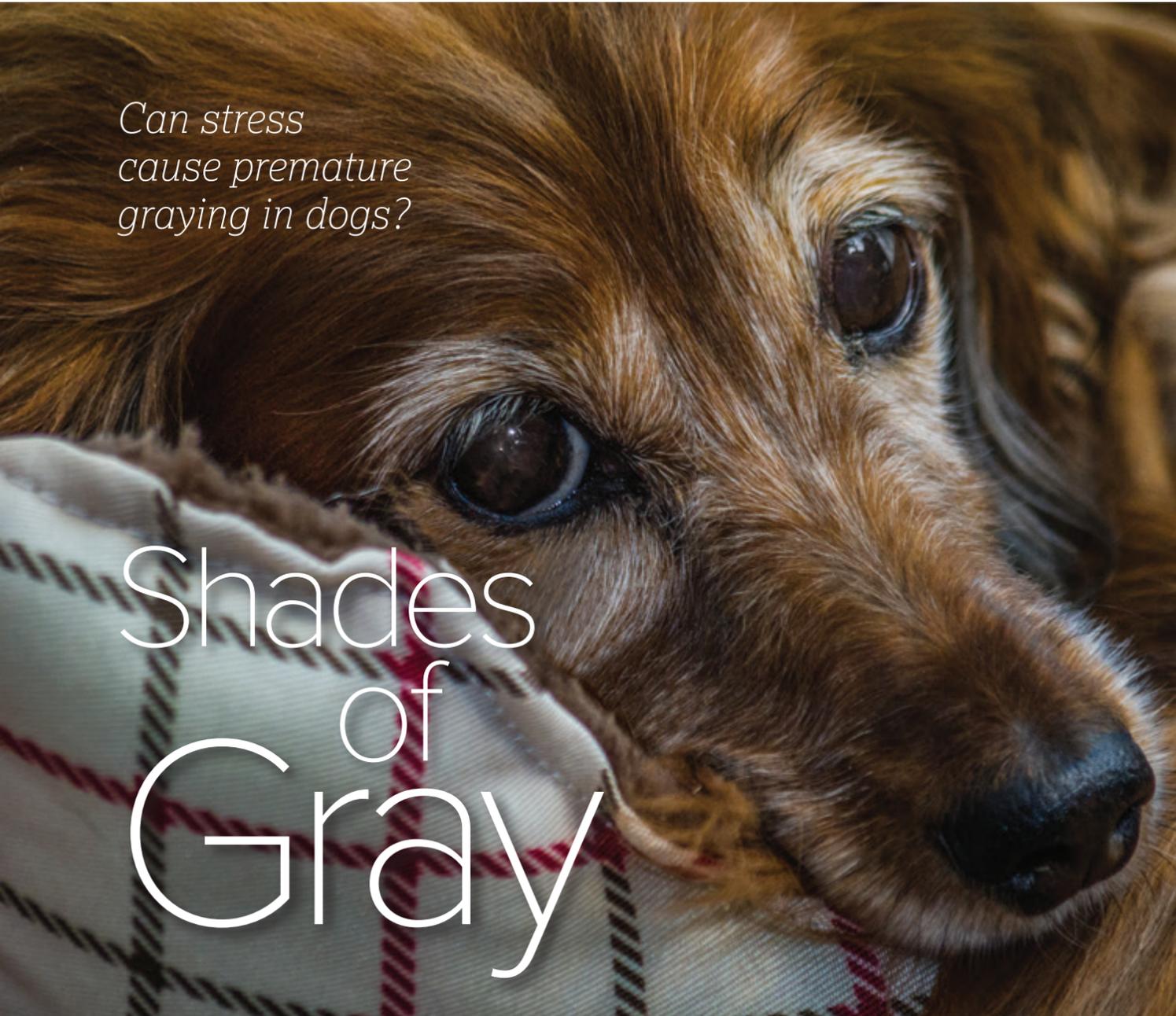
way into your DNA and affect the genes that control hair pigment. This can cause premature graying in people, and some new data suggests that the same stress factors can also cause your dog to gray earlier.

Recent research by a team headed by Camille King of the Canine Education Center in Aurora, Colorado, found that anxiety and a personality factor called “impulsivity” can predict premature graying in dogs. This was a fairly large study involving 400 dogs one to four years of age. Although the study included a variety of different breeds, the researchers had to exclude dogs whose hair color was too light to allow them to see the presence or absence of gray muzzle hair.

Photographs were taken of the head of each dog and later independent scorers determined how much graying had occurred on the dog’s face, and how far the gray hair crept along the muzzle line. The dog’s owners were

Can stress cause premature graying in dogs?

Shades of Gray





given a questionnaire which included a set of items to determine the typical anxiety and impulsivity levels in their dogs. Anxiety was defined as a reaction to a possible or imagined danger and its symptoms include restlessness, fearfulness, stress whining, cringing to avoid being touched, and submissive urination. Impulsivity is a personality trait which looks a lot like hyper-

activity in dogs. Dogs with this trait are distractible, hard to calm, have difficulty maintaining a stay position, and are endlessly barking, jumping up on people, chasing, and so forth.

Although the researchers used some high-powered statistical regression analyses on the data, the basic findings are quite clear. To begin with, as you might expect, older animals were more likely to

show graying of the hair on the face. One little surprise here was the fact that female dogs tended to show more graying than males.

When the researchers turned to the critical variables, they found that the more anxious and impulsive a dog is, the more likely it is to show premature graying of the hair on the face. The most graying was found on dogs who were fearful of loud noises and unfamiliar people or unfamiliar animals.

The neat thing about these findings is that a dog who is showing premature graying is essentially hanging out a flag that indicates he is under stress and may have impulse control problems. In other words, if a young dog is already beginning to show graying on its muzzle, then it may be time to start thinking about teaching the dog some coping skills and behavior control. **FD**

Stanley Coren, Ph.D., is a professor in the Department of Psychology at the University of British Columbia and a writer for Psychology Today.

GOLDEN RETRIEVER: ©KALIB/GETTY IMAGES

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Rub-a-Dub Dog

Seven ways to make bath time less stressful for your dog

Baths encompass several things some dogs find stressful:

- Slippery tubs and sinks feel unsafe even to young, sure-footed dogs.
- Voices and other noises sound louder in smaller bathrooms.
- Proximity of your hands, body, and face during bath time crowds a dog's sense of personal space.
- Water, especially around the face and ears, isn't every dog's friend.

Acknowledging the angst your dog may feel is a good start. Next, let's look at ways to create a relaxing—or at least distracting—environment for bath time that lowers your dog's stress.

1. STICK DOWN A RUBBERIZED MAT TO GIVE BETTER FOOTING.

Dogs that feel like they can safely stand are less likely to keep trying to jump out of the tub.



2. SPEAK AND PRAISE YOUR DOG WITH A SOFTER VOICE.

Try not to scream or laugh too loud, even if your dog shakes and gets water all over you.

3. MAKE THE AIR AND WATER TEMPERATURE JUST RIGHT.

While people often enjoy steaming hot showers and baths, be careful with the water temperature you use to bathe your dog. People tolerate water temps well above their body temperature, even as hot as 110 degrees Fahrenheit. Even though a normal dog body temperature runs several degrees higher than yours, use



tepid water to bathe your dog. Temperature-wise, that's degrees in the 90s or even lower. Basically, lukewarm water feels just barely warm to your bare hand.

If you're worried about your dog

being cold, it's much better to super-heat the bathroom air than to use hot water. If you have a heating vent or radiator in your bathroom, crank up the heat and close the door about 30

minutes before you plan to bathe your dog. If you use a space heater instead, just be careful and be sure to move the heater out of the bathroom before you start running any water.



4. AVOID OVERHANDLING YOUR DOG.

Many dogs feel more comfortable and confident when they can control their body. If your dog is big enough to get into the tub solo, then train that behavior separately with the rubber mat in place and without any water involved. Reward your dog mightily for hopping into the tub.

If you need to lift your dog into the tub or sink, train that as a positive encounter as well. Don't set up scenarios where you end up wrestling a wiggling—or worse, thrashing—dog into a bath.

5. PROVIDE BATH-TIME ENRICHMENT.

Look for silicon or rubber toys that stick to the bathtub wall with suction cups. Stuff them with canned dog food and freeze so that it takes dogs longer to lick the food out. You can also teach these toys entirely separate from baths so that dogs look forward

to the bathtub as the place these wall toys are offered. Examples include the Chase 'n Chomp Sticky Bone, Aqua-paw Slow Treater Treat Dispensing Mat, Hyper Pet Lickimat, and Lick Lick Pad.

Or, if you don't mind the mess, simply smear peanut butter or canned dog food on your bathroom tile walls.

BULLDOG: ©CHRIS AMARAL/GETTY IMAGES

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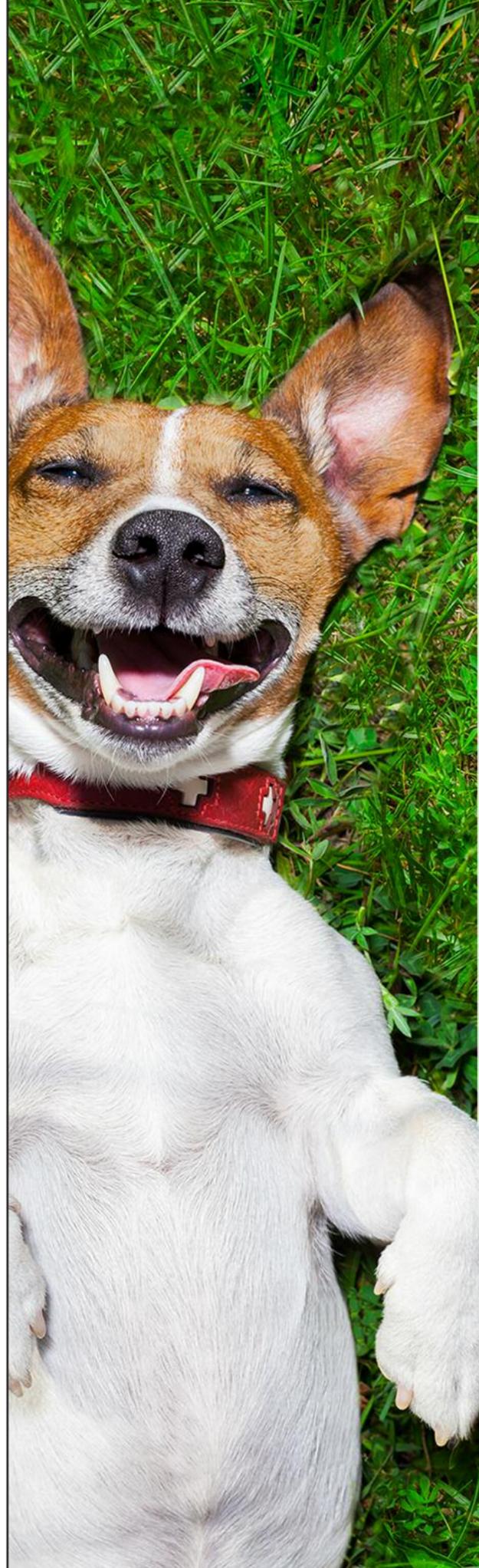
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Roxanne Hawn is a journalist and award-winning dog blogger. She is the author of *Heart Dog: Surviving the Loss of Your Canine Soul Mate*.

