

# Puppy Love

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## Dog of the Year

Debbie Parkhurst was enjoying an apple in the company of her two-year-old golden retriever, Toby, when a piece of the fruit became lodged in her throat. She choked and gasped, beating her chest in a vain effort to dislodge the fruit. Her self-administered Heimlich maneuver wasn't working. Toby noticed her alarm and got involved. "The next thing I know, Toby's up on his hind feet and he's got his front paws on my shoulders," she recalled. "He pushed me to the ground, and once I was on my back, he began jumping up and down on my chest." That's when the apple dislodged and Toby started licking her face to keep her from passing out. Parkhurst said, "I literally have paw print-shaped bruises on my chest. I'm still a little hoarse, but otherwise, I'm okay. The doctor said I probably wouldn't be here without Toby. I keep looking at him and saying, 'You're amazing.'" Toby contracted bone cancer not long after saving his beloved mommy. He has had numerous radiation and chemotherapy treatments, followed by the amputation of his right leg, but ten years later he is still going strong. Toby has appeared on all major news programs and several magazines have published his story, he even appeared on the *David Letterman Show*. Toby was named the *Dog of the Year* in 2007 by ASPCA.



Luna is home in Georgia with her wonderful family.



## An Apple a Day

The old saying, "an apple a day keeps the doctor away," is usually something we associate with humans, but it can be equally applied to dogs as well. Apples are a great supplement to add to your dog's diet. They are affordable, healthy and a low calorie treat. Apples are a good source of vitamins A and C, and their dietary fiber contributes to overall gastrointestinal health. They help clean a dog's teeth, along with freshening their breath. Dr. Oscar Chavez, chief medical officer at *Just Food for Dogs*, says apples are good for dogs who need to lower their protein and fat intake and an excellent source of antioxidants for dogs of all ages. Some veterinarians believe apples help with degenerative conditions like bone disease. Apples, while healthy, should not be used as a staple of your dog's daily diet. They are a great snack, or a fun, but limited addition to their daily diet.



## The Instant Chef

### APPLE CHIPS

Ingredients: two fresh apples.

- Cut slices as thin as possible
- Place slices on a cookie cooling rack, place rack on cookie sheet
- Place slices in oven at 175 degrees, bake for 5-6 hours

### APPLE ICEE

Ingredients: two fresh apples, 1 cup Greek yogurt

- Cut apple into small pieces
- Mix apple, yogurt and a splash of water in blender until the mixture is a liquid
- Pour mixture into ice cube trays
- Freeze until cubes become hard

**\*Remove apple seeds, they contain cyanide!\***