

SEPTEMBER 2011

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- Downtown core

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School

Grade

Bow Valley High School	9-12	www.rockyview.ab.ca/schools/bowvalley
Cochrane High School	9-12	www.rockyview.ab.ca/cochrane
Elizabeth Barrett Elementary (FR)	K-4	www.rockyview.ab.ca/barrett
Manachaban Middle School (FR)	5-8	www.rockyview.ab.ca/manachaban
Holy Spirit Catholic School (S)	K-9	www.cssd.ab.ca/schools/holyspirit/
St. Francis High School (S)	10-12	www.cssd.ab.ca
Rocky View Virtual School	9-12	www.rvvs.com
Elbow Valley Elementary (FR)	K-4	www.rockyview.ab.ca
Springbank Middle School (FR)	5-8	http://springbank.rockyview.ab.ca
Springbank Community High (FR)	9-12	www.rockyview.ab.ca

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<http://www.first-lutheran-calgary.org/web2/index.html>

COMMUNITY

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Springbank Park Recreation Centre
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Newsletter Advertising Sales

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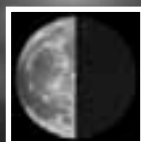
SEPTEMBER MOON CALENDAR



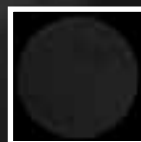
Sept. 4
First Quarter



Sept. 12
Full Moon



Sept. 20
Last Quarter



Sept. 27
New Moon



GIRL GUIDE REGISTRATION FOR FALL 2011 & LEADER/ VOLUNTEER RECRUITMENT

We are currently recruiting Girl Guide Leaders, volunteers and girl members, ages 5-17 for the 2011/12 year.

Come see us at the Springbank Fall Fair on Saturday, September 10. Current members can register along with new girls and leaders.

Come by and learn about the great program and opportunities we have for both girls and Guiders. Brownie and Guide units will meet on Tuesdays at Springbank Middle School.

To register your daughter for any level of Girl Guides, or to volunteer as a leader/parent helper, email marionforguides@gmail.com.

See you at the Fair or send us an email!

PLEASE PLAN TO ATTEND THE

28th Annual Springbank Arts and Craft Sale

Nov 5, 9:00-4:00

and

Nov 6, 10:00-3:00

at the Springbank Community High School gymnasium (next to the Red Dutton Arena). Free admission and great door prizes to win.



SPRINGBANK RAWHIDES 4-H CLUB

is having their fall re-organization meeting on September 30, 6:30 at the Springbank Equestrian Park.

4-H is a Youth Organization for children from 9-21 years.

We are actively looking for new members for our 2011-2012 year.

Our club currently has a light horse project, but we are interested in having crafts, sewing, photography, and archery groups as well; subject to enough interest.



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THE INDOOR GARDENER

by Cindy DeJager

If you have had all of your houseplants outside for the summer months, September is a good time to bring them inside and get them acclimatized to the indoors.

Clean up your plants first by discarding any dead and yellowing leaves, and be sure to check them over for insects that may be hiding on the underside of the leaves. This is the best time to give them a good shower! I like to stand the plant in the bathtub and let the water run through the pot thoroughly. It is great for washing the pot and the soil too. Let the plant stand for about an hour or until all the water has run through.

Feed your foliage plants sparingly during the fall and winter, every three months is good, and put them in a bright location. Your flowering plants should be fertilized monthly, and locate them in the brightest spot you have. Supplementing natural light with artificial is also recommended for flowering plants.

One of the most important considerations for your houseplants is **humidity** – during the fall and winter when we have our furnaces on, the air is extremely dry. You can raise the humidity quite easily just by placing a tray of water beside your plants.

And remember – **water lightly** during the winter months when your plants are in their natural dormant stage.

alison
REDFORD

for PREMIER



Alison Redford is a passionate Albertan, the sitting MLA for Calgary-Elbow and former Minister of Justice. She is also a mother, wife and daughter who knows that building strong communities will make Alberta the best place to live, raise a family and retire.

Alison's vision for Albertans includes:

- Family care clinics open from 9 am to 7 pm in every community, staffed with multidisciplinary teams that include doctors, nurses and nurse practitioners.
- Stable and predictable funding to school boards to enable them to plan for the future.
- Subsidized daycare for families earning less than \$50,000, allowing couples to split their income for tax purposes and use tax incentives to encourage more licensed daycares to open.