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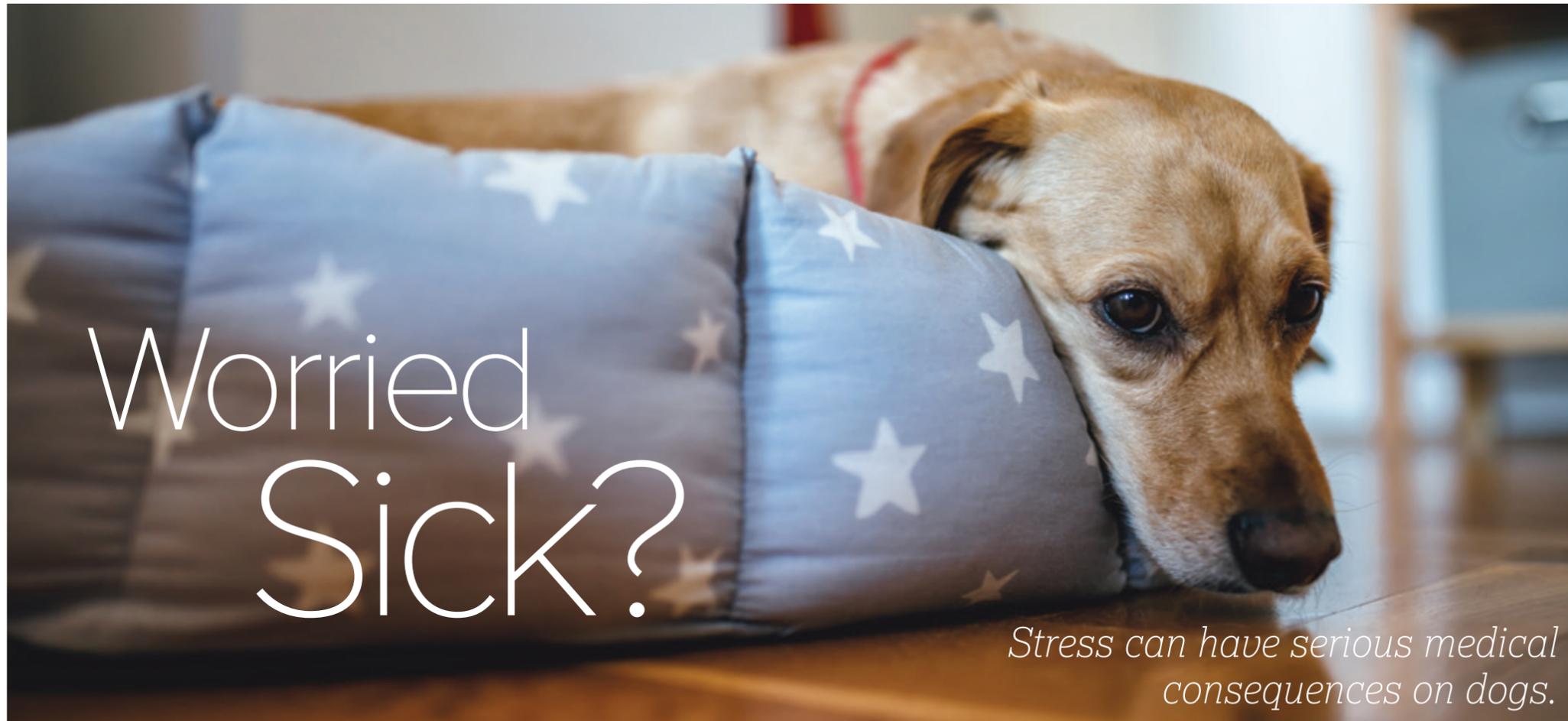
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Worried Sick?

Stress can have serious medical consequences on dogs.

Dogs' bodies—like humans'—have a natural defense system against outside challenges.

The threat of predators, hunger, perceived danger, or another hazardous situation can elicit the stress response, known as the “fight or flight” syndrome. Some portions of the stress response are normal and necessary. It allows living organisms to respond to the unforeseen challenges of an uncertain existence. But the “fight or flight” response was meant to remedy short-term, life-threatening problems, not to be activated for extended

periods of time. A number of physiological changes result from it—and when sustained over time can lead to long-lasting, detrimental effects.

When stressed, the body produces a chain of chemicals, such as cortisol, epinephrine, and norepinephrine. These substances then result in a more rapid heart rate and respiratory rate, increased muscle sensitivity, and heightened alertness in an attempt to improve an animal's response to stressful stimuli.

Although some bodily functions are improved and made more efficient by stress,

many other normal bodily functions such as the digestive, immune, and reproductive systems are slowed down. The short-term responses to stress can be seen as beneficial, but long-term or chronic stress can have harmful and far-reaching negative effects. The hormones and neuroendocrine messengers released during anxious periods are meant to be protective in the short-term but eventually debilitate the body and make it more susceptible to infection and disease. Continually stressed animals may display chronic vomiting or diarrhea. If left unchecked, chronic

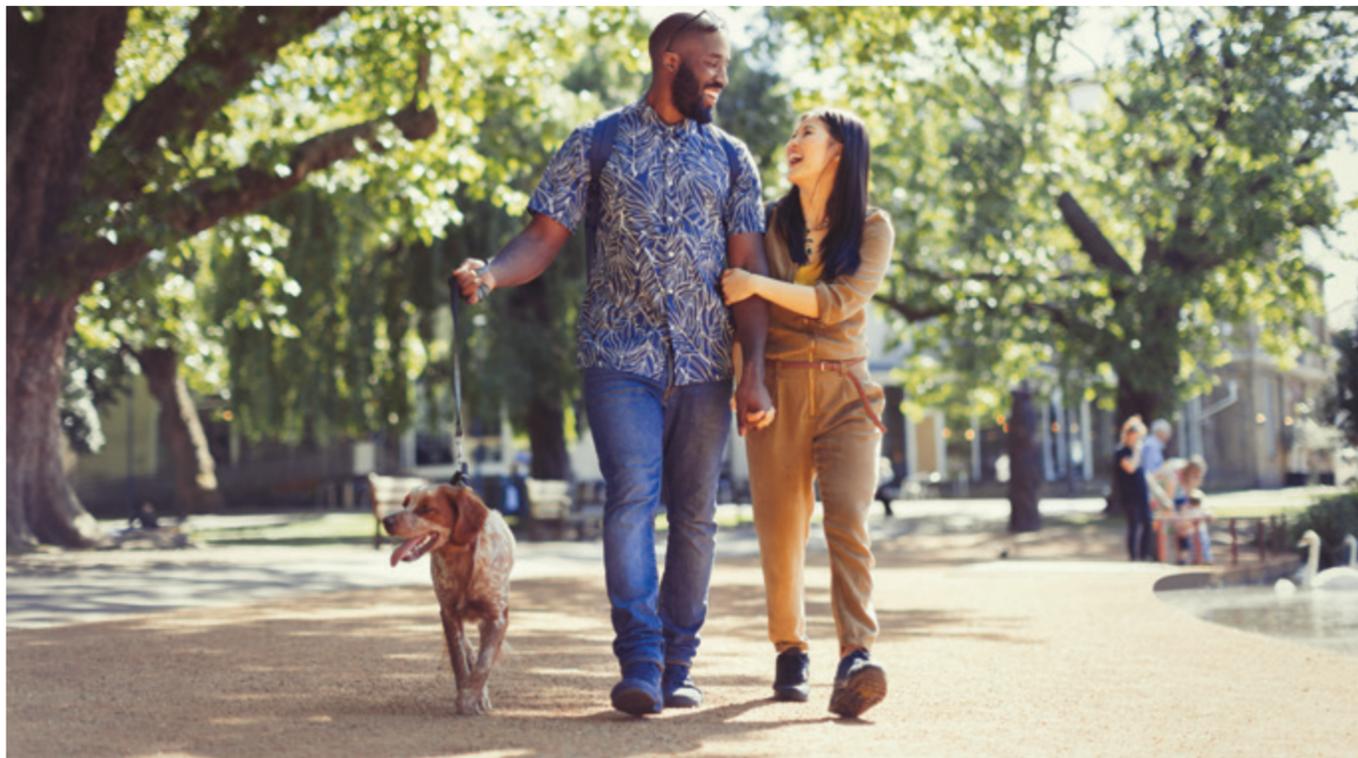
stress can lead to heart disease and persistent high blood pressure, strokes, gastrointestinal upset and ulcers, loss of appetite and eating disorders, reproductive problems, weight loss, and lowered immunity to disease. Chronic low-grade stress has been shown to stimulate a reciprocal inflammatory response that can lead to intermittent fever, vomiting, diarrhea, inappetence, loss of house-breaking, and arthritic pain.

Chronic stress can lead to behavioral problems, such as withdrawal, aggression, interruption of normal sleep patterns, fatigue, anxiety, depression, nuisance barking, self-mutilating behaviors, and loss of concentration. It can cause dogs to become “finicky” eaters and lose interest in favorite foods. Thus unless stressors are swiftly recognized, chronic stress syndrome can dramatically affect an animal's quality of life.

It also can affect reproduction. Chronic stress stimulates the synthesis and secretion of the recognized stress hormones glucocorticoid, catecholamine, progesterone, and glucagon. Abnormal hormonal profiles have been shown to interfere with pregnancy in every mammal so far studied.

The challenge for veterinarians, canine behaviorists, and the dog-owning public is to identify causes of stress in our canine companions and to eliminate them and counter the effects.

There are several time-tested ways to help



eliminate stress and anxiety in dogs. Regular exercise is a good way to not only spend quality time with your dog, but also maintains a healthy weight, keeps your dog mentally stimulated, and counters stress through the release of serotonin and endorphins. Noise-related stressors like thunderstorms and seasonal fireworks sometimes can be countered by the swaddling “ThunderShirts” available at many pet stores. If your dog has separation anxiety, your veterinarian may prescribe medications in addition to behavior modification with an expert. Regular hours for exercise, feeding, and walks can all help to make a difference. Be consistent.

In some cases, your veterinarian may be able to identify a diet that can cut down on stress. I am constantly surprised by how many behavioral problems seen at our practice could be eliminated just by a consistent schedule, regular exercise, and a nutritious diet. But many disorders are not cleared up this readily and your dog may be referred to a veterinary behaviorist.

The identification of stress in dogs, and its successful treatment, is very much in its infancy, but in the last 10 years great strides have been made. We must become keen observers of our dogs’ behavior so that problems can be identified early and dealt with swiftly. **FD**

Kevin Fitzgerald is a staff veterinarian at Alameda East Veterinary Hospital in Denver.

