



Dear Lola,

By: LOLA MCCARTHY

CONSULTANT: JENNIFER MCCARTHY

Q My housekeeper says my dog is spoiled rotten—she insists on being fed the same food as us. Do you think she is over reacting?

A Not necessarily. A good diet of meat and vegetables is very good and can provide a nice treat to mix in with their regular food. We are seeing more and more benefits of raw diets in such foods as the *Honest Kitchen*, etc. The benefits to a healthy balance of protein for your dog's age and breed type should be taken into consideration always.

However, not all people food from the table is good for two reasons: (1) your dog can become overweight by eating too many sauces, fatty foods, etc. and (2) your dog may become so used to the human food that he may start begging at the table or worse—eating your own food!

I recommend getting on a high quality dog food that's right for your dog and if left overs are around, such as chicken, beef, veggies, etc., go ahead and mix them in as a special treat. Your dog will love you for it. **Always remember:** when switching foods, gradually transfer over to the new food over three to five days; bigger dogs need to have water mixed into their foods to prevent bloat; chocolate is deadly for dogs; and only allow your dog to eat within 10 to 15 minutes before taking the bowl away. Why? There is no "Mar-a-Lago Buffet" concept to a dog. This promotes healthy eating and establishes your role as the *Leader of the Pack*.

Q My dog, Puddin, has a shoe fetish for designer shoes, how do I stop him chewing them? My husband is going mad!

A First, close the door to the shoe closet. If that's not possible or you insist on leaving it open—set up a trap. There are many ways to deal with this. Here are a couple of examples: Take an old shoe that has had an already unfortunate death to Puddin's pearly whites and give it some added flavor by spraying it with *Bitter Apple* which can be purchased at any pet store.



Pick up all the rest of your shoes off the floor. When Puddin discovers that a shoe is a terrible taste, she'll realize it might not be a good idea to chew it. Another way to deal



with this—for our brighter students—is to allow them to sneak away to the closet while you know exactly what their up to. Make a load noise such as using an empty soda can, filling it half way with pennies and shaking it as loud as you can while saying *No!* or *Bad Dog!* Anything you can to shock them.

Next, get an appropriate toy such as a *Haute Dig-gity Dog "Bark Jacobs"* squeaky shoe toy and let her know that that's the shoe for her. Lot's of praise and compliments on how well it goes with her fur coat.

Q Chachie hates to go outside in the heat, he prefers to do his business around the house. What should I do?



A It sounds like Chachie needs to learn that the loo is outside, not in. Many trainers prefer different methods of potty training, but I find crate training to be the most successful. A dog's nose can smell 100 times more than a human nose, so that means that you must get the smell of Chachie's preferred methods of relieving himself out of the house. Even if you do get the smell out, because Chachie has such a powerful nose, he will still be able to smell it. The key with potty training is providing a small space and gradually increasing it to a larger one. This is usually people's biggest mistake.

Dogs actually learn to relieve themselves away from where they sleep at three weeks old. By giving Chachie a small space where he can sleep, he won't want to go to the bathroom there. This let's us control and teach him where to relieve himself in a proper place.

Purchase a crate from any pet store that Chachie can turn around in and stand up in, but is not too big. Otherwise, he will start going to the bathroom in the crate. Place a comfy pad at the bottom of the crate and slowly introduce the crate by putting a treat or favorite toy in it, closing the door and then letting him out. Next, increase the time while in the room for him to remain in the crate to five minutes, 10, 20 and 30 minutes. Once he's got that down, do the same thing except now leave the room. Next, leave the house for five minutes, 15 minutes, a half hour, hour, two or three hours. Do not leave your

