

A place for everything about animals and their friends

# Scoop



## SCOOP ONLINE

Watch out for peanut butter dog biscuits. PetSmart last week voluntarily pulled seven Great Choice-brand dog biscuits sold between Aug. 21 and Jan. 19. The

biscuits contain peanut paste made at a Georgia factory linked to the salmonella outbreak. Check out the Web site of pulled products, including dog biscuits, at [www.santafescoop.com](http://www.santafescoop.com).

Send story ideas, comments to: [scoop@sfnewmexican.com](mailto:scoop@sfnewmexican.com)

Visit our Web site at [www.santafescoop.com](http://www.santafescoop.com) for more about animals, events, photos and the Off-leash blog.

## OFF LEASH

# Simple joys of a three dog night

By Ben Swan  
The New Mexican

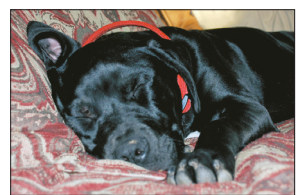
Zach isn't one to mince words. He'll tell me if I've waited too long for a walk or have forgotten his lunch with either a gentle whine or a startling bark.

So when he started moping about the house the other day, I seriously worried about his emotional health. He'd hang his head off the side of the bed, looking forlorn while I tried to get his attention with a squeak toy or a worn sock.

It didn't take long to realize Zach's emotional blockage: It's a 20-pound bundle of black fur that's invaded his space and demands even more attention than a squeak toy.

Jimmy, a black Labrador-American Staffordshire terrier mix, landed on our doorstep two weeks ago and has filled our home with his big personality. Our lives — and Zach's and Bear's — will never be the same.

A rescue dog from Clovis, we weren't really ready to add another pup to our household when Pam Hagan called us



Jimmy joins the pack with Bear and Zach.

to ask if we could "foster" him for a few days. He was the only one left from an adoption event and had no

place to go but back to the shelter. And he didn't really do well at the shelter, she said.

Something about her voice had "set up" in it, but Ricky, my partner, was already out the door, wanting to meet this poor puppy.

At Hagan's Zoe & Guido's Pet Boutique, Alix Novack, one of the forces behind the Clovis rescues, was snuggling with James Bond. The black puppy with white "tuxedo" chest was easily charming all the women in the store. The only thing missing was a martini.

When I met him, I do what I usually do with dogs: I ordered him to sit. He complied. I let him sniff my hand. And then I picked him up so he could easily greet me with puppy kisses.

"I've already taught him how to kiss," Novack laughed. "And I told him he has to be on his best behavior."

I'm a soft touch, so it's not hard to sell me on most things. Ricky, however, is the one who puts his foot down. But by the time I thought to ask him his opinion, Jimmy was already kissing his face and stealing his heart.

Later that night, I called Ricky to find out how Jimmy (too young for the James Bond moniker, I thought) was getting along with the rest of the canine gang. They were all zonked on the couch, he said, Jimmy resting his head on Ricky's lap.

"Finally — a dog that actually likes me," he said.

Ricky, of course, thinks I'm some sort of dog whisperer. The fact is I hide dog biscuits all over my body, but he doesn't need to know that.

Our pack seems to be adjusting to the new life force. Novack, in one of her "just checking" e-mails, wrote to reassure us that she wasn't just "dumping" Jimmy on us; that she'd send out e-mails and post bulletins about his adoptability when we were ready. When I mentioned that to Ricky, he responded: "Did you tell her she should consider him dumped?"

We've had a few rough patches in absorbing Jimmy into our two-dog household, but mostly it's been a question of sharing treats, toys and bed space. The three of them generally take turns picking on each other, so it's been fun to watch the interaction. Ever the polite puppy, Jimmy often sits and watches Zach and Bear go at it.

And we have a new puppy manual on our bookshelf, something to read when we're not rescuing socks or trying to reassure Zach that he's still top dog. Did you know, for example, that puppies should meet more than 100 strangers in their first few months of life? A tall order.

