

## National Pet Dental Health Month

February is National Pet Dental Health Month, so our spotlight for February is "Dental Health". Common indications of oral disease include bad breath, a change in eating or chewing habits, pawing at the face or mouth, and depression.

According to the American Veterinary Dental Society, an astounding 80 percent of dogs and 70 percent of cats show signs of oral disease by age 3. Oral disease is the single most frequently diagnosed health problem for our furry companions.

> Dog breath is nothing to smile about ...



Bacteria combines with food debris and saliva to cause plaque formations that accumulate on the tooth. As bacteria grow and calcium salts are deposited, plaque turns to tarter. Tarter enhances bacterial attachment to further plaque development, which can irritate gingival (gum) tissues and eventually lead to periodontal disease.

The first step in preventing oral disease is a routine physical exam with a look at those choppers. Owners should practice a regular dental care hygiene regimen at home, which may include brushing their teeth with a pet specific toothpaste (please don't use the human varieties) or use other options such as Sea Dent, water additives, chewable dental bones, or raw bones.



## 8 Tips for a Healthier Pet

These tips come directly from Dr. Karen Becker, DVM, founder of Mercola's Healthy Pets (which is one of our favorite resources for great pet health information).

#1 – Feed Fresh. The goal is to feed your pet a diet that helps them to thrive. If you can't feed fresh every meal, even small steps like fresh snacks can really help.

#2 – Exercise with your pet. Your furry friend can help you keep that New Year's resolution of getting back in shape, simply by taking a few more walks.

#3 – Replace that retractable leash. While they may give your pet more freedom, the main purpose of a leash is to keep your pet safe and under your control. Retractable leashes often do the exact opposite.

#4 – Crate train your pet. Most people assume crate training is just for dogs, but it's just as beneficial for cats.

#5 – Refuse unnecessary vaccinations.
She isn't recommending becoming an "anti-vaxxer". She is referring to recognizing the difference between too many vaccinations and protective ones.
Be informed. It's ok to question your vet.

#6 – Do your homework before adopting. It's a lifelong commitment. Evaluate both your readiness and ability to be a good pet parent and learn the disposition of your potential breed or rescue companion to be sure they will fit your lifestyle.

#7 – Learn about predisposed genetic diseases. There are steps you can take to prevent your pet from acquiring those diseases, and there are ways to treat or effectively manage those that do occur.

#8 – Provide ongoing training and socialization. Well socialized pets make great companions and providing daily opportunities to interact with new people and places is key.

## Private Label Products

Have you ever wondered how Naturally 4 Paws selects the products that we offer? We have strict criteria that we follow when examining any new product, but we are the most discerning when it comes to food and treats that are ingested by our furry friends.

While most of our food products are made right here in the U.S., there are a few highquality brands imported from Canada and New Zealand. We also guarantee that none of our food or treat products (or their ingredients) come from China.

We strive to offer products that are as local or regional as possible. There are raw food diets produced right across the Sound in Seattle, and a couple more in Portland.

But what could be more locally made than products we create and sell in-house. Do you recognize the logo below?



Paws Gourmet Bakery is our own private label company! When you see a product with this logo, you can be confident that our team sourced the ingredients, handcrafted the product, and packaged it right here in Silverdale. While you may recognize our products in the bakery case and Treat Bar, be sure to look for our newest products; home-made frozen bone broths and freshly made packaged jerky!

## **Training Center**

The next round of training classes begins on the first part of March. Registration for Friday & Saturday classes opens February 8<sup>th</sup> and for Monday, Tuesday, Wednesday, & Thursday classes on February 15<sup>th</sup>.