You + \$5 + 20 Minutes
= Change for Alberta

To find out where you can vote:

Facebook: Alison4Premier | Twitter: @Alison4Premier | alisonredford.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **September 3 The Calgary Highland Games** take place at Springbank Park for All Seasons. Bagpipes, bands, dancers, caber toss, children's games, and ceilidh. Fun for everyone. www.calgaryhighlandgames.org
- **September 7 – 11 Spruce Meadows Masters** Watch the world's top show jumping athletes at this tournament. Enjoy family entertainment, shopping and different foods from various countries. www.sprucemeadows.com/tournaments
- **September 9 CFL – Calgary at Edmonton** 7:00 pm. www.stampeders.com/schedule
- **September 9 – 17 Artcity Festival** 20th annual celebration of visual art, architecture and design. Events at various locations throughout the city. Free to the public. www.artcityfestival.com
- **September 10 & 11 Calgary Produce Marketing Association Harvest Sale** takes place at Heritage Park Historical Village. Fresh fruits and vegetables in an old-fashioned setting and matching prices. Monies raised support local charities. 403.268.8500 / www.heritagepark.ca
- **September 15 Hank Williams "Live" 1952 starring Joe Matheson (Dinner Show)** at the Deerfoot Inn and Casino. 403.236.7529 www.deerfootinn.com
- **September 17 CFL Calgary Stampeders vs BC Lions** 5:00 pm at McMahon Stadium. www.stampeders.com/schedule
- **September 17 & 18 Calgary Artwalk** with over 30 galleries showcasing artists at various galleries and studios in and around the city. Demonstrations, artist talks and other events, 403.263.6500 or www.calgaryartwalk.com
- **September 23 – October 2 Calgary International Film Festival** Over 200 films from around the world. Screenings at various theatres in Calgary. www.calgaryfilm.com
- **September 24 & 25 Railway Days** at Heritage Park. Model railway displays and a train pull competition, demonstrations and tours. 403.268.8500 / www.heritagepark.ca
- **until September 25 Burnt Toast Studio** exhibit at the Epcor Centre Window Galleries across from Max Bell Theatre. Five artists explore and present screen printing, relief printing, mixed media, papermaking, painting and sculpture. epcorcentre.org
- **September 30 – October 2 Multicultural Impressions: Art and Literary Exhibition** at the Calgary Chinese Cultural Centre. View the artistic interpretations and impressions of Calgary's cultural diversity, including a gala evening and public art workshops. www.calgarymulti.com

SEPTEMBER 13 – OCTOBER 2 THE TOSCA CAFÉ

presented by Theatre Calgary. The San Francisco Chronicle calls it "genuine magic". www.theatrecalgary.com



SEPTEMBER 15 – 17 THE NATIONAL BALLET OF CANADA: 60 GLORIOUS YEARS!

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RUNNING UNTIL OCTOBER 30 SHADY BUSINESS

at . 403.243.6642 or www.stagewestcalgary.com/shows.html



SEPTEMBER

OCTOBER 17 PRESERVATION HALL JAZZ BAND

New Orleans Jazz at Epcor Centre for the Performing Arts. Tickets at 403.294.9494 or at epcorcentre.org

**OCTOBER 27 – 29 WONDERLAND**

a dynamic re-interpretation of Lewis Carroll's classic presented by Canada's Royal Winnipeg Ballet. www.albertaballet.com

**RUNNING UNTIL NOVEMBER 6 HARD DAYS KNIGHTS**

at Jubilations Dinner Theatre. For detailed information 403.249.779 or www.jubilations.ca