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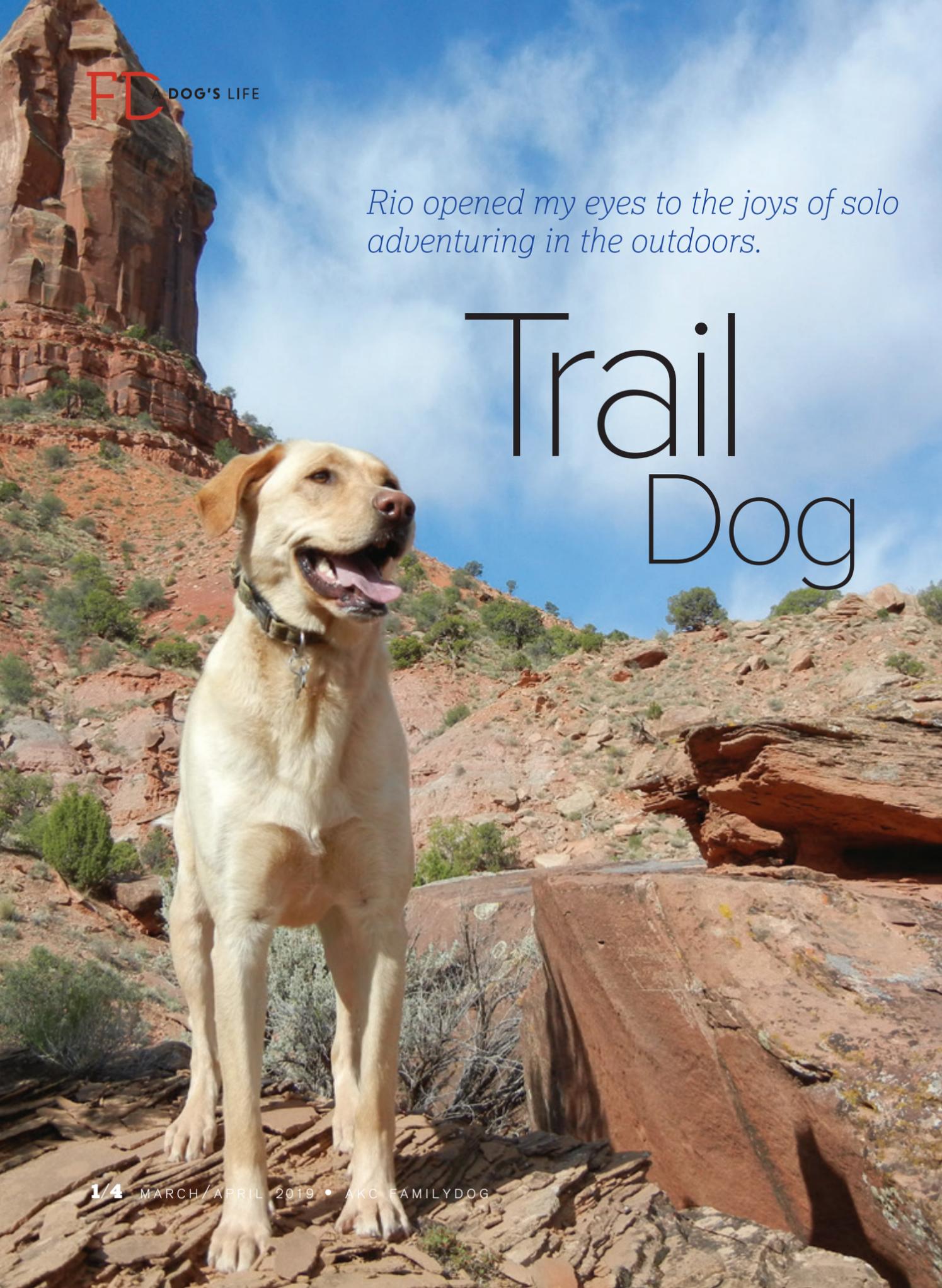
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Rio opened my eyes to the joys of solo adventuring in the outdoors.

Trail Dog

BY JEN REEDER

Follow Me! Rio and the author planning new adventures.



When I was standing at a fork in the road, my dog showed me the right path to take.

It was a figurative fork; I was actually sitting in a camping chair on the “beach” of a mountain lake. At the time, Rio was just a 6-month-old Labrador Retriever mix who was gleefully chasing balls and digging holes in the sand.

Earlier that day, my pregnancy test came back negative, and I’d been crying. My husband suggested a trip to the lake to clear our heads. I’d gotten myself so twisted up by

longing, grief, and misery over a recent miscarriage and unsuccessful fertility treatments that I barely recognized myself.

As I watched Rio race around the lake, sometimes pausing to roll onto his back and kick at the bluebird sky, he seemed like the embodiment of freedom and joy. I took a deep breath and felt myself uncoil. I resolved to be more like my dog.

“I’m so relaxed,” I said to my husband, Bryan, who grinned with relief.

I stopped fertility treatments and prioritized outdoor adventures with Rio. Our adopt-



Climb Every Mountain: With Rio by her side, Jen is eager to tackle challenging terrain and meet faces rarely seen on the streets of Denver.



ed hometown of Durango is a recreation wonderland snuggled in the mountains of Southwest Colorado. Since dogs are allowed off-leash in Colorado's state forests so long as they're under voice control, we worked daily on recall in the woods near our home. Not only would Rio run to me if I called out "Come!" because he knew I'd reward him with a treat, he started checking in with me every minute or so just to make sure we were together. As his trainer once noted, "This is a

dog who wants to please you."

Bryan likes to fly fish on camping trips. Since Rio thinks shiny, wiggling fish are fun toys and tries to pounce on them, we figured out early on that I should hike with the dog while Bryan fishes. The dog will pad along the trail, looking back over his shoulder from time to time to make sure I'm keeping up, or to check in for a treat or a water break in the shade of aspen trees.

I grew so comfortable hiking with my furry

buddy that we started heading out on our own adventures without Bryan or friends. I felt safe being "alone" with my 85-pound dog in remote areas. It was even empowering to see the look of respect from burly men as we'd head up a dirt road in our pickup truck. On hikes, sometimes we'd run into

other women hiking with a dog and the pups would race around ecstatically, tails wagging. Other times we'd hike past hunters on horses (Rio wears a "blaze" vest during hunting season to avoid accidentally being shot) or families with young girls whose eyes lit up to see a woman hiking with





Rio takes a dip in a mountain pond.

a dog—maybe visualizing future possibilities for themselves.

We've found adventure in far flung locales like New Mexico, Utah, Wisconsin, Iowa, and California—Rio loves swimming in the ocean, though the salty taste still baffles him a bit. But some of our craziest experiences have happened near home. Once he took off like a bullet after what initially looked like a large dog on a trail behind our neighborhood—the dog turned out to be a black bear. The bear scooted up a pine tree and then Rio and the bear looked at me like, “What next?” I let loose a terrified, “Rio, come!” and true to form, Rio abandoned his quarry to obey me

so we could get the heck out of there. As we beat a retreat, I clapped my hands and yelled, “Hey bear!” to keep it from following us. Rio stayed by my side even though he was on high alert.

My pooch really showed his mettle when I had him leashed to walk through a campground to get to a trailhead. We waved at other campers who were sitting around campfires when suddenly, I looked up to see an enormous Malamute sprinting toward us. Rio positioned himself between me and the charging dog, who slammed into us. I went flying off the path and down an incline.

When I came to, a woman with a very



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Call of the Mild: Rio (right) and his new little sidekick, Peach, love exploring wilderness together.

concerned look on her face was extending her hand to help me up.

“Are you OK?” she asked. I wasn’t sure yet.

Nearby, a man was lying on top of the Malamute, pinning it to the ground. And there was Rio, a few feet away and staring at me. He hadn’t gone on the attack or run off—he was just loyally waiting for direction. My knee throbbed a little as I collected his leash and my wits. Soon we were on the Colorado Trail in time for a spectacular sunset. It was exhilarating to have survived the scrape and see Rio turn golden in the “magic hour” glow.

After seven years with Rio, Bryan and I welcomed another dog into our home. Rio mod-

eled behavior for his new nine-pound sister, Peach, who learned to “Come” for treats and stick close on trails. I think the big guy makes her feel safe, too.

Recently we made a major change by moving from our little mountain town to the buzzing metropolis of Denver. I worried that the dogs would miss their off-leash hikes, but they seem impressed by the volume of urine available to smell on strolls around the neighborhood, where we can walk to pet-friendly breweries and restaurants. We’ve sought out new experiences for them, like farmers’ markets, street fairs, dog-friendly swimming pools, and even an outdoor dog film festival. But I worried that Rio must miss trail time. I missed it, too.

I searched online and found a meetup for “Dog Moms” who hike with their dogs. When we met them at the trailhead in a state park near Red Rocks Amphitheater, Rio whimpered with excitement, ready to hit the trail. The path ran alongside a creek, and the dogs could splash together in the shade of pine trees. Rio cooled off in the water, then we’d charge up the trail in the front of the pack.

Back home that night as we all settled in to watch TV, something caught the corner of my eye: Rio’s tail was thumping up and down even though he was fast asleep. “He’s sleep wagging!” I said, instantly realizing that our outdoor adventures have just begun. **FD**

Award-winning journalist Jen Reeder is president of the Dog Writers Association of America.



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Their silky, white coats are glorious, but that's only one reason the Maltese has captured hearts for 3,000 years.

By Mara Bovsun



MANE Attraction

The Greek philosopher Aristotle sang their praises. Ancient artifacts carry their image. Dogs of their type perched on the laps of Roman emperors and nestled in the sleeves and bosoms of their ladies.

“Ye ancient dogge of Malta,” the dainty gem we know today as the Maltese, is one of the oldest breeds, with a history stretching back for nearly three millennia.

These gentle creatures, “covered from head to foot with a mantle of long, silky white hair,” as the breed standard specifies, have brought comfort and companionship to the rich and royal for centuries.

So how are they faring in the modern world?

It depends on who you ask.



Crowning Glory: A Maltese in full coat is a sight to see.

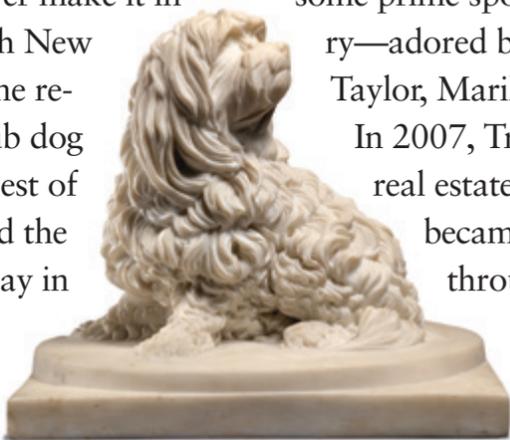


Top: A photo of Chadwick graces the cover of a book on rally.

Left: Bryn vs. the Stuffy. Her personality is so huge that owner Joanie Carqueville is often surprised at how diminutive she seems in contrast to other dogs or out on the floor in training facilities.

“A dog like that would never make it in New York, with all our tough New York dogs,” a TV host for one recent Westminster Kennel Club dog show groused on air as the Best of Breed Maltese danced around the Toy Group ring. “He’d be gray in about 20 seconds.”

