

News For The Residents of Summerwood

# Summerwood

Volume 10, Issue 10, October 2008

## Why'd He Do That?

*Submitted by Luis Escobar - Dog Behavioral Therapist, Master Trainer*

We are often asked by people why their dog did something. Sometimes the answer is simple and sometimes it's not. Sometimes we don't have enough information initially and we have to play detective in order to figure out the why. What is always true however, is that the dog did it for a reason. In other words, dogs don't just do things for no reason at all; there is always a reason from Rover's perspective.

We recently worked with a family whose dog was aggressive with them. They would try to pet him and he'd growl and snap at them. At other times however, he would solicit their attention and be very loving. This often happened when they were involved with something else. They were having a hard time understanding what they saw as Jekyll and Hyde behavior.

From their dog's perspective the behavior made perfect sense. He was running the household. They had been catering to his demands so he was the boss. They had no business asking for his affection. The interactions were on his terms. They were making mistakes from his point of view so he corrected them, in a canine way.

We also recently worked with a woman whose dog was getting upset when he saw other dogs while they were out walking. If there were no dogs around he was fine. He didn't get upset seeing people but he went ballistic when he saw another dog. She didn't understand the behavior as she had had him since he was a pup and he'd never had a bad experience with other dogs.

We went for a walk with her and observed that he was marking during the entire walk. He would stop at almost every tree, mailbox and bush. In his mind he owned the entire neighborhood, so his behavior when he saw other dogs was his way of trying to protect his territory.

I spoke with a woman the other day who had lost a pup to a very rare genetic disorder. She and her husband had taken the pup to specialists and spent a small fortune trying to save it. It was a heart breaking situation which left a lasting impression. The breeder was very nice and gave her a new pup to replace the one she lost. The new pup was totally out of control, barking, jumping, and biting both she and her husband.

After speaking to her a while it was apparent that she was catering to the pup because of the traumatic experience she went through with the first one. She was spoiling it with everything she thought it would want or like because she was feeling guilty about the first one even though there was nothing more she could have done. It wasn't her

fault. It was just one of those things beyond anyone's control, but that experience was shaping her relationship with the new pup.

Rover may bark for various reasons. He might want attention or be worried or scared. He might be trying to scare off an intruder. There may be something out of the ordinary. He may be trying to tell you to do something important or he might just want to play. Each instance is different so it's important to look at the "why" not just the "what".

When trying to change a dog's behavior it's important to understand the why behind it. There are reasons that Rover is jumping, nipping or biting, barking, bolting out the door, pulling on leash, not listening, toileting or whatever behavior you are dealing with. If you don't know the why and don't have a plan to address that your chance of long term success may be diminished.

The why is often related to how Rover views his pack/family and how his family views him. If we treat Rover like a person and assign human emotions and thoughts to him we are really going to give him confusing messages. Rover is a dog. He's not spiteful or jealous, nor does he do things to "get back" at his family because he's mad at them. These are things we hear often from people we speak with.

Dogs do things for canine reasons, not human ones. We assign human characteristics and emotions to dogs but we often get it wrong when we do that. Dogs act from a pack structure viewpoint. Who's in charge? Who makes the rules? Where do I rank in my pack? Are things consistent? Do I have a leader? Do I feel safe? Do I have to protect my pack, territory or resources? They also remember things that have happened and those memories, as we've discussed, can also trigger behavior.

Misinterpretations of Rover's behavior often make the situations worse. People sometimes think "He's not going to love me" if they stop treating him like a person or catering to his whims. Rover is a dog and he really wants to be treated like a dog. He both wants and needs rules in order to feel safe and comfortable within the family pack.

Want to know more about Rover and how he views the world? Contact us. We can help you understand the Whys of Rover's behavior. Understanding is the first step.

Once you understand and deal with the "why", the "what" often takes care of itself. Everybody can relax and enjoy the relationship. We see it time after time. You know what that means...

Happy Dogs = Happy Families

# SUMMERWOOD

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After Hours .....	281-221-5000

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### SCHOOLS

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### POST OFFICE

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## Fit Facts™ FROM THE AMERICAN COUNCIL ON EXERCISE®

### THE BEST TIME TO EXERCISE

Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

#### **RHYTHM: IT'S NOT JUST FOR DANCING**

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour

light-to-dark cycle, and may be regulated and reregulated each day according to the environment.