**YOUR COMMUNITY/CITY EVENTS AT A GLANCE...**

- **October 8 Temptations** at Deerfoot Inn & Casino. Wristband 4:00 pm / Show 9:30 pm. Tickets at hotel front desk in person or phone 403.236.7529.
- **October 11 – 16 Wordfest** a six-day literary festival, takes place at various venues in Calgary, Banff and the Bow Valley. For more information 403.237.9068 or www.wordfest.com
- **October 11 – November 6 To Kill a Mockingbird** presented by Theatre Calgary. www.theatrecalgary.com
- **October 14 John Hammond** at 8:00 pm. Part of Epcor Centre's Acoustic Blues line-up. Information and tickets 403.294.9494 or online at epcorcentre.org
- **October 14 & 15 Rocky Mountain Wine & Food Festival** features an array of world-class wine, spirits and beer along with local culinary creations at Stampede Park's BMO Centre Hall D & E. www.rockymountainwine.com
- **October 17 Preservation Hall Jazz Band** New Orleans Jazz at Epcor Centre for the Performing Arts. Tickets at 403.294.9494 or at epcorcentre.org
- **October 20 Ray Griff** is on stage at Deerfoot Inn & Casino. Wristband 4:00 pm / Show 8:00 pm. Phone 403.236.7529 for additional information
- **October 21 CFL Calgary Stampeders vs Saskatchewan Roughriders** 7:30 pm at McMahon Stadium. www.stampeders.com/schedule/
- **October 21 David Francey** performs at River Park Church as part of Fish Creek Concerts series. For tickets and information 403.263.0079
- **October 27 – 29 Wonderland** a dynamic re-interpretation of Lewis Carroll's classic presented by Canada's Royal Winnipeg Ballet. www.albertaballet.com
- **October 27 – 30 Oktoberfest** at Spruce Meadows. www.sprucemeadows.com
- **October 28 & 29 Psycho: The Movie and the Music** 8 pm. Part of Calgary Philharmonic Orchestra's POPS series. For information 403.571.0849 or logon to cpo-live.com
- **running until October 30 Shady Business** at Stage West is packed with energy and madcap comedy. 403.243.6642 or www.stagewestcalgary.com/shows.html
- **running until November 6 Hard Days Knights** at Jubilations Dinner Theatre. For detailed information 403.249.779 or www.jubilations.ca

CROSSWORD

FIND YOUR SOLUTIONS ONLINE AT WWW.GREAT-NEWS.CA

Created by
B.G.Rose



DOWN

1. A BC tree fruit
2. CFL trophy
3. A political term and a group of owls
5. September Zodiac sign
6. Grove of Douglas firs on Vancouver Island
8. Newest NHL team
9. Who said "ta ta for now"
10. Verse for children
12. Popular board game
15. Dye used for denim

ACROSS

3. Animal that dwells on warm, rocky slopes
4. A series of boat races
7. Part of a strawberry and a boat
8. Popular movie genre
11. A farming measure
13. Theatre masks
14. Foreign city twinned with Calgary
16. A bright, cheerful type of daisy
17. Lunchtime staple
18. ____ of the crop

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West Springs Location
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WHAT IS A PET HERO?

As a veterinarian I am privileged to have the best job on the planet, but sometimes in the day to day routine you become blind to the amazing individuality of the pets that pass through the clinic. Most of the quirks of a pet and the value to the owner of the pet's characteristics would only be seen at home, not on a cold exam table. A couple of months ago a woman phoned me and asked me if I could tell her a story about a Pet Hero. That is the name of the show she was associated with, "Pet Heroes", and it starts its second season on CMT in November. I couldn't come up with some huge amazing "Lassie Come Home" type story

but the question made me stop and think about the furry heroes I see each day.

Animal Heroes include the companion animals that work for us each day; in the military, for the police services, and in search and rescue. There are animals that are trained to help people with many disabilities, including loss of sight, loss of hearing, and seizures. Animals are trained to help children with autism, soldiers with post-traumatic stress disorders, and any number of other conditions. Many of these service animals start their training in penitentiaries, allowing prisoners to develop a greater sense of worth, connect to a living creature, and learn about themselves as they teach.

A few animals save people from burning buildings, protect a child from a cougar attack, or do something so extraordinary it penetrates the mass media. But I love and value the little heroes. The dog that is the last connection a mother has to her daughter who died of cancer. The dog that keeps that elderly person whose world is shrinking still walking around the block and caring for another life... a reason to get up in the morning. The client's elderly dog that was the only way she could connect with the abused children she brought into her home. They couldn't talk to another person but they could tell that wonderful old dog their secrets and troubles.

There are also those animals used in education that don't know they are heroes. There are many injured raptors, hawks and owls, unable to return to the wild. They are used by organizations to travel to schools and try to get kids to connect to the natural world around them. The goldfish in the kindergarten, the duckling hatching in the classroom are heroes.