Nevertheless, these charm-ers have managed to grab



some prime spots on modern laps of luxury—adored by film goddesses like Elizabeth Taylor, Marilyn Monroe, and Halle Berry. In 2007, Trouble, the pampered pet of real estate tycoon Leona Helmsley, became the richest dog in history through a \$12 million inheritance.

“Shock Dog” (nickname for a dog of the Maltese breed), Anne Seymour Damer, *Probably 1782*

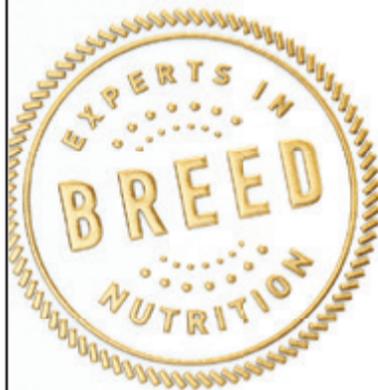
TOP: DARRYL EVERETT; CENTER: KAREN BURLESON; BOTTOM: METROPOLITAN MUSEUM OF ART/ PURCHASE. BARBARA WALTERS GIFT, IN HONOR OF CHA CHA, 2014



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MALTESE MUSINGS

■ **Origin:** Most historians place their ancestors on Malta, a 122-square-mile island 60 miles south of Sicily, which was a trade hub as early as 3500 BC. Along with spices and silks, toy dogs were among the precious cargo loaded on merchant ships.

■ **Ancient History:** Greek philosopher Aristotle is credited with the first reference to the *Melitaie Catelli* around 370 BC, in which he said the dogs were about the size of a weasel and had perfect proportions. In 60 BC, Greek historian Strabo called them the “jewels of women.” Issa, a Maltese owned by Publius, Malta’s governor, became a celebrity when a poet wrote that the dog was “purer than a dove’s kiss. ... gentler than a maiden ... more precious than Indian gems.” Roman Emperor Claudius kept one as a pet, and they adorned royal laps through the Renaissance and beyond.

■ **By Any Other Name?** Over the years, they went by Roman Ladies’ Dog, Comforter, Shock Dog, Maltese Lion Dog, or Maltese Terrier.

■ **Size:** Between four and seven pounds. Beware of breeders who advertise “teacups” or “microminis,” with an adult weight of under three pounds. These miniatures often have health problems.

■ **Good with Children?** The American Maltese Association does not recommend placing puppies in homes with young children, who might accidentally drop or step on them. Most reputable breeders wait until puppies are at least 12 weeks old before sending them to their new homes.



“Gravestone of Helena;”
Unknown; Roman Empire;
150–200; Marble

(A judge later decided that sum far exceeded funds needed for Trouble’s care and knocked it down to \$2 million.)

And even with the 21st century’s emphasis on multi-talented canines who pursue titles and jobs, these tiny beings are holding their own.

Toys, yes. Snowflakes? No.

“When a Maltese is in the ring, people stop and watch because they don’t expect it,” says Joanie Carqueville, of Scottsdale, Arizona. She competes in rally, obedience, and tricks training with her Maltese, Chadwick, 12, and Bryn, 3.

Both have earned honors from the American Maltese Association as top dogs in obedience and rally. They have also achieved the AKC Trick Dog Performer title.

“I’ve had a lot of judges say about Bryn that she’s the smallest dog they ever judged,” says Carqueville. At a little below four pounds, Bryn is dwarfed by the gigantic rosettes she often brings home.

Training and competing with her Maltese poses unique challenges—for both dog and handler. Human members of the team, Carqueville says, should be prepared for a lot of “bending at the waist.”

Even the grass can be a formidable foe.

“I was heeling along once and Bryn just stopped and wouldn’t move,” Carqueville recalls. She discovered that an eight-inch



“The Dutchess of Alba with her Maltese Dog,” painted by Goya in 1795, is just one of countless fine-art depictions of aristocrats and the little white dogs they loved.

strand of Bermuda grass had pinned her dog down. Then there was the time Chadwick executed a perfect move in an obedience trial when a gust of wind picked him up and moved him out of position. It didn’t faze him.

Her ankle-high dogs rise above challenges that larger dogs never face, impressing everyone who meets them.

Ruthann McCaulley is a respected rally trainer and AKC judge who has worked with thousands of dogs over more than a half century. When she was looking for a cover model for her 1,600-page book, *Rally All Around*, she chose Chadwick to illustrate the spirit of the sport she loves.



Standing Tall: So what if the living bookends in his tricks class outweigh him by about 300 pounds? Eli grabs center stage and the spotlight.

White Wonder

The hair is the first thing that most people notice. A Maltese in a show groom is stunning, the kind of epic mane that brings to mind 1970s movie stars or advertisements for pricey shampoos—silky, shiny, and bright white.

An added bonus: There is no soft undercoat, which means minimal shedding. This

makes them a good match for people with allergies.

“A good coat ... in a Maltese is different from other dogs,” says Daryl Martin, a second-generation Maltese fancier who has lived with these dogs since the 1950s. “Maltese have more hair per square inch.”

Ironically, most people end up bobbing their crowning glory into a short “puppy cut.” The

reason, Martin says, is that very few people have the time or patience for the daily brushing and weekly bath needed to maintain a full coat. No matter what cut you choose, frequent upkeep or trips to the groomer are a fact of life for Maltese people.

Another issue is that hair quality varies from dog to dog. Just as with humans, some have perfect hair while others, not so much.

Fine, weak, or curly strands will leave the dog more prone to matting, making the coat more difficult to maintain.

A good Maltese coat is straight and silky, Martin says. Each strand should be strong and durable.

The same can be said of the rest of the dog.

White Knight

People who choose a Maltese thinking that they are bringing home a pretty lap lounge are often in for a big surprise. Even as tiny pups, they pack a lot of energy, intelligence, and personality into those compact bodies.

“I loved Romeo the first time I met him,” says Barbara Deal, of Smithtown, New York. That was 10 years ago when he was 4 months old. Deal picked a Maltese as her first dog, partly because a close friend had allergies. She was also attracted to the breed’s appearance, size, and personality.

Romeo has more than lived up to her dreams. “I love when he looks at me with his loving and soulful eyes,” she says. “I love that he enjoys agility and doing other fun things with me. I love that he makes me laugh when he’s silly.”

Deal chronicles her life with Romeo on her “Small Dog Adventures” Facebook page, which features pictures of the tiny dog casting a critical eye on dog shows on TV, competing in agility, and enjoying road



Romeo is up for any adventure.

trips, wooded trail walks, summer camps, excursions to the beach, and dog days at sporting events. He even appears to have a ball posing with all kinds of strange costumed characters, from Santa Claus to a gigantic duck mascot.

He just seems happy to be wherever he is, as long as Deal is by his side.

“Romeo surprises me all the time,” she says. “He is always willing to try fun things with me. He tried lure coursing, gone on a skateboard, barn hunting, swimming, and has

been on a paddleboard and kayak.”

He’s the embodiment of an important character trait described in the breed standard: “Without fear.”

White Whirlwind

Deborah Gardiner, of Mount Prospect, Illinois, saw this in her little puppy, Eli, right away.

“The way he looks and carries himself he always seems royal to me,” she says. “He stands with so much confidence, looks you

The tiny Maltese packs enormous energy, intelligence, and personality into those compact bodies.

right in the eye, with a little bit of a smile and a little bit of a smirk.”

Gardiner had fallen in love with the breed when she was in college, struck by the “spirit, the playfulness, and the sheer beauty.” She promised herself that someday she would have one. A couple of decades would pass before her dream became a reality.

Gardiner’s first instinct was to protect the small 12-week-old pup, especially from her two cats, each about twice his adult size. Eli, now 11, quickly showed her that she had nothing to fear. He noticed that the female cat was pushing the male around, and appointed himself peacekeeper.

“Eli protected the male from the female. He’d get up in the female cat’s face,” she says.

Gardiner knew this fluff ball with the bright black eyes was not going to be content with a life of leisure. “He had this thing, he always needed something to do,” she recalls.

She started training him in agility to burn off his abundant energy and engage his active mind. Eli earned the title of Master Agility Champion and competed in the AKC Invitational.

Then it was on to circus school, where he

learned new skills, like wrapping himself in a blanket, jumping through hoops, and howling to the sound of applause. His talents recently earned him the AKC’s Trick Dog Performer title.

“Everything is exciting to him,” she says.

While he prefers to be a Maltese of action, he also understands that there is a time to be still. In his seven-year career as a therapy dog, Gardiner was impressed by his ability to know just what was needed to soothe an ailing soul.

Eli’s sensitivity would shine its brightest when he visited hospice patients. He had his own special ritual, taking his time with each person. Nothing could make him cut his visit short.

If Gardiner tried to rush him, he would dig in his tiny heels and not take a step.

“He’d refuse to leave the room,” she says, “until he gave each of the people a kiss.” **FD**

For more information, visit the American Maltese Association website (americanmaltese.org) or the club’s Facebook page.



You Can Be Your Dog's Personal Trainer

These easy, at-home exercises will boost four-paw fitness.

By Jasey Day, CCFT

Long work hours, family commitments, tempting food, and bad weather are just a few things that can sabotage the most earnest fitness resolutions. For many people, the answer is a personal trainer.

That may be the solution for your dog, as well.

Best of all, you can be the trainer, guiding your dog through exercises in the comfort of your own living room. Simple conditioning moves

will boost your dog's fitness levels, reduce stress, sharpen his mind, and improve your relationship.

"The concentration and skills required to perform conditioning exercises work the mind as much as the body, so it is an excellent way to [tire out] your dog while having fun," says Dawn Hickey, of the Small Animal Physical Rehabilitation Department at the University of Tennessee (UT) Veterinary Medical Center.

Hickey is a Certi-

fied Canine Rehabilitation Practitioner (CCRP) and Certified Canine Fitness Trainer (CCFT). She's also an instructor in UT's Certified Canine Fitness Trainer program (see sidebar).

Unlike humans, getting buff or ready for bikini weather is not the goal. Canine conditioning exercises are designed to enhance lean-muscle mass, flexibility, and range of motion, all of which help maintain mobility. Fitness pays off in other

ways, as well, with better moods and balance, decreased anxiety and depression, improved digestion, longer life spans, and increased confidence.

"Keeping dogs in good shape also ensures fewer injuries while they are playing and quicker return from injuries when they do occur," explains Hickey. "Joint health depends on movement, so it is crucial to keep your pet active throughout his life."

Before You Start

Make sure your dog is up to it. Age is a big consideration. Dogs under 18 months should be considered puppies where fitness exercises are concerned. Puppies should not perform duration exercises, such as positional holds for 5 to 30 seconds on unstable surfaces. Walking across unstable surfaces is OK.

