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## Video of the month



## Upcoming events

01/15/11

[Helping "Old Duke" Feel Younger Seminar on aging dogs.](#)

[Humane Society of Central Oregon](#)

11am - 12:30pm



01/30/11

[Puppy Party!](#)

[Have fun and socialize your pup](#)

[East & Westside 3 - 4pm](#)

02/26/11

[Low Cost Vaccine & Microchip Clinic with Bend Spay & Neuter](#)

[Eastside Bend Pet Express 10am-1pm](#)

## NEW YEARS RESOLUTIONS

*I can't believe they left it on the counter.*

*All day long the oven door opened and closed. Despite the amazing smells, I stayed out of the kitchen. I laid on my bed, chased the cat, and watched birds out the window. I was a good boy.*

*Evening came and everyone put on their coats and boots. "Walk time," I said over and over as I pranced around their feet.*

*But it wasn't walk time. "We'll be right back, boy. We just have to deliver a couple of presents to the neighbors."*

*Then they left. And the turkey was on the counter.*

*I laid down on my bed. I chased the cat. I watched birds out the window. I ate the turkey. I ate the turkey.*

*Now I'm waiting. Waiting for them to come home. Waiting to hear their cries when they see what I've done. Waiting.*

*This year will be different. This year I will stay out of the kitchen. This year I won't eat the turkey.*



**W**e all make New Year's Resolutions, and for most of us a healthier lifestyle sits at the top of the list. Exercise more, eat better, drink less... Plenty of exercise and a healthy diet are also the best ways to improve the health and behavior of the animal you choose to share your home with. So this year, why not make resolutions that are good for you and your pet?

**Exercise** – Everyone should get at least a half an hour of aerobic exercise every day. The more you walk, run, ski, bike, etc., the better you feel. Aerobic exercise improves circulation, helps regulate sleep patterns, increases serotonin levels -the neurotransmitter responsible for feelings of well being, reduces hyperactivity, and increases metabolic rate.

All of these benefits also hold true for your pet. Make a resolution to walk your dog every day for at least a half an hour. Chase your cat around the house for the same amount of time. Everyone will feel better.

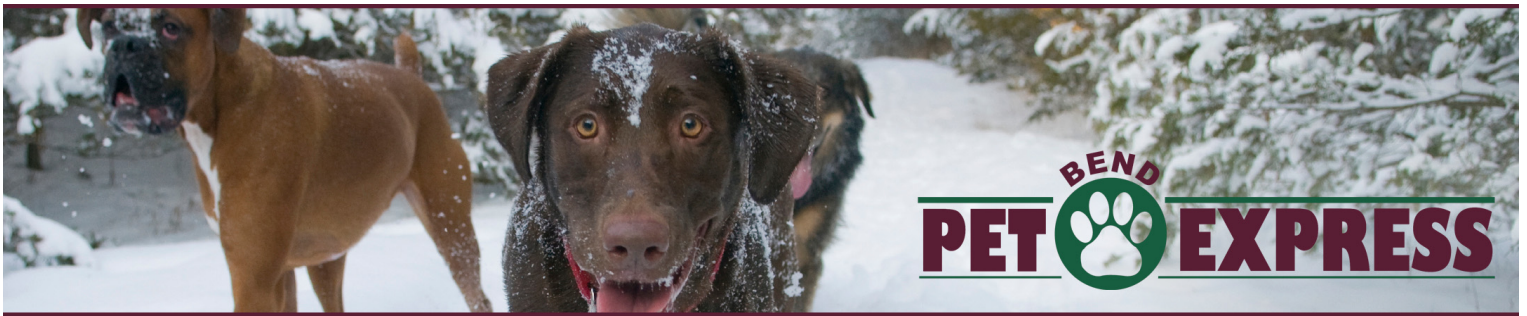
**Diet** –Despite the millions put into advertising and the vast number of books devoted to eating right, choosing healthy food is actually pretty simple. There are two basic rules. One, read the ingredients. If you don't know what something is, don't eat it. Two, eat a variety of foods. Variety gives your body access to many different vitamins and minerals.