I love the mix of the three black dogs, each of them with distinct personalities and needs. The new addition has worked wonders for Bear, who has now decided that it's fun to be out with the rest of the pack.

And now every day is officially a three-dog night — who could ask for anything more?

Do you have tips or comments on raising a puppy? Continue our discussion on [www.santafescoop.com](http://www.santafescoop.com).



BodyTalk practitioner Laura Hames, right, applies a gentle touch to Gwyneth Welch's collie, Molly, during a demonstration of the health system at Zoe & Guido's Pet Boutique.

Photos by Ben Swan/The New Mexican

## BODYTALK FOR ANIMALS AIMS TO REAWAKEN THE BODY'S ABILITY TO HEAL ITSELF

# A POWERFUL TOUCH

By Ben Swan  
The New Mexican

Abandoned in Las Cruces, emaciated and with hair so matted she had to be shaved, Molly entered Gwyneth Welch's life in September, taking her place with the Santa Fe resident's other collie, Socks.

Like many rescue animals, Molly came with issues, both physical and emotional. So when Welch brought her to a demonstration on AnimalTalk — the pet version of BodyTalk, a health system that aims to boost the body's ability to heal itself — Welch was open to help.

She wasn't disappointed. "It was so powerful," Welch said. "It was amazing. She seems so happy now, so settled."

Molly, a collie with boundless energy, is a dog that seems to provide a perfect balance for Welch, who for years has struggled with chronic fatigue. Welch says she only recently felt well enough to have dogs, starting with Socks, who was also adopted from Southwest Collie Rescue.

Canines, perhaps more than any animals, are keyed in to their owners, said Laura Hames, the BodyTalk practitioner who offered demonstrations and sessions on the healing technique for both humans and animals last week. Canines want work, she told a group gathered at Zoe & Guido's Pet Boutique, and they crave the discipline offered by their human companions.

"Part of their job is to support their owners," she said. "If the owner has an imbalance, they will try to take that on and support that."

Life's stresses, however, sometimes block the body's ability to communicate fully. BodyTalk, developed by a physician who combined Western and Eastern theories for an integrated health system, helps open up those energy channels.

"Animals have stress too," Hames said. "But if we can get all those parts of the body to communicate fully, then the body can heal itself."

A BodyTalk practitioner uses muscle testing and protocol chart to navigate through possible problems or blockages. The muscle testing — one of several techniques practitioners use — establishes the body's permission for the process and then the direction for treatment.



Hames, right, works with Sue Mally's dog, Kip.

Unlike traditional health systems, practitioners aren't seeking to find what's wrong with the body, Hames said. "We're asking the body what it wants to improve."

Those initial improvements — proper hydration, deep breathing, relaxation — can then help the body on its path to healing. The same system is used on animals, although practitioners generally do the muscle testing on the animal's owner or themselves.

"You may want to start working with the animals, but you may not be able to until you first get a link with the owner," Hames said. "It depends upon what comes up."

Once it's determined what the body wants to address, awareness or attention is brought to that

specific area by gentle tapping on the head and then on the sternum. Some animals enjoy the tapping, Hames said, while others shy away from it.

"It's all awareness," Hames said. "So long as you have the focus on the animal, you can tap out on the owner as a surrogate for the pet."

The idea of energy movement might seem far-fetched, but consider the power of prayer, she told the group. Twenty people praying for someone's health from different parts of the globe can help that person heal more quickly.

"It's a little bit out there, but there is something that resonates," she said. "Our brains might say, 'That's silly,' but then there's something inside of us that goes, 'Yeah, I feel that.'"

One dog in particular during the demonstration seemed to enjoy the session. Hames said she felt a significant shift while working with Morgan, Alice Lee's longtime service dog. The golden retriever is about to be retired, Lee said, and is struggling with a possible new role.