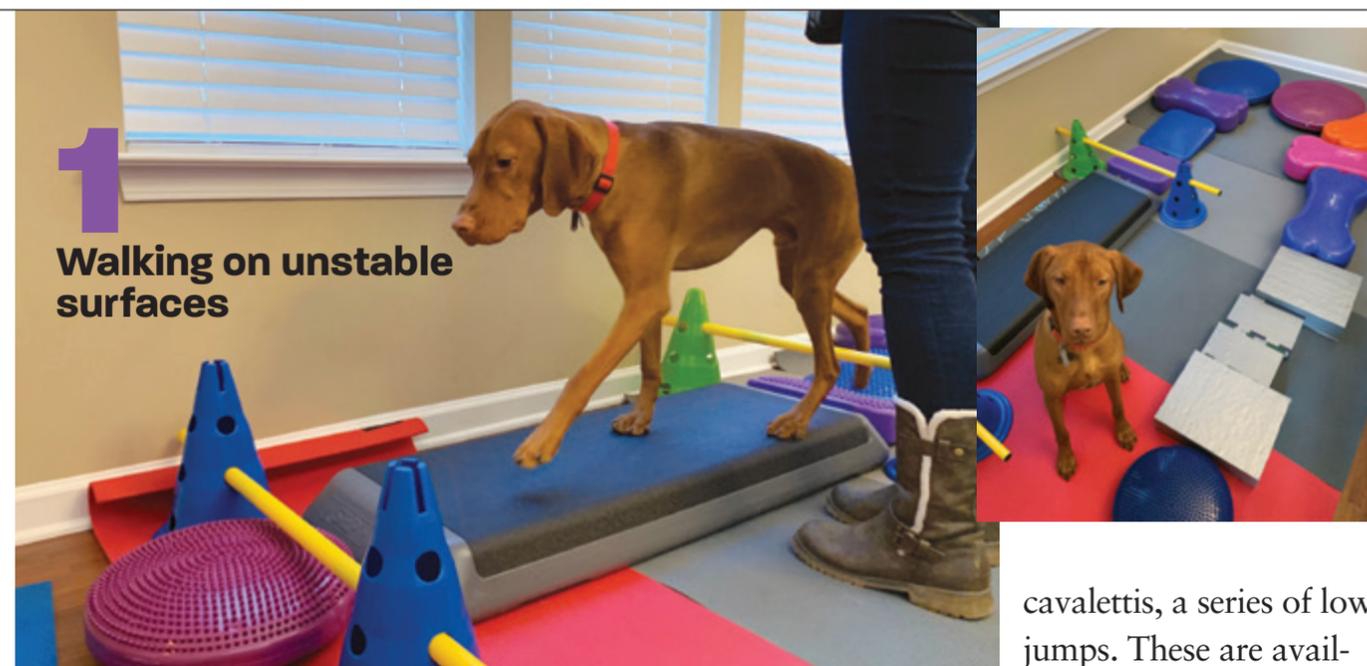
Senior dogs need canine-fitness regimens to maintain range of motion and movement. In other words, they have to "use it or lose it!" They take longer to recover, so most senior dogs should perform fewer repetitions and work-out sessions than younger ones.

As always, discuss your plans for any new fitness activities with your veterinarian.

Four Easy Moves

Fitness-enhancing exercises, borrowed from canine rehabilitation, can be done with equipment no more elaborate than sofa cushions, broomsticks, books, shoes, or golf clubs. There are also inexpensive products, such as inflatable balance discs, that have been created specifically for dogs.

Here are four exercises to get you started. Depending on your dog's fitness level, each exercise should be performed in one to three sets of 3 to 10 repetitions.



1 Walking on unstable surfaces

This exercise improves balance, confidence, and proprioception—a big word that means an individual's awareness of his own body, from tip of nose to end of tail, especially what those hind legs are doing.

Equipment needed: Pillows, dog beds, sofa cushions, duct-taped college textbooks or phone books, inflatable exercise discs, and aerobics steps. You may also include

with cones and bars or you can make your own using such items as broomsticks, golf clubs, and sneakers.

The Exercise: Set out the obstacle course and guide your dog with a treat by his nose to walk over these objects. These will move slightly underfoot or wobble and the dog must adjust to the movement. This helps build core strength and body awareness.

cavalettis, a series of low jumps. These are available in inexpensive kits



2 Paw targeting

When standing normally, dogs naturally place 60–70 percent of their body weight onto their front limbs and only 30–40 percent onto their hind limbs. Paw targeting provides a great way to strengthen all limbs, and dogs become aware of where they are placing their feet.

Equipment needed: Objects of varying height, from a flat surface with a novel texture, such as a yoga mat, to items that are two to six inches high, like a firm sofa cushion, duct-taped phone book, step stool, foam pad, or exercise disc.

The Exercises: There are three variations—front leg, rear leg, and four-paw targeting. For front-leg targeting, encourage your dog to walk toward the target and put both front feet on it. If needed,



lure your dog with a treat in front of his nose. When his front feet hit the target, say “yes” and treat. Use your release word (“OK”) to let your dog know when to exit the target position; you may walk him a few steps away from the target. Repeat.

For hind-leg targeting, use a leash to gently walk him over the object until his hind legs plant on the target. Say “yes” when he hits the target, give a treat, release, and repeat. Treat below your dog's nose level for hind-leg targeting to encourage your dog to shift more weight onto his front legs.

For four paws on two objects, place the targets far enough apart to allow your dog to have his front legs on the first object and hind legs on the second in a neutral stand. When the dog reaches the final position, say “yes” and treat. Release and repeat. Make sure your dog eats the treat while he has his weight distributed between front and hind legs.

When your dog understands that specific limbs on the object earn treats, add a command before he hits the target. Commands for the three types of targeting include “step,” “toes,” “hind,” “feet,” “all wheels,”

“both,” or “stack.” You want your dog to hold the target position until you say “OK.” Work on duration up to 30 seconds by giving your dog treats intermittently before you release him from the position.

Walking in this pattern improves spinal flexibility.

Equipment needed: Soccer cones, rain boots, soup cans, or even your own legs.

The Exercise: Place two soccer cones or rain boots about two times the body length of your dog apart. Using a treat in front of his nose, lure your dog around the cones in a figure-eight pattern. You may decrease the distance between the cones. The closer your dog is to the cones and the shorter the distance is between the cones, the more he will increase spinal flexibility. No equipment? No problem—you can perform this exercise between your narrowly straddled legs.



4 Paw lift holds



This balance booster helps your dog learn how to stay upright while standing on three legs.

Equipment needed: None.

The Exercise: If your dog can shake with his paws, ask for a paw lift and then gently hold his paw in your hand for one to five seconds. If your dog cannot independently lift up each paw on command, pick up each individual paw when your dog is standing. Be sure to include the back paws in the rotation. To increase difficulty of the three-legged balances, have your dog stand on an unstable surface, such as a dog bed. Your dog may also perform this exercise with front or hind feet elevated on an object.

Nose-to-tail learning

A specialized canine-fitness trainer can help as you progress to more advanced conditioning routines. They offer private lessons, webinars, and online or group classes.

“The pet owner should make sure that the person who is providing the training and conditioning has been trained in a program that teaches exercise physiology as well as behavioral concepts. Knowing how to motivate the dog and being able to convey that to the owner, as well as understanding the concepts behind physical conditioning, are crucial parts of an exercise program,” says Dawn Hickey, an instructor in the University of Tennessee’s Certified Canine Fitness Trainer program. UT, Northeast Seminars, and FitPAWS, a company that offers equipment specifically for canine rehab and conditioning, jointly developed the curriculum.

The CCFT program provides a nose-to-tail foundation in anatomy, physiology, behavior, nutrition, kinesiology, the prevention of athletic injuries, and pharmacologic precautions. Students also learn proper canine exercise form, how to correctly use conditioning equipment, force-free training techniques, fundamental fitness skills, and how to gradually increase the difficulty of fitness skills. Upon program completion, trainers can design dog-specific fitness programs based on age and assessments of current mental, strength and balance skill levels.

Earning a CCFT requires online lecture and quiz coursework, a three-day hands-on course, the completion of three case studies, and passing an online final exam. A typical student completes the program in 6 to 12 months. Applicants must have at least three years of dog handling experience and have training, veterinary, dog performance sport titling, or medical field experience.

Jasey Day is a Certified Canine Fitness Trainer, has taught dog-training classes since 2004, and has titled in dog sports. Jasey’s Labrador Retrievers, Cannon and Turbo, love practicing canine fitness multiple times per week and often have the job of “demo dog” for Jasey’s classes or fitness seminars.

Will cannabis for
canines live up
to the hype?

By
Mara Bovsun

High Hopes

a few years ago,
Canadian
veterinarian
Katherine

Kramer chose an uncon-
ventional therapy for a dog's
cancer.

"I ... had a patient take
a CBD suppository to treat
a rectal mast cell tumor,"

Kramer told AKC FAMILY DOG in an email following a "Can-
nabis for Pets 101" media webinar.

CBD (cannabidiol) is one of the nearly 500 compounds
found in *Cannabis sativa*, the same plant that gave the world
marijuana. It does not contain the psychotropic chemical—tet-
rahydrocannabinol (THC)—that gives people a high.

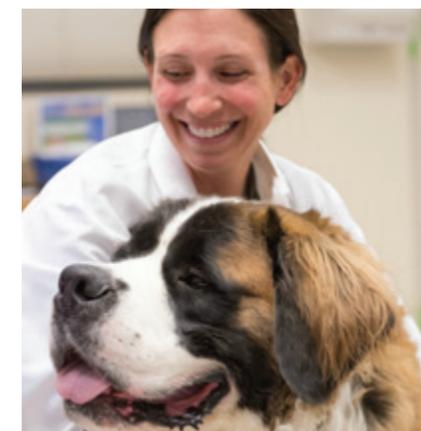
How did Kramer come up with this approach?

"I got the idea from Tommy Chong, who used suppositories
to treat his prostate cancer," says Kramer, who is on the ad-
visory board of True Leaf, a five-year-old Canadian firm that
makes CBD products for pets.

Yes, that Tommy Chong, "America's Sweetheart of Can-
nabis," as his weed-products website calls him. Diagnosed
in 2012, the 80-year-old comedian and pot evangelist of
Cheech and Chong, used various forms of marijuana, in-
cluding suppositories, to fight prostate and rectal cancer. His
tumors, he said, went up in smoke.

Miracle or Pipe Dream?

Such trial-and-error and educated guessing has been state of
the art in cannabis-based veterinary medicine, and for good
reason. There is scant data on safety, dosing, what it works
for, and if it even works at all. What we have are anecdotes



It's Not Pot

Marijuana, for both medicine and recreation, is becoming legal in more and more places. So should you share your pot brownies, gummies, or medications with your sick dog?

"No, no," Colorado CBD researcher Stephanie McGrath (photo right) says emphatically. "The problem is that a lot of what humans are getting from the medical marijuana dispensary are products that are too high in THC." This chemical is thought to be toxic to dogs.

At the same time Colorado legalized recreational marijuana, she says, "we also saw a huge spike in marijuana toxicity in dogs. ... The two went hand in hand."

While some products made for dogs are considered "full spectrum," containing some THC, the percentage allowed for hemp-derived CBD is below .3 percent.

and legends, centuries worth of them. (See sidebar, page 39.) But there are too many to ignore.

Kramer practices in British Columbia, where medicinal marijuana has been legal for 19 years and recreational uses were cleared last October. She first tried CBD for an 18-year-old cat with a slew of health problems. Soon after starting the treatment, the cat began eating and lived another two years.