#### **WARM IS BETTER**

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived

*(Continued on page 6)*

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## Fit Facts - (Continued from page 5)

exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

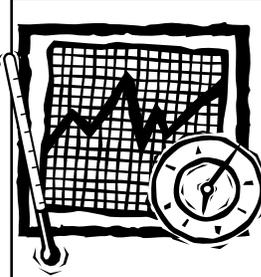
### **DON'T FIX IT IF IT'S NOT BROKEN**

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

### **OTHER CONSIDERATIONS**

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained exercise is adaptive to circadian rhythms. In other words, consistently training in the morning

will allow you to sustain exercise during a morning marathon longer than if you train in the evening.



### **Find Your Peak**

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

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## SCHOOL BUS SAFETY

School is back in session. Please be aware of children walking and biking to and from school. Of course, we want all children to be safe and school buses are relatively safe. However, accidents and injuries involving school buses do happen. More often than not these injuries happen when children are entering or exiting the bus. Here are some safety tips for school bus riders.

- Have a safe place to wait for the bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- Hold onto the handrails when entering or exiting the bus.
- Once on the bus, take your seat and remain seated face forward.
- Talk quietly so that you don't distract the driver.
- Never throw things on the bus and keep your hands to yourself.



- When you exit the bus, take ten giant steps away from the bus. When you are closer than 10 feet from the bus, the driver might not see you. This is known as the DANGER ZONE.
- If you forget something on the bus, do not return to the bus to get it. The driver might not see you.
- Be aware of the street traffic around you.
- If you need to cross the street, cross in front

of the bus never behind the bus.

Motorists should follow safety rules around school buses. Yellow flashing lights indicate that the bus is preparing to stop. Motorists should slow down and be prepared to stop. Red flashing lights indicate that the bus has stopped and that children are getting on or off. Motorists must stop their cars and wait until the red flashing lights are turned off. Here are a few more traffic safety tips for motorists.

- When backing out of the driveway or garage, watch out for children.
- When driving through neighborhoods and especially in school zones, watch out for children. Children don't always pay attention to traffic and don't always know that motorists have trouble seeing them.
- Slow down. Watch out for children walking or playing in the street.
- Be alert and ready to stop. Children sometimes dart into the street.



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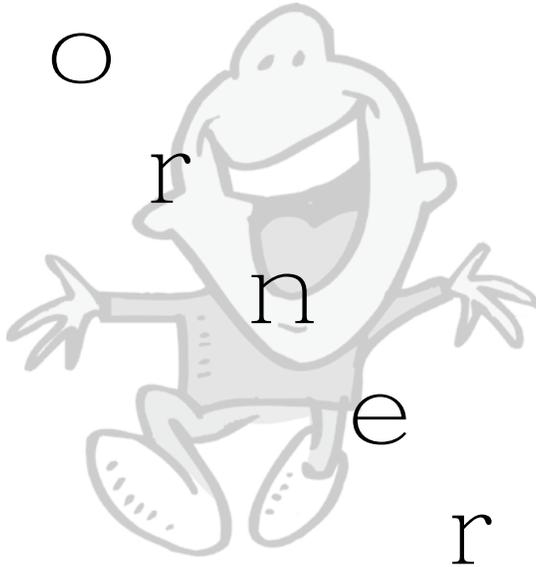
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## K i d z



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Locate the names of 8 family members. Words can go vertically, horizontally, and diagonally.

Do it in less than 3 minutes and you are a Pro!

K i d z  
W o r d  
S e e k

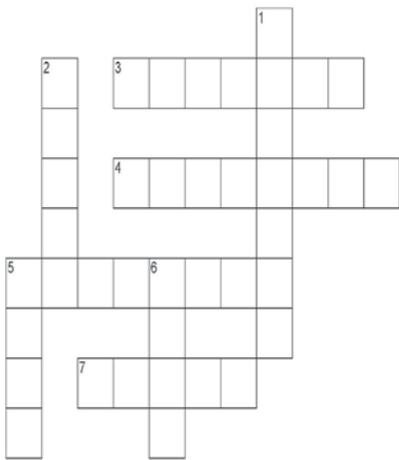
G	R	A	N	D	F	A	T	H	E	R	U
X	L	Q	Y	V	D	D	P	R	M	Y	N
C	K	L	B	R	O	T	H	E	R	H	C
K	Y	R	L	L	A	G	D	H	X	R	L
F	L	E	R	U	V	S	L	G	E	W	E
Z	K	H	N	R	T	K	I	H	C	V	N
F	P	T	K	J	Y	G	T	S	D	X	D
L	T	O	B	M	J	A	Q	K	T	T	X
T	X	M	J	N	F	M	K	H	G	E	K
R	E	H	T	O	M	D	N	A	R	G	R