When it comes to your pet you can use the same two guidelines. One, read the labels. If you see words like meat/poultry by-product, meat/bone meal, or animal fat you should avoid that product. The label is letting you know the manufacturer has no clue what sort of meat, meal, or fat is in the food.

Less healthful foods also tend to use soy or corn as a cheap source of protein. Most pets can't process corn or soy and end up with allergies and chronic digestive problems. Another thing to consider is that U.S. corn, soy, and canola oil are almost always from genetically modified (GM) sources. While there is plenty of ongoing debate on the impact of GM foods, some recent studies suggest GM foods lead to chronic skin, digestive, and fatigue problems in humans and animals.

Two, give your pet food from a variety of sources. Find a set of high quality foods your pet enjoys, and rotate them every few months. Just like you, your cat or dog will be healthier if she has access to protein, vitamins, and minerals from different sources.

Start the New Year off right. Eat well and exercise and do the same for your pet. Everyone will be happier.



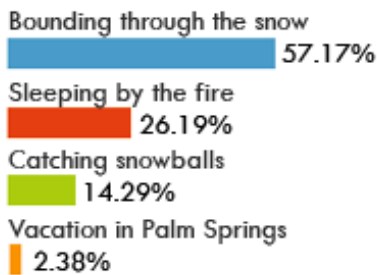
## Pet Resolutions survey

### NEW YEARS RESOLUTIONS

- I will stop chasing the cat.
- I will let at least one squeaker survive.
- I will sleep past sunrise once a week.
- I will make friends with the UPS truck.

## Survey Results

What is your pets favorite winter activity?



## Up for Adoption



### Jeepers w/Oregon Outback HS

Intellectual, strapping man, ISO someone to share love of books and soft chairs. Experience warming shoulders and neck. Quiet and laid back - I am a true lover, not a fighter. Check out his full profile [here](#).

## FEATURED PRODUCTS

### Thundershirt

We are really excited about this new product! The Thundershirt's gentle, constant pressure has a dramatic calming effect for most dogs if they are anxious, fearful or over-excited. Think Tellington Touch therapy through a shirt! See how it works [here](#).



### Fish Oils

All pets can benefit from taking a fish oil supplement. Improved skin and coat, less shedding, and over all better health are some of the benefits. Many people don't realize that just like with food, rotating through different oils increases their effectiveness. We have salmon, cod liver and sardine options available.

### Acana dog & cat food

Try the food that everyone is raving about. Acana is made by Champion Pet Foods, a great Canadian company that also makes the amazing Orijen line. All ingredients are sourced locally and all the ingredients are delivered FRESH to the factory each day. Acana is full of great ingredients like Free Range Chicken, Wild Caught Fish, Organic Kelp, Blueberries, Marigold Flowers, Chamomile Flowers and much more! We have 1 pound sample bags in stock now!



### STAFF UPDATE - Chris Baldasaro

Congratulations to long term BPE employee extraordinaire, Chris Baldasaro, and his boxer ,Thor, on their back to back winners dog at the Umpqua Valley show in November. Chris has raised champion boxers for over 25 years now. He believes that superior nutrition gives his team the winning edge. Chris feeds [Stella & Chewy's](#) frozen fresh food products in the morning and [Acana](#) Wild Prairie made with fresh regional ingredients in the evening. Chris says that "For boxers, more than not, grain free products seem to really allow them to thrive and maximize their genetic potential". Definitely seems to be working, Chris. Congratulations again to you and Thor! If you are interested in showing dogs yourself come in and talk to us. There are some great resources and classes in the area to help you get show ready.



### COMMUNITY PARTNER SPOTLIGHT

#### *Bend Spay & Neuter Holiday Fundraiser Results!*

The annual holiday ornament fundraiser has come to a close and we are thrilled with the results! This year we raised **\$2755.00** for [Bend Spay and Neuter](#)!!!! Thanks to everyone who purchased an ornament and helped to make this event so successful. We are going to do something new and exciting for next year so stay tuned!