dog more than three or four hours in the crate and make sure they have had a chance to go to the bathroom, plenty of exercise and play time before crate training. When you know Chachie has gone to the bathroom outside, go ahead and let him in under close supervision. If you can't watch him, put him in the crate. If he's not in the crate, designate an area such as the kitchen to play with him in, but don't give him free rein of the house just yet. Make a potty schedule and have everyone participate by writing the time he went down, who took him out and what he did to get a good idea of his bathroom schedule. Don't allow Chachie salty treats such as raw hides or bones during this time. The more salt content something has, the more water he'll drink. Reward Chachie with lots of praise when he does his business outside. Take him to familiar spots where he has gone before and if you do catch him in the act, scold him and bring him right outside to his spot. If you over scold however, he may think going to the bathroom entirely is bad and may start sneaking off to do it in other rooms of the house, so be careful. Have Chachie stay in his crate at night and make sure he gets out to use the bathroom frequently, but always at these times: after breakfast, after dinner, first thing in the morning, first thing before bed and one more time during the day while he's learning. After he has stopped eliminating entirely in the house, increase the space by allowing him to be confined to the kitchen, then add in the living room, the spare bedroom, etc. until he has free rein again. If he makes a mistake, go back a step and don't get frustrated—after all, Chachie thinks of the house as his own personal toilet. Be careful not to scold him after the fact. Even though he looks guilty, chances are he's picking up the changes in your enthusiasm when you notice a large poop on the floor.

Q I have a dog who loves to dig up my yard, please tell me what I can do as my gardener is threatening to leave?

A First of all, make your gardener fresh squeezed lemonade and see if you can convince him that because the weather is so hot here, your dog was just merely trying to get cool by laying in the dirt. This may be a sign also that your dog is too hot and needs either to come inside or acquire a custom designed, air conditioned, foe Mizner dog house. One thing you can do is put your dog's feces in the hole that he dug and he won't go back there again or if he's a digging breed like a Daschund, find a place where he can dig all he wants like at the beach. Sometimes burying things in the sand and having them find it is a great outlet and lot's of fun for the two of you! There are many more reasons why dogs dig—some seek attention, some seek to escape the yard, some make a compulsive habit of it, etc. In any of these cases, proper exercise, attention and play is important for any dog—make sure they are getting enough of it. In cases of an obsessive behavior—always consult your vet, a professional dog trainer or behaviorist. If your dog is planning his next escape, put fencing down deep within the ground and add in some decorative large rocks.

You may also want to tell your gardener that after the first 20 holes your dog dug, you thought it was a nuisance, but now since he has located every varmint in your yard—there's no need to keep on the exterminator.

Q My Great Dane, Brutus enjoys greeting guests, the problem is that he is 145 lbs. and he either scares them or knocks them over!

A Brutus is a big boy and it sounds like he's had a lot of fun growing up jumping and giving kisses to everyone. The problem began with Brutus's owner who I bet thought it was very cute, when he only weighed 90 pounds. If he is allowed to jump on one person in the house, he will do it to everyone, so the whole family has to be involved. With such a large dog, there are only a few solutions. First, when he jumps, put your knee up into his chest. He won't like it, but it works. Second, every time anyone greets Brutus, he is not allowed to receive any attention or petting until he sits. Once he sits, calmly stroke his head right between the eyes and over the nose or give him a good scratch on the chest—he'll really like that. The other

thing to do is to go back to using the empty soda can and fill it half way with pennies. When Brutus jumps up—make the loudest noise you can by shaking the can of pennies while telling him "off!". If Brutus has learned the stay down command, place him near the door in this position for a few minutes. Once he has calmed down after your guests have arrived, let him up to greet everyone but make sure he sits for attention.

Q My dog really enjoys watching CNN when the children try to change the channel he growls at them, do you think the way around this is to buy him his own television?

A While leaving the TV or a radio on for your dog is comforting, I don't think you'll have to invest in another television. Growling is a means of communication for your dog. Something more than CNN might be bothering him or he could have a slight case of guarding aggression. Anytime kids are involved, I like to be the devil's advocate. After all, everyone is innocent until proven guilty. Make sure your kids aren't teasing your dog or are doing anything to cause this behavior. Sticking the remote in your Rottweiler's ear may not be civilized TV watching. Just like people, dogs get road rage too and what may seem like a little growl at first, could build up into a bad bite over time. If everything checks out well with the kids, see if it's the remote and not CNN your dog is going for. If this is the case, it's time to hire a professional. Different types of aggression should be handled individually. Guarding, otherwise known as possession aggression, should never be handled with harsh methods. There is something called an "exchange" where you will slowly build up to the remote by first working with something of less value to your dog. The exchange is done by offering a treat or something of more value to the dog than the one he is giving up. Over time, and working with a trainer, you will desensitize the dog to everything of value (even with the kids taking certain items) until you receive no reaction to the remote control while CNN is on, what so ever. If it would crop up again, you would go back to the exercises for review, but I find this method to have a very high success rate.