When my poodle went blind at eight years of age, she would panic if alone in strange surroundings. My cat, Blue, would stay close to her within touching distance and Tina would be alright. Blue was a hero. My old Labrador, Sirius, loved the world and was sure everyone reciprocated. Once I went into the clinic I was working at, after midnight, to see a cat hit by a car. There were two drunken men with the cat. Sirius dropped his head and watched these two guys, looking quite ferocious, while I treated the cat. I knew I was safe. He did the same thing when we went into ATM's at night. He always knew when I didn't want the social butterfly persona, and he was my hero.

I couldn't imagine a world without companion animals, wild animals, and animals aiding us in so many day to day activities. I didn't write about a veterinary medicine subject this month but I hope you will stop and appreciate how much richer our lives are with our big and little Pet Heroes around us.

Jennifer L. Scott, D.V.M.




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Words & Human Relationships

The six most important words:
"I admit I made a mistake."

The five most important words:
"You did a good job."

The four most important words:
"What is your opinion?"

The three most important words:
"If you please."

The two most important words:
"Thank you."

The one most important word:
"We"

The least important word:
"I"

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Tasting Memory Lane

Comfort food is simply prepared, using fresh, wholesome ingredients, combined with varying measures of nostalgia (depending on the dish). What better time of year than autumn to enjoy dishes like fruit crisps and cobblers, pot pies, soups, stews, chili or chowder, served with homemade bread or biscuits!

The next time you gather together with your family, take a taste trip down memory lane -- share your fond favourites and find out what others enjoyed while growing up. Oftentimes, a story will emerge about a certain dish or event when it was served. You may discover a recipe that has been handed down over the generations, or a blue ribbon winner from a country fair.

Recently, when visiting my parents, I thoroughly enjoyed a delicious cherry cobbler my mom had prepared. She used to make them often "when we were kids". Needless to say, I went home armed with the recipe and many rekindled memories.

Apple crisp is also a universal favourite throughout my family, as is chili, and potato-corn chowder.

And who can resist homemade chicken soup, loaded with chunks of chicken and great garden vegetables!

Following is a basic biscuit recipe that is easy to prepare and complements many dishes. Experiment with herbs, spices and seasonings -- think sweet; think savoury!

Basic Biscuits

2 cups all-purpose flour

1 tablespoon baking powder

½ teaspoon salt

½ cup cubed butter

¾ cup milk

1 egg, beaten with 1 tablespoon water, for egg wash

- Preheat oven to 400
- In a large bowl, whisk together flour, baking powder and salt. Cut in the butter until mixture resembles coarse crumbs
- Add milk to mixture, and continue stirring until dough is soft and moist -- do not over mix
- Turn dough onto a lightly floured surface and knead and roll lightly to form a rectangle approximately ½" - ¾" thick.
- Cut dough with a 2 ½" - 3" round cutter and place rounds on a parchment lined sheet pan
- Brush with egg wash
- Bake until golden, approximately 18 - 20 minutes, depending on the size of the biscuits

Enjoy the memories and the meals!

-BG Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Bourne Dominion -- Robert Ludlum
- Ghost Story -- Jim Butcher
- State of Wonder -- Ann Patchett
- Against All Enemies -- Tom Clancy
- Carte Blanche (007) -- Jeffery Deaver
- Distant Hours -- Kate Mortoni

Non-fiction

- William & Catherine -- Andrew Morton
- Far and Away -- Neil Peart
- The Churchills -- In Love and War -- Mary S. Lovell
- The Book of Awesome -- Neil Pasricha
- Mordecai: The Life & Times -- Charles Foran
- Brilliant Disaster -- Jim Rasenberger

Classics

- Dr. Zhivago -- Boris Pasternak
- The Name of the Rose -- Umberto Eco
- To Kill a Mockingbird -- Harper Lee

Calgary Reads



Love to read? Want to make a difference?

Calgary Reads is an early literacy initiative changing the lives of struggling grade 1 and 2 readers and their families in Calgary and area schools. Literacy is important because it is a fundamental life skill. Increased reading levels improve an individual's self-esteem, academic achievement, career and parenting success. It results in increased quality of life. Literate children have a greater chance of becoming competent, contributing and engaged members of our society who are economically self-sufficient.