For complete details on schedules, pricing, class descriptions, and trainer biographies, refer to our website or Training Brochure.





| Basic Obed wk 4<br>Basic Obed wk 4<br>Sp Puppy wk 4       Basic Obed wk 4<br>Sp Puppy wk 4     into Nose     wk 4<br>11a     Skill Building wk 4<br>Sp     into Nose     wk 4<br>Sp     into Nose     wk 4<br>Sp     into Nose     wk 4<br>Sp     into Nose     wk 4<br>Sp     Skill Building wk 4<br>Sp     Skill Building wk 4<br>Sp     into Nose     wk 4<br>Sp     Skill Building wk 5<br>Sp     Skill Building wk 6<br>Sp     Skill Buildi   |     | Monday          |          | Tuesday |                   |           |      | Wednesday       |          |       | Thursday         |      |    | Friday            |      |          | Saturday       | Sunday |      |
|--|-----|-----------------|----------|---------|-------------------|-----------|------|-----------------|----------|-------|------------------|------|----|-------------------|------|----------|----------------|--------|------|
| ia       Skill Building       wk4       iii       Skill Building       wk4       iiii       Skill Building       wk4       iiii       Skill Building       wk4       iiii       Skill Building       wk4       iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii   | 1   |                 |          | 2       |                   |           | 3    |                 | -        | 4     |                  |      | 5  |                   |      | 6        |                |        | 7    |
| ia       Skill Building       wk4       wk4       puppy       wk4       wk4       pupy       ia       Skill Building       wk4       pupy       wk4       pupy       wk4       pupy       wk5       is   | L0a | Basic Obed      | wk 4     |         |                   |           | 10a  | Basic Obed      | wk 4     |       |                  |      |    |                   |      | 10a      | Puppy          | wk 5   |      |
| 2p       Puppy       wk4       4p       Intro Nose       wk4       4p       Intro Nose       wk4       4p       Intro Nose       wk4       4p       Intro Nose       wk4       4p       Puppy       wk5       4p       Basic Obed       wk5       2p       Pre-Agility       wk5       2p       Puppy       wk5       2p       Puppy       wk5       2p       Puppy       wk6       2p       Pre-Agility       wk6       2p  | 11a | Skill Building  | wk 4     |         |                   |           | 11a  | Skill Building  | wk 4     |       |                  |      |    |                   |      |          |                | wk 5   |      |
| Norwer         with 4         5         intro Nose         with 4         5         7         Puppy         with 4         5         Puppy         with 4         5         Puppy         with 4         5         5         Puppy         with 4         5         5         S  | 12p |                 | wk 4     |         |                   |           |      | 0               |          |       |                  |      |    |                   |      | 12p      |                | wk 5   |      |
| D         Nosework         wk4         4p         Intro Nose         wk4         4p         Intro Nose         wk4         4p         Intro Nose         wk4         4p         Basic Obed         wk4         5p         Basic Obed         wk5         5p         Pre-Agility         wk6         7p         Pre-Agility         wk6         7p   |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      | 1p       | Puppy          | wk 5   |      |
| Sell Building         wk 4         Sp  | 4p  | Nosework        | wk 4     | 4p      | Intro Nose        | wk 4      | 4p   | Intro Nose      | wk 4     |       |                  |      | 4p | Basic Obed        | wk 5 |          |                | wk 5   |      |
| a         Adv / CGC         wk 4         6p         Tricks         wk 4         6p         Rally         wk 4         7p         Skill Building         wk 5           B         Basic Obed         wk 5         P         10         Basic Obed         wk 4         7p         Skill Building         wk 5         Farduation         13         Granduation         10         Puppy         wk 6           B         Skill Building         wk 5         P         Into Nose         wk 5         Puppy         wk 6         Puppy         Puppy         Wk 6         Puppy         Puppy         Wk 6         Puppy         Puppy         Wk 6         Puppy         Wk 6         Puppy         Wk 6         Puppy         Puppy         Wk 6         Puppy         Wk 6         Puppy         Wk 6         Puppy         Wk 6         Puppy         Wk   | 5p  | Skill Building  | wk 4     | 5p      | Skill Building    | wk 4      |      | Golden Ears     | wk 4     | 5p    | Puppy            | wk 4 | 5p | Basic Obed        | wk 5 | · ·      | ς,             |        |      |
