

BARK BITS #17 September 17, 2010

AGILITY DEMONSTRATION:

On Wednesday, **September 29, at 5:30PM**, Cinda Walters and her Australian shepherds, Jake, Zeke and Riley, will present an agility demonstration at NOLA City Bark. Cinda has been enjoying agility training and competitions for 8 years. All of Cinda's Aussies are rescues, and she has been working with them since she adopted them. Jake, 7 years old, was rescued from Pine, LA when he was 4 months old. In 2006, he won first place in the United States in the 24" Australian shepherd division in agility. Zeke, age 5, was rescued from Franklinton, LA, when he was 6 months old. Both Jake and Zeke have earned the top ranking of Excellent in agility; both also hold titles in sheep herding. Cinda will also bring her more recent rescue, Riley. Age 2 years, Riley is from Florida and has only been training for about 6 months. It will be interesting to compare the "rookie" to Cinda's 2 experienced competitors.

The demonstration will be held in the field across from the dog park; the dog park will remain available to permit holders and their off-leash dogs. You may watch the agility demonstration with your dog, but she must be on-leash while outside the fence and viewing the demonstration. This program is free and open to the public. Non-permit holders are welcome to come and visit outside the dog park, but, as always, only registered dogs are allowed within the gated area.

Following the demonstration, Cinda will be glad to answer questions and will have information available on agility training lessons.

Thursday, September 30, is the rain date for this event.

HEALTH BENEFITS:

We all know our dogs are good for us, but studies are beginning to prove what we have known to be true all along. According to USA Today (September 7, 2010), dogs improve our **fitness**, help us **heal**, teach us about **love**, and **bolster community**.

Because we know our pets need activity, dog owners get exercise by walking, running, and playing outside with their pets. New research by Jo Salmon from Australia's Deakin University shows that children living in households owning dogs have as much as a 50% less chance of developing childhood obesity. Studies have shown that a 12 minute visit by a dog can reduce levels of stress hormones by 17% in patients recovering from heart attacks. Some dogs can predict epileptic seizures and have the ability to detect the presence of autism in children.

According to animal behaviorist Patricia Mc Connell, levels of the oxytocin, a hormone associated with relaxation, are increased in pet owners the longer their dog looks at them.

A study of 128 pre-adolescents by child psychologist Robert Bierer showed that children who help to care for dogs have a higher sense of self-esteem and empathy than those who do not.

A study done at the University of Western Australia in 3 planned Australian neighborhoods found that pet owners scored higher in gaining trust, making connections and helping neighbors than non-pet owners. In the journal *Social Science and Medicine*, public health instructor Lisa Wood says pets "act as a lubricant for social contact and interaction."

Nowhere is this demonstrated any better than at NOLA City Bark when we see so many people enjoying time with old and new friends and their dogs.

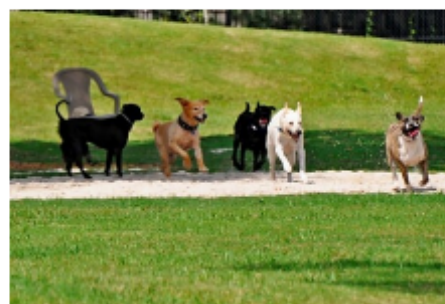
Woof Woof!



used under licensing agreement



Charley & Marley-glad to be back!



Brady and his friends-are we having fun yet?!

Special Permit Sale & Pick-up:

We will be selling dog park permits at the entry pavilion from 4:30-6:30 on **September 29** during the agility demonstration. Please tell any friends and relatives who are interested in joining. You may also pick-up previously purchased permits.

ADOPT ME: While you are at the dog park with your pet, you might notice handlers with dogs wearing "Adopt Me" vests. These are LASPCA foster dogs with their foster parents. Each of them fills the requirements set by NOLA City Bark for entry and their foster parents have swipe cards for admission. If you or someone you know is interested in adopting another dog, please talk with the dog's handler. Any adoptions between now and October 31 will help the LA-SPCA reach their goal in the \$100K shelter adoption challenge.

NO-FLEAS MARKET: If you like garage sales, you'll love the No-Fleas Market! This group garage sale is Friday September 17 and Saturday, September 18, at 4920 Tchoupitoulas. Hours are from 10am-5pm, and monies raise benefit local rescue groups and shelters.

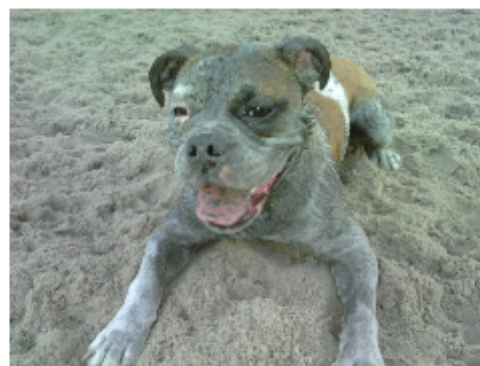
REGULAR PERMIT SALES: Permits can be purchased M-F, from 10am-2pm at the Friends of City Park office across from Storyland.

If you mailed your application, your permit will be available the day after it is received between 9 & 5. Call 483-9377 to confirm. If you cannot pick it up, you can have it mailed for a \$5 additional charge. If you are receiving Bark Bits, your permit is ready for pick up.

Take the Bark to the Park
nolacitybark.org



**Kat with Lillie & Zak
Welcome Back!**



**The old mud hole - no more!
Bacchus Sinno**



**Brady & his buddies
It's nice to share!**