AUNT	BROTHER	FATHER	GRANDFATHER
MOTHER	SISTER	UNCLE	GRANDMOTHER

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## Kidz Crossword Puzzle

**Instructions:** Match the correct answer with each clue to complete the puzzle.



ACROSS

DOWN

Clue

Answer Clue

Answer

3. Good dessert

Distract

1. Collection of books

Scale

4. Confuse or divert

Neighbor

2. Used to weigh

Library

5. Lives next door

Drift

5. Bird's house

Hail

7. To float

Pudding

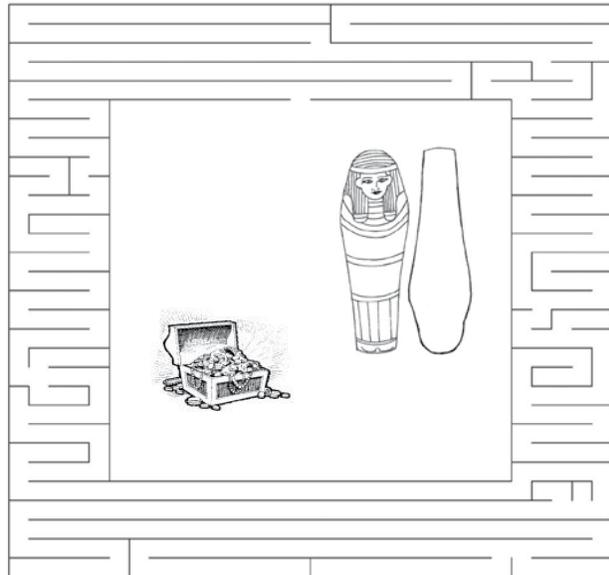
6. Frozen raindrops

Nest

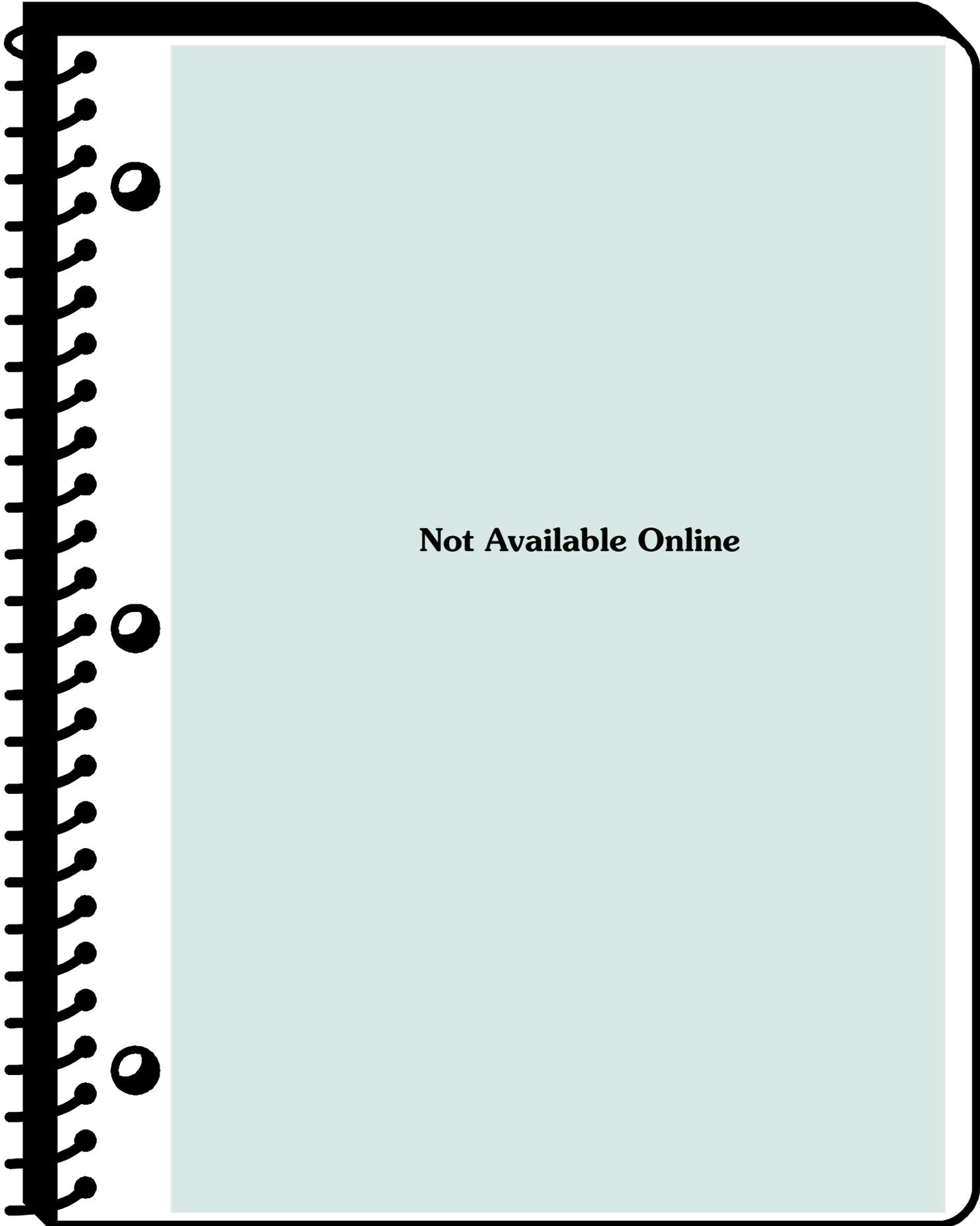
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## Kidz Maze Mania