| b       Basic Obed       wk4       7p       Rally       wk4       7p       Rally       wk4       7p       Basic Obed       wk5       7p       Rally Adv       wk4       7p       Rally       wk4       7p       Basic Obed       wk4       7p       Skill Building       wk5       %   | 6p  | -               |          | 6p      | Tricks            |           | 6p   | Rally           |          | 6p    |                  | wk 4 | 6p | Puppy             | wk 5 |          |                |        |      |
| 8       9       10       11       12       Granduation       13       Granduation       14         10a       Basic Obed       wk 5       11       10a       Basic Obed       wk 5       10a       Basic Obed       wk 5       10a       Basic Obed       wk 5       11a       Skill Building       wk 5       12p       Basic Obed       wk 6       12p       Basic Obed       wk 6       12p       Puppy       wk 6       12p       Puppy       wk 6       12p       Puppy       wk 6       12p       Basic Obed       wk 6       12p       Radiulding       wk 6       12p       Radiu 12p <td>7р</td> <td>Basic Obed</td> <td>wk 4</td> <td></td> <td>Rally Adv</td> <td>wk 4</td> <td></td> <td></td> <td>wk 4</td> <td></td> <td>Basic Obed</td> <td>wk 4</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>  | 7р  | Basic Obed      | wk 4     |         | Rally Adv         | wk 4      |      |                 | wk 4     |       | Basic Obed       | wk 4 |    |                   |      |          |                |        |      |
| 1a       Skill Building       wk 5       wk 5       p       virtue       1a       Skill Building       wk 5       p       p       pppy       wk 6       p       ppp       pppy       wk 6       p       ppp       pppy       wk 6       p       ppp       pppp       ppp       ppp <td< td=""><td>8</td><td></td><td></td><td>9</td><td></td><td></td><td>10</td><td></td><td></td><td>11</td><td></td><td></td><td></td><td></td><td></td><td>13</td><td>Granduation</td><td></td><td>14</td></td<>   | 8   |                 |          | 9       |                   |           | 10   |                 |          | 11    |                  |      |    |                   |      | 13       | Granduation    |        | 14   |
| 2p       Puppy       wk 5       4p       Intro Nose       wk 5       4p       Intro Nose       wk 5       5p       Golden Ears       wk 5       5p       Puppy       wk 6       4p       Basic Obed       wk 6       4p       Pre-Agility       wk 6       4p       Pre-Agility       wk 6       4p       Puppy       wk 5       4p       Basic Obed       wk 6       4p       Pre-Agility       wk 6       4p       Pre-  | 10a | Basic Obed      | wk 5     |         |                   |           | 10a  | Basic Obed      | wk 5     |       |                  |      |    |                   |      | 10a      | Puppy          | wk 6   |      |
| 2p       Puppy       wk 5       4p       Intro Nose       wk 5       4p       Intro Nose       wk 5       5p       Golden Ears       wk 5       5p       Puppy       wk 6       4p       Basic Obed       wk 6       4p       Pre-Agility       wk 6       4p       Pre-Agility       wk 6       4p       Puppy       wk 5       4p       Basic Obed       wk 6       4p       Pre-Agility       wk 6       4p       Pre-  | 11a | Skill Building  | wk 5     |         |                   |           | 11a  | Skill Building  | wk 5     |       |                  |      |    |                   |      | 11a      | Skill Building | wk 6   |      |
| Nosework wk 5<br>5kill Building wk 5<br>5p Skill Building wk 6<br>5p CCC wk 5<br>5p Skill Building wk 6<br>5p CCC wk 5<br>5p Skill Building wk 6<br>5p CCC wk 5<br>5p Skill Building wk 6<br>5p Skill Building | 12p | Puppy           | wk 5     |         |                   |           |      | -               |          |       |                  |      |    |                   |      | 12p      | Basic Obed     | wk 6   |      |
| b       Nosework       wk 5       4p       Intro Nose       wk 5       4p       Intro Nose       wk 5       5p       Golden Ears       wk 5       5p       Rally       wk 5       5p       Gold       W 6       5p       Skill Building       wk 6       5p       Golden Ears       wk 6       5p       Golden Ears       Skill Suiding       wk 6       5p       Golden Ears       Skill Suiding       wk 6       5p       Golden Ears       Skill Suiding  |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      | 1p       | Puppy          | wk 6   |      |