In 2017, ElleVet Sciences, a Portland, Maine, company that makes CBD chews and oils for dogs and cats, asked Fred Metzger, DVM, a private practice veterinarian from Pennsylvania, to look at some of their products. A traditional vet with no interest in alternative medicine, Metzger was skeptical.

He gave it first to a dog who was in such severe pain that his owner was considering euthanasia. After starting CBD treatment, the pain became manageable and the dog was still going strong a



year and a half later.

Metzger started using CBD for his worst patients, despite legal restrictions on the product. "I thought, 'If they haul me off to jail, so be it,' " he says. He's currently treating about 300 dogs with ElleVet products.

Hemp and Circumstance

Since the 1970s, cannabis's status as a Schedule I controlled substance—a drug

with no medical use and a high potential for abuse—has hampered serious investigation. But the times are changing. Today medicinal marijuana for humans is legal in more than half of the U.S. states. Several have OK'd recreational use.

Law and the lack of data have posed no barrier to firms eager to cash in on what some are calling the next Gold Rush. The Brightfield Group, an investment

Before You Buy

Cannabis products are unregulated, so pet owners need to take some extra precautions:

- Pay attention to what you are buying, says veterinary researcher Joe Wakshlag. Resist slick advertising and marketing claims. Read labels carefully, looking for key data, such as how much CBD is in the formula and, more important, the percentage of THC, which can be toxic to dogs. CBD has little to no THC.
- Ask for a certificate of analysis, a document showing that a third-party company, someone not affiliated with the manufacturer, has analyzed what is in the product on a batch-by-batch basis.
- Look for organic and U.S.-made products. This reduces the risk of contaminants.
- Start small. No dosing data exist, so it's wise to start with a small dose to see how your dog responds.
- Be vigilant about side effects, like low blood pressure, vomiting, ataxia, and drowsiness. In McGrath's study, a small number of dogs experienced side effects, but they resolved quickly when the drug was discontinued.

analyst firm that specializes in cannabis, forecasts a \$22 billion market for hemp-derived CBD by 2020.

If you search "cbd dogs" on Amazon, more than 700 products pop up—chews, treats, oils, and supplements for dozens of ailments—arthritis, pain, anxiety, seizure, and aggression, just to name

a few. Some web-based companies offer products that they say can shrink tumors.

"It's kind of the Wild West," says Joseph Wakshlag, an associate professor of integrative medicine and nutrition at the University of Florida. Wakshlag is a research scientist exploring CBD treatments for canine

From Stone Age to Stoned Age, and Beyond

■ Archeologists have found evidence of hemp use back to the Neolithic age, wrote Martin Booth in his 2003 book, *Cannabis: A History*.

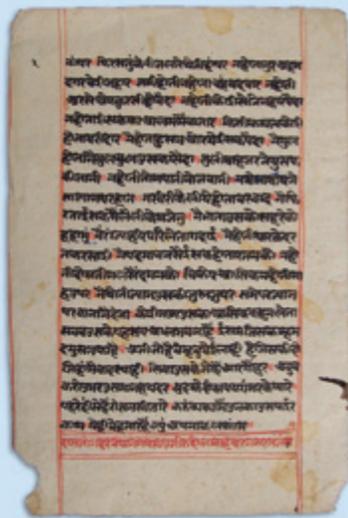
■ For centuries, hemp was an important crop—easy to grow and versatile enough for everything, including paper, sails, textiles, rope, food, medicine, and for religious rituals and recreation.

■ George Washington and Thomas Jefferson cultivated it on their farms.

■ Medicinal uses of hemp were mentioned in Chinese writings about 2,000 years ago. It had a place in pharmacies for centuries and was legal in the United States until the 1940s.

■ By the early 20th century, marijuana smoking was a criminal act and pot became a 1960s symbol of rebellion. In the 1970s, the Drug Enforcement Administration declared marijuana a Schedule I controlled substance.

■ The move to decriminalize both medical and recreational uses started in the late 1970s, with California legalizing medicinal marijuana first, in 1996. Legalization efforts continue to this day.



Ancient Sanskrit manuscript on hemp-based paper

arthritis and other conditions.

In some places, vets can discuss CBD as a treatment, in others it's still taboo, depending on the laws in the state where the vet practices.

The 2018 U.S. Department of Agriculture Farm Bill, signed into law in October, classifies a form of cannabis—industrial hemp, which has only small traces of THC—as an

agricultural product. (The 2014 Farm Bill cleared hemp for research purposes.) This should loosen some of the restrictions, but not entirely.

Even in Colorado, where both medical and recreational marijuana are legal for humans, rules are tighter for animals, says Stephanie McGrath, a veterinary neurologist at Colorado State University. McGrath has published one of the two peer-reviewed studies investigating CBD in dogs that appeared last year.

She says the Colorado Veterinary Medical Association (CVMA) maintains that vets are responsible for client education and making sure that pet owners do no harm. So Colorado vets can guide clients to make safe choices about CBD, but there's a catch. They still can't prescribe it.

Metzger says the Farm Bill has eased his fears about breaking the law, but he still has lots of questions. "The Farm Bill impact will be huge. Now we can talk about

it, but we have to get some facts," Metzger says. "I'm like any other veterinarian, I want to see studies. I don't want to use a product we know nothing about."

Growing Field

A scan of the U.S. Library of Medicine and National Institutes of Health database—29 million biomedical literature citations—found just two recent ones examining CBD pharmacokinetics, safety, and efficacy in dogs.

McGrath and Wakshlag, pioneers in this field, were the lead authors on these studies, both published in July.

Wakshlag's study, appearing in *Frontiers in Veterinary Science* and sponsored by ElleVet, assessed the pharmacokinetics (the science of how drugs are absorbed and metabolized), safety, and efficacy of CBD oil for osteoarthritis in 16 lame dogs. More than 80 percent of test subjects showed a dramatic reduction in joint pain.

McGrath's study, published

in the *Canadian Journal of Veterinary Research* and funded by Applied Basic Science Corporation (ABS), a firm that produces CBD oils for pets, examined the pharmacokinetics of three CBD formulations.

Although small and of short duration, this study paved the way for more investigations into safety and efficacy.

McGrath and her team have completed two more studies, investigating CBD in canine epilepsy and osteoarthritis. Both, also funded by ABS, are nearing publication. In the epilepsy study, 89 percent of her patients had a reduction in seizure frequency.

She has now moved on to a larger study of CBD in epilepsy. It will enroll 60 dogs and has been funded by a \$356,000 grant from the AKC Canine Health Foundation.

In just the past two years, McGrath says she has seen a warming trend in attitudes

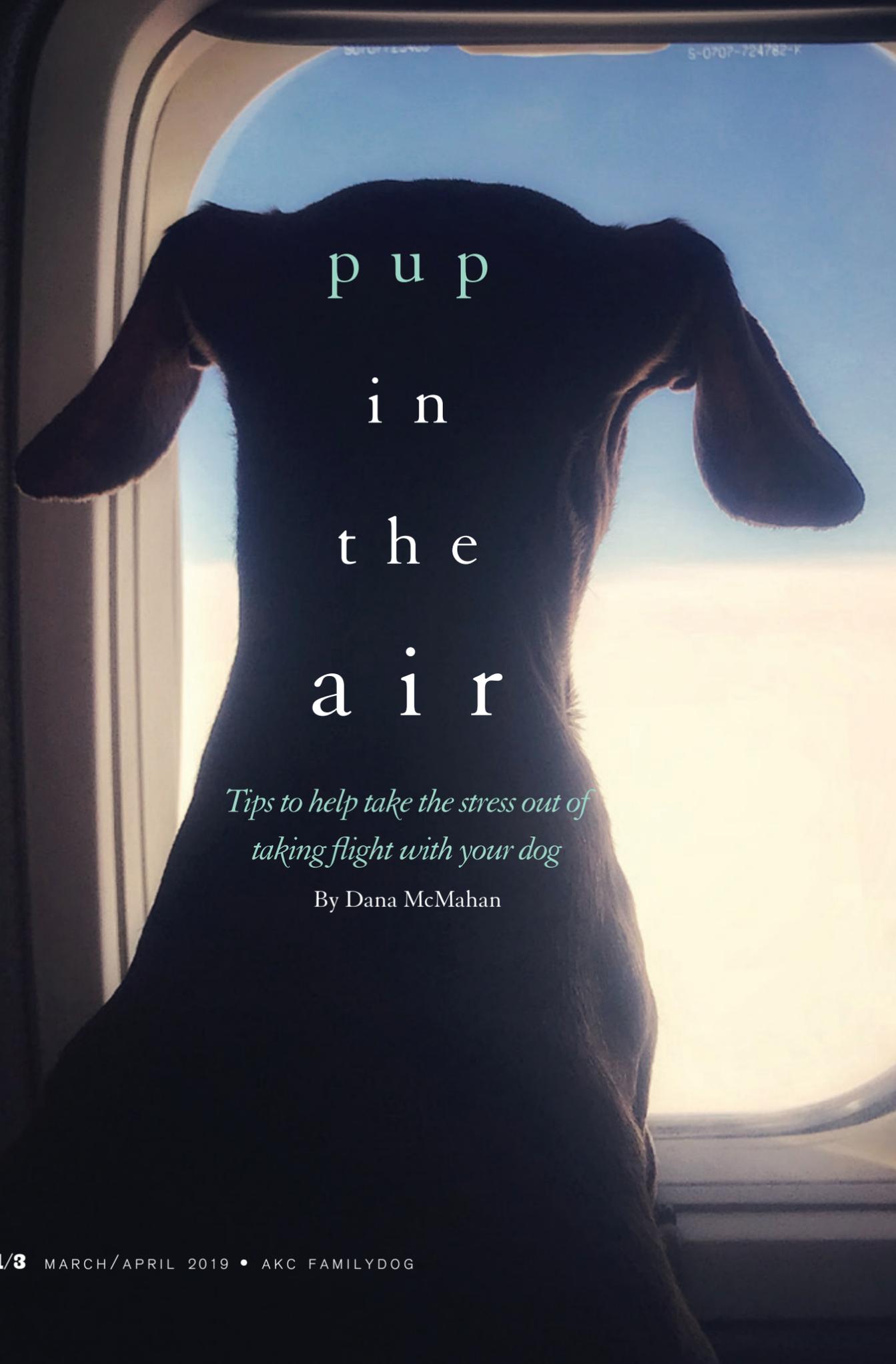
toward cannabis, evident in the reception she has gotten from medical journals and institutions. When she was trying to find a journal for her first paper, some editors shied away from the topic because of the legal issues.

With her most recent papers, she met no resistance.

Just a year and a half ago, she received no invitations to present at veterinary conference. "Now I get invited everywhere to speak," she says. "CVMA is doing a whole conference on marijuana. So it has changed already."

McGrath expects to see more scientists entering the field in coming years to separate fact from wishful thinking.