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# SUMMERWOOD

## Hair Tips - Fall is All About Color, Color, Color!

*Submitted by Michelle Lasher*

With summer coming to an end everyone will need a fresh new look for the upcoming Fall season. This Fall it is all about color, color, color and depth. With our lazy pool and lake days coming to an end it is time to start thinking about our hair and how gorgeous it can be!

Having your hair colored can add depth and definition to your hairstyle, enhance our beautiful skin tones, accent eye color, thicken thin hair, soften coarse hair and add style support. Here are some examples of ways to freshen up your locks:

- Lighter Shades make a large head, face shapes and features appear smaller. And thinning hair look thicker.
- Dark Shades will make a small face & sharp features stand out.
- Two Tone Shading can frame and define the shape of your hairstyle.
- Semi-Permanent Color can turn those few gray hair's in to soft warm highlights.
- High Contrasting strands can add a dramatic effect.
- Graying hair can come alive with a purple based color shampoo enhancer to remove yellow tones.
- Strawberry blonde hair color complements green eyes.
- Pale and golden blonde make blue eye's stand out.
- Red and auburn shades give brown, hazel and green eyes glow.



## Mini Cheesecakes

### Ingredients

- 12 vanilla wafers
- 1 tsp. vanilla
- 1 8 oz. packages cream cheese, softened
- ½ C sugar
- 2 eggs

### Directions

- Line muffin tin with foil liners.
- Place one vanilla wafer in each liner.
- Mix cream cheese, vanilla, and sugar on medium speed until well-blended. Add eggs. Mix well. Pour over wafers, filling 3/4 full. Bake 25 min. at 325°.
- Remove from pan when cool. Chill. Top with fruit, preserves, nuts or chocolate.

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Please help fill the Summerwood Newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: [www.PEELinc.com](http://www.PEELinc.com). Articles and/or photos must be received by the 9th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			9	6		8		
8	3			4			6	
				1		2		
		5		7			9	
			3			5	7	8
	6		5	9				
		2	4					
	9	4			8	6		

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Under \$170,000	1	2	2	4	3	1
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<b>Resales</b>	<b>6</b>	<b>6</b>	<b>9</b>	<b>23</b>	<b>11</b>	<b>10</b>
<b>Avg \$/Sq Ft</b>	<b>78.05</b>	<b>81.72</b>	<b>82.27</b>	<b>80.58</b>	<b>75.67</b>	<b>83.02</b>
<b>Avg Days on Mkt</b>	<b>98</b>	<b>107</b>	<b>104</b>	<b>103</b>	<b>66</b>	<b>88</b>



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