Most reading problems are preventable with the application of effective early intervention. Research indicates there is an ideal window of opportunity between kindergarten and grade 2 in which a student's basic literacy skills must be developed. Children most at risk often require consistent individual attention from trained adults, in addition to strong classroom literacy programs. Calgary Reads works within this window of opportunity. Calgary Reads offers the only in-school programs in the Calgary area specific to struggling Grade 1 and 2 readers and their families.

Calgary Reads @ School - In our core program, trained tutors work primarily with struggling Grade 1 and 2 readers during the school day, using a specific framework. Tutors spend 40 minutes per session with one student, at least twice a week, for 32 sessions (about 4 months). In our ESL4ELL program, tutors support English language learners who are learning English as a second language. These tutors spend 40 minutes per session with one student for 10 sessions, delivered at least once weekly.

As a Calgary Reads tutor volunteer you can expect:

- Excellent free training
- Ongoing support throughout your volunteer career
- To make a huge difference in a child's life now and in the future
- To experience satisfaction and a feeling of accomplishment
- A meaningful experience that is respectful of your time and talents
- To be our ambassadors in sharing your stories

To volunteer as a Calgary Reads tutor, please visit www.calgaryreads.com



Canadian Gignettes...

Best known as the **"Father of Standard Time", Sir Sanford Fleming** (1827-1915) emigrated to Canada from Scotland in 1845.

Later in life, as chief engineer of the Canadian Pacific Railway (CPR), linking east to west, Fleming found that North America was a jumble of different time zones, with each town along the railroad route marking its own time, maintained by a well-known clock like a church steeple or a clock in a jeweller's window. Each town set its own clock based on when the sun was highest in the sky, but with the dawn of railroad travel, this system created a logistical nightmare for train schedules, due to the large number of time differences.

After missing a train in Ireland in 1876 because the train's departure schedule had been misprinted p.m. instead of a.m., Fleming was inspired to create a 24-hour standardized system of time zones. In 1883, Canada was one of the first countries to adopt Standard Time.

On January 1, 1885, the International Meridian Conference adopted Greenwich Mean Time as the worldwide standard, and by 1929, most major countries had followed suit.

Fleming also designed Canada's first adhesive postage stamp, the "Three Penny Beaver" which was issued in 1851. He was part of planning vast parts of the CPR and Intercolonial Railway, and was instrumental in helping to found the Royal Society of Canada. He was knighted by Queen Victoria in 1897.



IGNORE THIS AD

And it will eventually go away

IGNORE YOUR JOINT PAIN

And it will only get worse

COULD YOUR PAIN BE DUE TO OSTEOARTHRITIS?

Take the online quiz at www.arthritis.ca and learn more about the treatment and prevention of osteoarthritis or attend our free Arthritis Community Education Forum.

Saturday, September 17

1:00 pm – 4:00 pm

John Dutton Theatre

Calgary Public Library

W.R. Castell Central Branch

616 Macleod Trail South

Our panel of experts include:

Dr. Aurore Fifi-Mah, Rheumatologist

Alexandra Charlton, Pharmacist

Dr. Carol Hutchison, Orthopedic Surgeon

Jody Jordan, osteoarthritis patient

Admission is free. Seating is limited.

September is Arthritis Awareness Month.

For more information, call the Arthritis Information Help Line at 1-800-321-1433 or email info@ab.arthritis.ca.
www.arthritis.ca

ARTHRITIS  FIGHT IT!



FYI
The Royal Canadian Mint's facility in Winnipeg produces the supply of Canadian circulation coins as well as foreign coins. The Ottawa Mint concentrates on producing collector and commemorative coins.



Growing a FINANCIALLY RESPONSIBLE CHILD

Tammy Johnston

Every parent wants their children to grow up to be financially responsible. They want them to be able to look after themselves, achieve the Canadian dream of homeownership and financial security. The big question that the parents have is not what, but HOW? Unfortunately financial responsibility and literacy is not something that is taught in school. It is a task that falls under the area of parenting.

Children and adults learn best when they actually get to deal with things themselves. The same is true for learning about money. One method for helping your children manage money is to give them an allowance and teach them to divide it into five categories: Financial Freedom, Education, Long Term Savings for Spending, Charity, and Play. If a child is not given parameters to work within they will spend everything, have nothing to show for it, and learn nothing in the process.