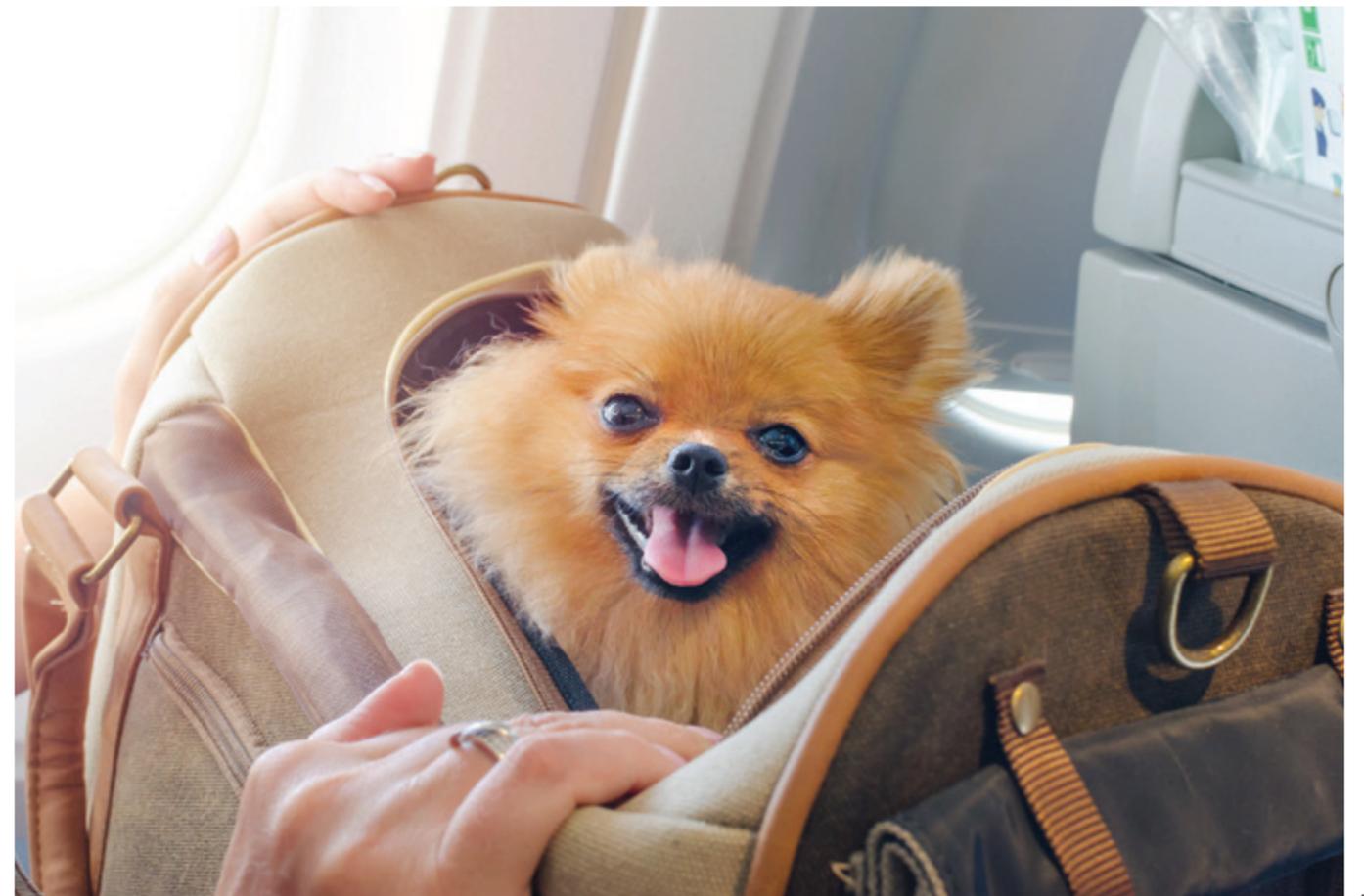
"Will it be this be the miracle drug that treats every single disease out there? I would guess no," says McGrath. "But do I think it will have a place in veterinary medicine and be able to treat some diseases in dogs effectively? I do." **FD**



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*Tips to help take the stress out of
taking flight with your dog*

By Dana McMahan



Our pups are family. So where we go, they go, right? More and more dog lovers will only travel where Fido's welcomed.

Sometimes, that means our furry friends will often be boarding a plane with us.

If you've seen the news lately, you know there have been some heartbreaking incidents involving dogs on commercial flights. But if you don't want to be limited to jaunts in the car, you'll have to take to the sky. We delved into the options for air travel with your dog and got intel from insiders to help you prepare.

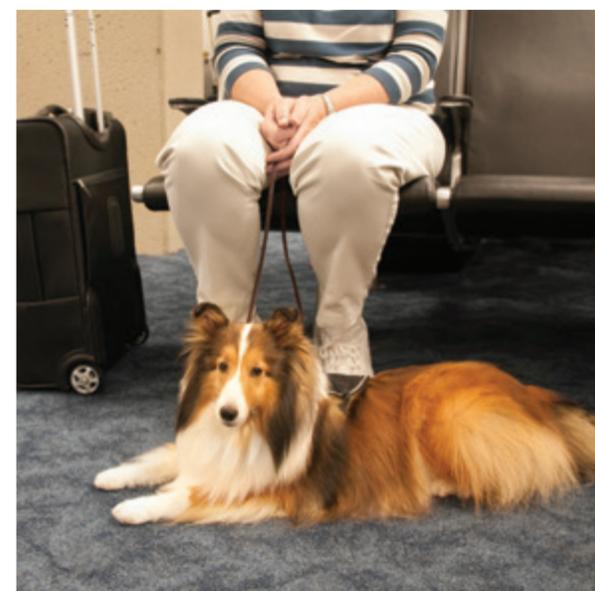
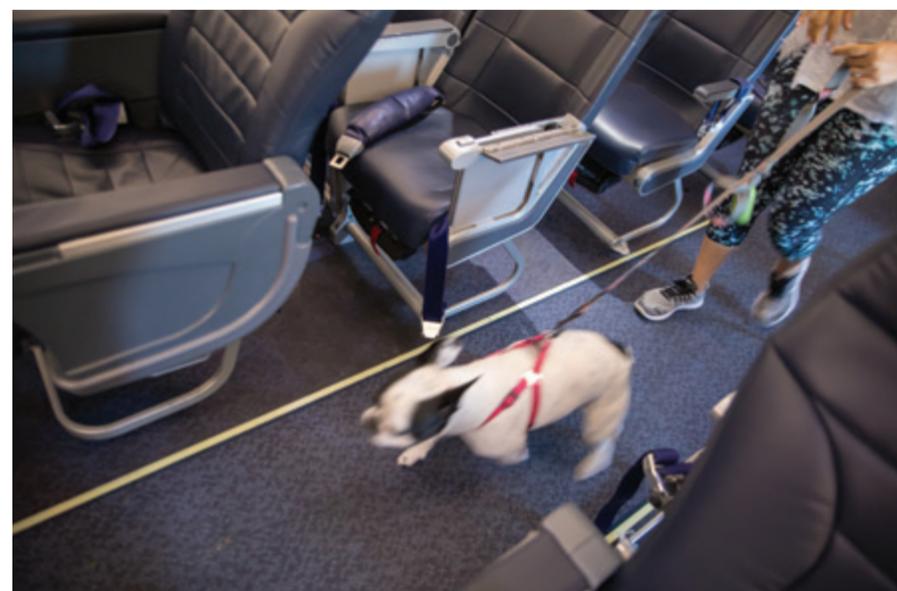
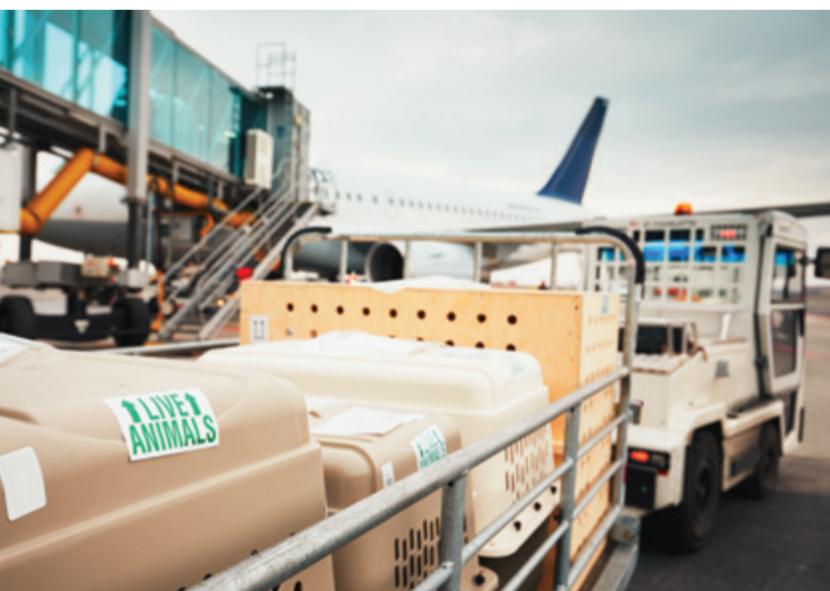
Meet our experts:

Erin Ballinger is the Destinations Editor for *BringFido.com*, the largest pet-friendly travel website directory.

Ben Lovett is the Communications Director for Victor, an online marketplace for on-demand private jet charter.

Trainer **Tyler Ohlmann** of Rosie Dane Dog Training travels by air with his Great Dane service dog Rosie.

Air travel for dogs—like for their people—can fall into two categories: commercial passenger flights, and private, charter flights.



Once you're all set, Ballinger has some tips.

- Try to book a nonstop whenever possible. That will help with the wait times in between.
- If your dog will go in cargo, it's good idea to try to fly early in the morning or in the evening during summertime to avoid midday heat, and in the winter try to fly midday to avoid extreme cold.
- If you're flying outside the U.S. there are additional planning and

We'll explore both, but one consideration is the same whether you're in coach on a domestic hop, or on a private jet to Monaco.

First and foremost, you want to be sure your dog is healthy and cleared to fly by your vet. "It's always a good idea to visit the vet before taking a trip with your pet," Ballinger says. She adds that many airline rules and restrictions may seem very limiting for pets. But they are actually for their safety.

Some airlines are taking steps to improve safety. Take Delta's recent ban on brachycephalic breeds, for instance.

Ultimately, "it's up to the pet owner," Ballinger says, to consider the dog's age and size and make a decision as to whether flying is best way for the pet to travel.

Commercial flights

If your dog is healthy and fit to travel, and

has your vet's go-ahead, you're ready to book, right? Before you hop online to make that reservation, hold on. "You're gonna have to get on the phone," Ballinger says. "Don't buy your ticket until you call the airline." And be sure to call early, she cautions. "Most airlines only allow one or two [pets] per flight."

You have to check on size or breed restrictions; determine whether your dog is eligible to fly with you (typically that would require they be 20 pounds or less and fit in a carrier under the seat in front of you), or will have to go in the cargo hold; and make sure there's room on board, she explains. Also check on their policies; for instance, "most airlines require a health certificate within 10 days of travel," she says. "Once you've confirmed [everything], you can reserve your ticket for your dog."