Q My rescue dog, Gucci hates men and will not allow my husband upstairs. I was hoping that he felt insecure and would get over it, but this has been going on for nearly three years. What should I do?

A It sounds like Gucci might have had either a bad experience with a man or not enough good experiences with men. Gucci may also be testing the waters and over time has found herself to be the Queen Bee of your pack. Should this be the case, we'll need to do a little doggie psychology. For starters, Gucci will need to sleep downstairs—this may be harder for you than for her, as dogs are great at feeding into our empathy card. Next, Gucci will have to attend private school and learn some doggie manners. A basic obedience class or private lessons are a must for you and your husband—not to mention Gucci. We will then have to put some household rules down. Gucci will not be allowed upstairs or on any furniture for the time being. When dogs are at eye level or above you, their confidence rises significantly, so keep Gucci on the low down. Next, she will have to learn the concept "nothing in life is free" and begin to work for valued resources such as food, attention and toys. You will have to become the leader by controlling these resources. Gucci must now sit, lie down, etc. to receive her dinner or get her favorite toy. She must sit to receive attention and the attention must come on your time, not hers. The leader always controls attention, food, etc. When Gucci goes out for walks or into the back yard to chase a lizard, you must make her wait and you will have to walk through the doorway before her. Doorways are very territorial for dogs. She must learn to walk with you either behind or on your side but never in front of you. You will have to control her on walks and teach her to wait for your permission to use the bathroom and wait for your command to walk. Other things such as standing above her and having her submit to you are very important as well as a low protein diet and lots of exercise. Because we don't know Gucci's background, she may have never trusted men. At this point, or if she is afraid of men, hire a professional to guide Gucci back to a loving and trusting relationship with your husband and other males that are around her.

If you have any more questions or you need help, please check out our website at www.jmdogtraining.com

Zola



It was a night of wet noses and puppy dog kisses at this years DOSCARS. The air was filled with electric excitement as the crowd and Paparazzi waited patiently for the actresses, super models and singers to arrive. Television reporters waited anxiously for the opportunity to have exclusive interviews with this years nominees. Lights bulbs were flashing as the crowd screamed with excitement every time stars emerged from their limo. We were there to capture the essence of the evening. The stars were coiffed for the occasion and their necks glistened with spectacular jewels from Worth Avenue.

Welcome to DOSCARS 2005. Mr. Churchill, our own editor-in-chief was Master of Ceremony for the evening. He moved across the floor with the greatest of ease making the audience laugh with his jokes and sketches.

This years winners included Lucy Fisher, for her athletic performance in *Mr. & Mrs. Smith*, Daisy Desmond for her unbelievable nose twitching in *Bewitched*; Muffie and Mollie won best supporting actresses for *Ocean 12*, Chrissy Saini for best sound track for *Ray*, Baby De George in *Finding Neverland*, Sparkle in *Million Dollar Puppy*; Jinx for *The Aviator*; Parla for *Charlie and the Chocolate Factory*; Chootzie for *War of the Worlds*; Coco Worth for *Monster-in-Law*; Lola McCarthy in *Batman Begins*; KK in *Herbie: Fully Loaded*; Cha Cha in *Unleashed*; Fluffy in *Bridget Jones's Diary II*; Clementine in *The Notebook* and last but not least, India in *Phantom of the Opera*.

LOLA MCCARTHY IN
VAN CLEEF & ARPELS

Palm Beach

Doscars

TRAINER TO THE STARS - JENNIFER MCCARTHY

2005