| <ul> <li>b Skill Building wk 5 Sp Skill Building wk 5 Sp Skill Building wk 5 Sp Golden Ears wk 5 Sp Rally wk 5 Sp CGC wk 5 Sp Puppy wk 5 Sp Basic Obed wk 6 Sp Puppy wk 6 Sp Basic Obed wk 5 7p Rally Adv wk 5 7p Rally wk 5 7p Basic Obed wk 5 7p Skill Building wk 6 Sp Puppy wk 6 Sp Sp Basic Obed wk 6 Sp Puppy wk 6 Sp Skill Building Wk 6 Sp Skill</li></ul>   | 4p  | Nosework        | wk 5     | 4p      | Intro Nose        | wk 5      | 4p   | Intro Nose      | wk 5     |       |                  |      | 4p | Basic Obed        | wk 6 | 2p       |                | wk 6   |      |
| a Adv / CGC       wk 5       6p       Tricks       wk 5       6p       Rally       wk 5       7p       Rally       wk 6       7p       Ra  | 5p  | Skill Building  | wk 5     | 5p      | Skill Building    | wk 5      |      | Golden Ears     | wk 5     | 5p    | Рирру            | wk 5 | 5p | Basic Obed        | wk 6 | <u> </u> |                |        |      |
| b       Basic Obed       wk 5       7p       Rally Adv       wk 5       7p       Rally Adv       wk 5       7p       Basic Obed       wk 5       7p       Skill Building       wk 6       7p       Rally Adv       wk 5       7p       Rally Adv       wk 5       7p       Rally Adv       wk 5       7p       Basic Obed       wk 6       7p       Skill Building       wk 6       7p       Rally Adv       %k 6       7p       Rally Wk 6       7p   | 6p  | Adv / CGC       | wk 5     | 6p      | Tricks            | wk 5      |      | Rally           | wk 5     | 6p    |                  | wk 5 |    | Рирру             | wk 6 |          |                |        |      |
| 15       Granduation       16       Granduation       17       Granduation       18       Granduation       19       20       21         10a       Basic Obed       wk 6       1a       Skill Building       wk 6       1b       Make-Up Day       Sp       Sp       Skill Building       wk 6       Sp       Sp       Skill Building       wk 6       Sp       Sp </td <td>7p</td> <td>Basic Obed</td> <td>wk 5</td> <td>7p</td> <td>Rally Adv</td> <td>wk 5</td> <td>7p</td> <td>Rally</td> <td>wk 5</td> <td>7p</td> <td>Basic Obed</td> <td>wk 5</td> <td></td> <td>Skill Building</td> <td>wk 6</td> <td></td> <td></td> <td></td> <td></td>   | 7p  | Basic Obed      | wk 5     | 7p      | Rally Adv         | wk 5      | 7p   | Rally           | wk 5     | 7p    | Basic Obed       | wk 5 |    | Skill Building    | wk 6 |          |                |        |      |
| La       Skill Building       wk 6         20       Nosework       wk 6         20       Nosework       wk 6         5       Skill Building       wk 6         5       Skill Building       wk 6         60       Skill Building       wk 6         5       Skill Building       wk 6         60       Tricks       wk 6         60       Tricks       wk 6         70       Rally       wk 6         70       Skill & CGC  | 15  | Granduation     |          | 16      | Granduation       |           | 17   | Granduation     |          | 18    | Granduation      |      |    |                   |      | 20       |                |        | 21   |
| 2p       Puppy       wk 6       4p       Intro Nose       wk 6       4p       Intro Nose       wk 6       5p       Golden Ears       wk 6       5p       CGC       wk 6       5p       Basic Obed       wk 6       5p       Rally       wk 6       6p       CGC       wk 6       5p       Rally       wk 6       6p       CGC       wk 6       5p       Skill Building       wk 6       5p       Rally       wk 6       6p       CGC       wk 6       5p       Skill Building       wk 6       6p       CGC       wk 6       6p       CGC       wk 6       6p       Skill Building       wk 6       7p       Rally       wk 6       7p       Basic Obed       wk 6       6p       Skill & Pre Agility       Puppy       wk 6       6p       Skill & Pre Agility       Puppy  | 10a | Basic Obed      | wk 6     |         |                   |           | 10a  | Basic Obed      | wk 6     |       |                  |      |    |                   |      |          |                |        |      |
| <ul> <li>Nosework wk 6 Skill Building wk 6 Sp Skill Building wk 6 Sp Skill Building wk 6 Sp Golden Ears wk 6 Sp Rally wk 6 Sp Rall</li></ul>   | 11a | Skill Building  | wk 6     |         |                   |           | 11a  | Skill Building  | wk 6     |       |                  |      |    |                   |      |          |                |        |      |