That's assuming your dog is prepared to

handle the stress and excitement of air travel. How do you know? "Any dog that's going to be in a public place should have a minimum of the AKC's Canine Good Citizen," Ohlmann says. Better still "the Advanced and Urban CGC have further distraction proofing," he adds. "Any dog that's going to be in a situation like an airport should be trained to those standards."

The work that goes into that training, such as teaching a dog to walk with a loose leash and holding a "stay" in the face of movement and noises "directly applies to being at an airport," he says.

And to prepare dogs that will be traveling in the cargo hold, first be sure they're not easily stressed, Ohlmann says. Also be sure they're accustomed to the crate they'll be traveling in and being separated from you for at least the duration of the flight.

health-care requirements. That can include certain quarantines and vaccination—there can be quite a laundry list. BringFido has an international travel page with help.

■ Display on the carrier or crate: your dog's name, your home address and phone, and your phone number at your destination. Also make sure you have a current photo of your dog.

■ Since a full stomach can be uncomfortable during travel, feed about four hours before the flight but continue giving water until check-in time.

■ Exercise your pet and let him use the bathroom before heading to the airport. If you have a dog with tons of energy, book him in doggie day care the day before, or take him on a big hike. Before getting in the car, take him for a walk or play a game of fetch. That way, he'll be dog tired and ready to rest comfortably.

■ Arrive at the airport early and have your dog's paperwork handy. You're not going to be able to check in more than four hours ahead so try to arrive in the sweet spot of two hours.

■ You're not going to be allowed to check in curbside, so check in at the counter.

■ Even though you may think it's a good idea to give your pet a tranquilizer, it's probably not because it can create respiratory and vascular problems once they're at higher altitude. It also affects balance and equilibrium and can affect breathing. If your vet says it's necessary, try to indicate the name of the drug on the dog's carrier.

■ Most airports will have pet relief stations. I recommend googling before you go so you can map out how to get there.

■ Carry one of those travel packs of peanut butter, Ohlmann adds, because if cabin pressure changes and the dog starts doing a lot of yawning and seems uncomfortable [working on the peanut butter] will help their ears pop.

Private flights

If you want to bypass the hassle and risk of commercial flights, and have the resources, chartered flights can be a smoother option.

Victor offers travelers the ability to travel completely stress-free, Lovett says. On your

own chartered plane, "your dog travels in the cabin with you. They can be resting in the seat beside you with a bowl of water close by and food and treats. Flying privately also means being able to turn up to the jet a few minutes before take-off," Lovett says.

He adds, that "customers avoid the lengthy queues and delays of commercial flying via busy, noisy commercial airports, which means your pet can also relax. Your dog can take a quick stroll before take-off and can walk straight off the jet and through customs when landing, instead of spending hours alone in animal control."

Using Victor's app or website, or by calling, travelers can compare quotes and book the charter that's the best fit for them, choosing from among 7,000 private aircraft at 40,000 airports globally via some 200 partner operators (most of which welcome pet travel but may have specific conditions or restrictions).

You and your pup could take off in a four-seat aircraft like the Citation Mustang, a long-range 18-seat Gulfstream, even a Boeing 737 VIP Airliner.

"Clearly, private jet charter is a more expensive option than commercial," Lovett acknowledges. Sample costs on popular routes for Victor dog owners include:

New York to Nantucket—\$7,300 round-

ESAs and service dogs

We can't talk about flying with dogs without addressing a hot topic of late: emotional-support animals. Getting a letter that lets you bring your dog (or peacock!) on board free of charge can be as easy as googling to find a website that will provide one, Ballinger says. While some people have a legitimate need, "you also have people blatantly abusing the situation so I do think there are going to be more restrictions," she says.

"I really wish they would institute some sort of training requirements," Ohlmann adds. His service dog Rosie is trained to provide specific assistance for disabilities caused by a car accident.

Poorly behaved, untrained animals flying as ESAs, or wearing a service vest the owner bought online, are threatening the ability of people who need service dogs to travel with them, Ohlmann says. "Service dogs need to have the public's respect and admiration and understanding. If the first thing people think is the person doesn't have control of their dog, they doubt the next service dog they see. It jeopardizes the work these dogs are doing."

trip, 6–8 seat Pilatus PC-12 (3 nights)

New York to Hamptons—\$5,000 round-trip, 6–8 seat Pilatus PC-12 (3 nights)

Van Nuys to Las Vegas—\$6,500 round-trip, 7-seat Beechjet 400a (3 nights)

And jetsetting pups are treated to "Victor Furs Class." Lucky dogs can have meals specially prepared, and owners get help making sure they have any necessary documentation for their destinations in order.

"One member once asked to take 10 cases of gourmet dog food on board with them, just so that their pooch had an entire menu of tailored holiday meals whilst they were away

for their Mediterranean summer," Lovett says.

But maybe best of all, you get to fly with your best friend by your side. While it's at the pilot's discretion, "so long as the dog is well-mannered, they do not usually need to be leashed or harnessed whilst travelling privately; even on smaller jets," Lovett says.

And bonus: chartering a flight means you can "usually bring more luggage on board with you (on top of the additional storage capacity of your jet's hold)."

More room for Fido's favorite treats and toys! **FD**

Dana McMahan lives in Louisville with her mountain-dog mix, Cassius Thunderpaws, and her Pomeranian, Truffle (and her husband). A traveler, writer, and serial learner, she shares her adventures at bodybybourbon.com.

A yellow Lab is an essential member of the team on one Missouri farm.

When Jim Harig opens the door to the feed shed in the morning, his dog Dixon knows what to do: The 7-year-old yellow Labrador Retriever grabs the feed buckets and, as Harig fills each one, Dixon carries it to the four-wheeler. Once the full buckets are loaded, Dixon hops aboard and helps deliver morning meals to the miniature animals living on the 200-acre Eminence, Missouri, farm.

Together, they feed 124 horses, donkeys, cows, alpacas, goats, ducks, chickens, geese, turkeys, and cats each day and Harig is adamant, “I couldn’t have the farm without Dixon.”

Harig was drafted into the U.S. Army during the Vietnam War. While serving overseas, he was exposed to the powerful herbicide

known as Agent Orange, which has been linked to a host of health issues, including cancer. Harig believes the chemical was responsible for causing a chronic degenerative nerve condition that led to the progressive loss of feeling in his arms and legs that causes him to lose his balance. He took a medical retirement from the military in 1985.

As his symptoms progressed, Harig realized he could no longer operate his farm alone. He learned about Pets Helping Agriculture in Rural Missouri (PHARM) Dog USA from a television segment. PHARM Dog USA is a nonprofit that trains dogs to work alongside farmers with disabilities such as amputation, diabetes, vision impairments, cancer, and traumatic brain injuries. Harig reached out to ask about a dog to help on his farm.

LABRADOR RETRIEVER: PHOTOS COURTESY MARK HARIG

Four-Legged Farmhand

Dixon carrying the bucket at feeding time.



Harig with Dixon (right) and some of the other dogs who help around the farm.

“Without the dog, I wouldn’t be able to take care of all of the animals—and if I had to sell my animals and the farm, I think I’d lose all ambition and desire to keep living,”

“The animals give me a lot of sense of worth and meaning. They’re depending on me and that gives me a reason to get up in the morning,” Harig says. “Without

Dixon, I wouldn’t be able to do any of the farm chores on my own; he gives me the support I need to keep going.”

Since PHARM Dog USA was founded in 2012, 16 ser-

vice dogs have been trained to work with farmers. Breeders donate some of the dogs; the organization also partners with rescue groups to select shelter dogs that might

be up to the task.

After an extensive interview process to assess what Harig needed, PHARM Dog USA approved his application, selected Dixon, who came from a Lab rescue in Ohio, as the right partner and put the dog through a rigorous training program. The eager-to-please pup went from a purebred dog abandoned at a shelter to a reliable farmhand who helps with tasks like fetching buckets, carrying tools, and opening gates; he also helps Harig with balance.

During one winter walk, Harig slipped on the snow and ice and fell to the ground. He told Dixon to get his cane; the dog went to the garage, fetched the cane, and stood alongside his owner,

who used the cane and the dog as leverage to get back up. Without Dixon by his side, Harig shudders to think about what might have happened to him that morning.

Harig and Dixon have worked side-by-side since 2012. Dixon is one of eight dogs on the farm—Harig also has Great Pyrenees who work as livestock dogs—and his chores include helping to feed his canine siblings. Dixon gathers their food bowls so Harig can fill them and collects them when the dogs finish their meals.

“When he’s carrying the buckets for feed, the animals will come running and he ignores them and walks right by to keep doing his job,” Harig says. “He’s very focused and knows when he’s

working.”

Calling Dixon, “so intelligent, it’s unbelievable,” Harig is often surprised at the things he can depend on his dog to do. To wit, Dixon often has to retrieve the keys to the four-wheeler after mischievous goats steal them from the ignition. Once he brings them back, farmer and four-legged farmhand continue with their chores.

“All of the dogs on the farm have jobs,” Harig says. “Some take care of the animals and Dixon takes care of me—that’s all he cares about.”

But it’s not all work and no play for the well-trained farm dog.

When farmer and farm dog go into the pastures in the morning, Dixon jumps out



Carrying tools for repairs around the property (left) and gathering up food bowls (below) are just a few of Dixon's chores.



of the four-wheeler and runs to greet the other animals, racing around before getting down to work. Once his service dog brace is on, his demeanor changes: Dixon knows he is back on the job.

Over the last six years, Harig and Dixon have become inseparable and, as their bond has grown deeper, the well-trained Labrador Retriever has learned to anticipate what his owner needs.

"When I fall down, Dixon comes up beside me so I can

lean on him and get back up; and when I drop something, I can't bend down to pick it up because I have no balance and I'll fall over so Dixon follows me around and picks things up," Harig says. "He can actually tell what he's supposed to do without me having to tell him."

The affable Lab is not just essential to the daily operations on the farm; Dixon also plays a critical role in helping Harig maintain his emotional well-being.

"Without the dog, I

wouldn't be able to take care of all of the animals—and if I had to sell my animals and the farm, I think I'd lose all ambition and desire to keep living," he says. "Dixon has made me very self-sufficient and I'm grateful for that. He's a good dog." **FD**

For more information, visit pharmdog.org or the organization's Facebook page at facebook.com/pharmdogusa

LABRADOR RETRIEVER: GREAT PYRENEES

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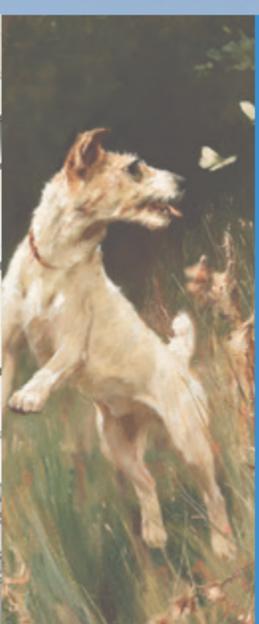
—yoga instructor Kyle Michaud, founder of Experience Expeditions, which produces the Yoga Expo and Vegfest Expo. Michaud is pictured here with his Boxer, Marley.



BOXER: PHOTO COURTESY SUBJECT



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