Lee, after the session, said she thought Hames was excellent at intuiting issues surrounding people and their dogs. "I thought she was right on about me and Morgan," Lee said. "The main thing we need to work on now is grief. I know that is true for me and for Morgan? I don't know. He has such presence for in the moment living; I'm not sure if we are projecting those feelings of grief onto him."

But Lee said the experience was positive enough that she'd try it again with Morgan. And it's helped her to focus on better preparing him for his transition into retirement. The demonstration also brought back the idea that she, too, should be open to new possibilities.

"The whole thing was pretty Santa Fe," Lee said, "but I found out last summer that part of my life goal is to heal myself and get in touch more with my intuitive side. I'm remaining open to all sorts of alternative practices."

Hames, a New York City resident, plans to return to Santa Fe, possibly in February. She also hopes to organize a retreat on the technique in May.

Those interested in more information about health system can e-mail Hames at [laurahames@me.com](mailto:laurahames@me.com) or visit the BodyTalk Web site at [www.bodytalksystem.com](http://www.bodytalksystem.com).

## TRACKS

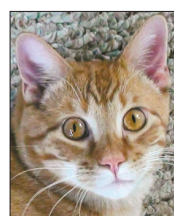
### The pet connection

#### Felines & Friends:

Sparky is energetic and playful and would do well in a home with children or a cat-friendly dog. He's an outgoing cat with classic tabby markings.

Cats of all ages are available for adoption from Felines & Friends at Petco from 1 to 4 p.m. every Thursday, Friday and Saturday. Visit the Web site at [www.petfinder.com/shelters/NM38.html](http://www.petfinder.com/shelters/NM38.html) or call 316-CATL.

**Santa Fe Animal Shelter and Humane Society:** Montage is a great cat who is fantastic with children. Travis has a sweet personality and will thrive in an adult-only house-



Sparky



Travis



Montage



Tanner

hold. Cats and dogs of all ages are available for adoption from the shelter, 100 Caja del Rio Road.

The shelter's hours are 11 a.m. to 5 p.m. daily. Visit the Web site at [www.sfhumane.org](http://www.sfhumane.org) or call the adoption supervisor, 983-4309, ext. 106.

**Española Valley Humane Society:** Tanner and his brother, Cody, are house-trained dogs and need to be adopted together, if possible. Bandit is a 1-year-old shepherd mix who is still a puppy at heart.

Visit these animals and others at 108 Hamm Parkway. The shelter is open from

10 a.m. to 4:45 p.m. Monday through Saturday and from noon to 4:45 p.m. on Sundays. Call 505-753-8662 or visit the Web site at [www.espanolashelter.org](http://www.espanolashelter.org).

## Pet-food drive helps keep animals with owners

A concern about the welfare of pets in a tight economy has prompted a group of animal-welfare workers and business owners to band together for a communitywide pet-food drive.

Operation Pet Food Drive has collected more than 400 pounds of food for those animals whose owners are in a financial bind, said Pam Hagan, owner of Zoe & Guido's Pet Boutique. The food is distributed through Open Hands, the nonprofit that provides assistance to the elderly, disabled and economically disadvantaged.

Some of the food will also be distributed to homeless teens with pets, Hagan said.

Animal-welfare activist Alix Novack jumped on the idea after visiting a shelter and seeing the increasing number of animals dropped off because owners

could no longer afford them. Hagan said providing pet food to people who are struggling financially offers relief to the shelters and allows many people to keep their animals.

"Some of these people are losing everything," Hagan said. "They should at least be able to keep something they love. Things are going to get a lot worse before they get better."

Drop off dog and cat food of any kind at these sites: Zoe & Guido's, 1441-C Paseo de Peralta, Teca Tu in the Sanbusco Market Center, The Station Café in the Railway District, Queen's Ransom at the De Vargas Center and Open Hands, 2976 Rodeo Park Drive East.

Those interested in receiving pet food should call Open Hands at 428-2320 for information.