| b       Skill Building       wk 6       5p       Skill Building       wk 6       5p       Golden Ears       wk 6       5p       Basic Obed       wk 6       5p       Golden Ears       wk 6       5p       CGC       wk 6       5p       Skill & Pre Agility       S   | 12p | Рирру           | wk 6     |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| b       Skill Building       wk 6       5p       Skill Building       wk 6       5p       Golden Ears       wk 6       5p       Basic Obed       wk 6       5p       Golden Ears       wk 6       5p       CGC       wk 6       5p       Skill & Pre Agility       S   |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| Adv / CGC       wk 6       6p       Tricks       wk 6       6p       Rally       wk 6       6p       CGC       wk 6       6p       Skill & Pre Agility         22       23       23       24       25       26       27       28         Make-Up Day<br>5p       Basic & Puppy<br>6p       Skill & CGC       Skill & CGC       Nose, & Rally   | 4p  |                 |          | 4p      |                   |           | 4p   |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| b       Basic Obed       wk 6       7p       Rally       wk 6       7p       Basic Obed       wk 6         22       23       23       24       25       26       27       28         Make-Up Day       5p       Basic & Puppy       5p       Basic & Puppy       6p       Skill & CGC       7p       Tricks, Nose, & Rally       1 <t< td=""><td>5р</td><td>-</td><td></td><td></td><td>0</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>  | 5р  | -               |          |         | 0                 |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| Make-Up Day<br>5p Basic & Puppy<br>6p Skill & CGC<br>7p Tricks, Nose, & Rally  | 6р  |                 |          |         |                   |           | 6p   |                 |          | 6р    |                  |      | 6р | Skill & Pre Agili | ty   |          |                |        |      |
| Make-Up Day<br>5p Basic & Puppy<br>6p Skill & CGC<br>7p Tricks, Nose, & Rally  | 7р  | Basic Obed      | wk 6     |         | Rally Adv         | wk 6      |      | Rally           | wk 6     |       | Basic Obed       | wk 6 |    |                   |      |          |                |        |      |
| 5p       Basic & Puppy         6p       Skill & CGC         7p       Tricks, Nose, & Rally   | 22  |                 |          | 23      |                   |           | 24   |                 |          | 25    |                  |      | 26 |                   |      | 27       |                |        | 28   |
| 5p       Basic & Puppy         6p       Skill & CGC         7p       Tricks, Nose, & Rally   |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| 5p       Basic & Puppy         6p       Skill & CGC         7p       Tricks, Nose, & Rally   |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| 5p       Basic & Puppy         6p       Skill & CGC         7p       Tricks, Nose, & Rally   |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| 5p       Basic & Puppy         6p       Skill & CGC         7p       Tricks, Nose, & Rally   |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| 6p     Skill & CGC       7p     Tricks, Nose, & Rally  |     |                 |          |         |                   |           | 1    |                 |          | 1     |                  |      |    |                   |      |          |                |        |      |
| 7p   Tricks, Nose, & Rally   |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
|  |     |                 |          |         |                   |           |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
| Friday & Saturday classes: Registraion for the next round opens 02/08 with the classes starting 03/05 & 06 Noel  |     |                 |          | 7p      | Tricks, Nose, 8   | k Rally   |      |                 |          |       |                  |      |    |                   |      |          |                |        |      |
|  |     | Friday & Sature | day clas | ses: R  | egistraion for th | ie next r | ound | opens 02/08 wit | h the cl | asses | starting 03/05 8 | ι 06 |    |                   |      |          |                |        | Noel |

Josette

Monday, Tuesday, Wednesday, & Thursday classes: Registration for the next round opens 02/15 with those classes starting the week of 03/08