To help them think about what they are spending, ask questions like, "Do you want to spend all of this money on this one item or in this one place?" Kids can be impulsive, so we need to help them slow down a bit and think through their actions. We are not giving them the answers, but helping them figure out what questions they need to ask themselves.

Children are much smarter than we sometimes give them credit for. By providing them with the opportunity to make decisions, ask questions, and deal with financial consequences, they learn to make better decisions. The earlier you start teaching them the better, but whatever age they are take the opportunity to help them grow into financially responsible adults.

"The more your kids feel the allowance is fair, the more likely they'll think before they spend. Giving your child the experience of spending his own money is empowering." - Jim Gallo

Tammy Johnston is a Financial Guide who believes that money doesn't have to be a SERIOUS, stuffy subject!

Alberta

DISTRACTED DRIVING LEGISLATION

Effective September 1, 2011, restricts drivers from:

- » Using hand-held cell phones.
- » Texting or e-mailing.
- » Using electronic devices like laptop computers, video games, cameras, video entertainment displays and programming.
- » Portable audio players (e.g., MP3 players).
- » Entering information on GPS units.
- » Reading printed materials in the vehicle.
- » Writing, printing or sketching.
- » Personal grooming.

- Complements the current driving without due care and attention legislation.
- Applies to all vehicles as defined by the Traffic Safety Act, including bicycles.
- Applies to all roads in both urban and rural areas of the province.
- The fine for this new offence is \$172.

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Dog Attacks

Dr. Mark Rubensohn

The recent event in Didsbury where two Akitas attacked and seriously injured two young people and their dog, once again highlights the problem of dog attacks and there causes. What has made this incident even more sinister is that the couple and their beagle were well known to these Akitas, and that despite their attempts to escape, the attack continued until they could fight their way out of the garage.

It is of great concern to me as a veterinarian that many of our pet dogs can not be controlled by their owners. Many are undisciplined and pose a threat not only to strangers, but often to their own families. This is seen in all the breeds regardless of size. One need only tune

into an episode of "Caesar Milan's Dog Whisperer" on TV to see how dogs are controlling the behavior of their people, rather than the other way around.

The statistics of dog attacks show without exception, that dogs that have been trained and are obedient, have a statistically much lower incidence of attacks on people. In the UK, Labradors have been one of the top listed breeds involved in attacks. Here, German Shepherds have now been overtaken by the power breeds such as Pit Bulls and Cane Corso's, and now we have a case with Akitas. The big difference with the power breeds is of course that they do more harm than the smaller breeds. However, many of us have first hand experience of the anxiety caused by the unruly behavior of the small breeds.

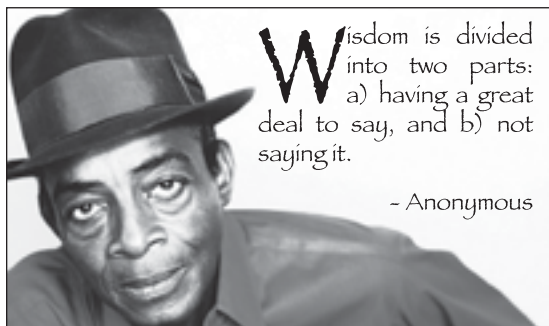
As a society we can do well to remember that the happiest dogs are those to which we assign jobs and work, and from which we demand respect of our rules. All of our dog breeds have been bred to work for us, and we need to not only allow them, but to teach them how to do this. All dogs should know how to sit on command. They should heel, lie down, stay, come and walk on a leash without pulling. No dogs should jump up on us without being invited to do so, or jump onto the furniture without invitation. Food should not be available all day, but should be given twice daily with the requirement that the dog sits obediently and only take the food on command. Praise and reward should be earned, and not given unconditionally. And the best "love" that you can give your dog is to give it adequate exercise and attention. Just tune in to an episode of "The Dog Whisperer" or enroll into dog training classes. If you want to see a happy dog just attend a show of "Super Dogs" or go to any dog agility event. Empower your pet to attain its true potential with your help. That is what loving your pet is really about!

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Wisdom is divided
into two parts:
a) having a great
deal to say, and b) not
saying it.

- Anonymous

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