



## Halloween Party Ideas: Throw the Spookiest Party on the Block

CONTRIBUTOR: ERICA ENGLISH AND AMANDA NORRIS

Ideas from [www.countryliving.com](http://www.countryliving.com)



BLACK WIDOW COCKTAIL



GHOST OREO SHAKE



CAT CUPCAKES



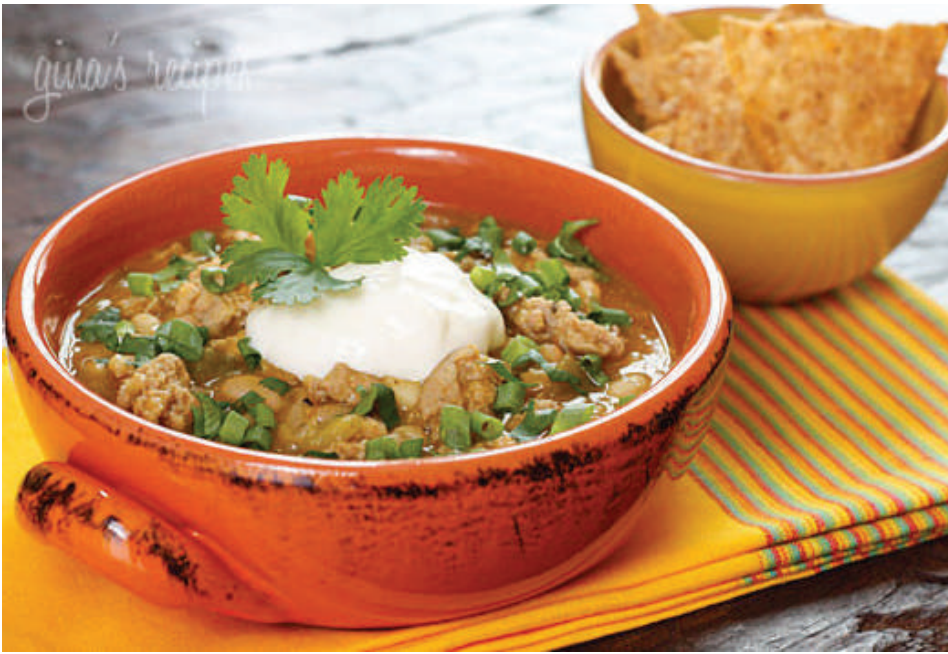
DEVILED EGGS PUMPKINS



MADELAINE COOKIE  
OREO GRAVEYARD



ORANGE PEEL  
JACK-O-LANTERN  
FRUIT CUPS



# Recipe of the Month: Pumpkin Turkey Chili

CONTRIBUTOR: JONATHAN "JJ" JEROTZ

*Original recipe from allrecipes.com*

## INGREDIENTS:

- |                                  |                              |                                |
|----------------------------------|------------------------------|--------------------------------|
| 1 tablespoon vegetable oil       | 1 clove garlic: minced       | ½ teaspoon ground black pepper |
| 1 cup chopped onion              | 1 pound ground turkey        | 1 dash salt                    |
| Onions Red                       | 1 can diced tomatoes         | ½ cup shredded Cheddar cheese  |
| ½ cup chopped green bell pepper  | 2 cups pumpkin puree         | ½ cup sour cream               |
| ½ cup chopped yellow bell pepper | 1 ½ tablespoons chili powder |                                |

## PREPARATION:

COOK TIME

20

MINS

**Heat** the oil in a large skillet over medium heat and saute the onion, green bell pepper, yellow bell pepper, and garlic until tender. Stir in the turkey, and cook until evenly brown. Drain, and mix in tomatoes and pumpkin. **Season with chili powder, pepper, and salt.** Reduce heat to low, cover, and simmer 20 minutes. Serve topped with Cheddar cheese and sour cream.

# Drink of the Month: Fall Sangria

CONTRIBUTOR: STEVE EMMINGER

Full recipe on [sweetandsavorybyshinee.com](http://sweetandsavorybyshinee.com)



## INGREDIENTS:

2 pomegranates  
.....

½ cup sugar  
.....

1 pear  
.....

1 apple  
.....

1 bottle (750ml) red wine  
.....

¼ cup Triple Sec  
.....

¼ cup pomegranate liquor

P R E P  
T I M E

5

M I N S

## INSTRUCTIONS:

De-seed the pomegranates.

In a small saucepan, mix together ½ cup (125 ml) water with sugar and ½ cup of pomegranate seeds.

Bring it to boil and reduce the heat to low.

Simmer for 5 minutes and then remove from heat to cool completely.

Then strain and discard the pomegranate seeds.

Cut the pear and apples into thin slices.

Place the fruit slices with remaining pomegranate seeds in a big pitcher.

Pour the wine, triple sec, pomegranate liquor and cooled pomegranate simple syrup.

Chill in the refrigerator for up to 24 hours. Serve over ice, if desired.





# DOGS

## How to Find a Qualified Dog Trainer

Read more at [nytimes.com](https://www.nytimes.com)  
Article written by Brent Crane

CONTRIBUTOR: JAMES CARMODY

### Look for Certifications

Owners should look out for the handful of reputable certifications dog trainers can earn.

"It's kind of like doing a background check," Mr. Bekoff said. Certified Pet Dog Trainer, International Association of Animal Behavior Consultants and Certified Dog Behavior Consultants are three that experts point to. Accolades from the American Veterinary Society of Animal Behavior and the American Animal Hospital Association are also promising signs.

Certifications, however, are not a guarantee, said Dr. Ian Dunbar, an animal behaviorist in California who runs seminars for dog trainers. It is not unheard of that such credentials might be faked. Moreover, these programs tend to focus more on theory than practice.

To verify such certifications, "check with the body the trainer claims certifications from," Ms. Donaldson said.

### Trainers Should be People People

It is obvious that trainers should be good with dogs, but they should be equally competent with humans, too.

"If the owner comes away feeling, 'Oh my god, the trainer is this natural genius with dogs, but I have no idea what to do at home,' and they come away feeling inadequate, that's a flag," Ms. Donaldson said. "The trainer has to be someone who's good with people, who understands people psychology and motivation," Dr. Dunbar said. "In addition to being able to tell people what to do, they have to motivate people to do it." You want a trainer that

"you click with," he said.

Person-to-person communication is key with trainers, but words matter only so far as they can be translated into action. "Any kind of woo-woo language, about 'energy,' 'packs,' 'leadership,' anything that sounds very non-concrete, where you come away thinking, 'O.K., but what's actually going to physically happen with my dog here?'; any attempt to obfuscate — that is a huge red flag," Ms. Donaldson said.

Experts suggest, too, for owners to preview trainers before signing up. Attend a session to observe. "If they don't allow that, then I wouldn't go," Dr. Dunbar said. At the very least, he adds, insist on "a trial session."

Expect Personal Questions

The best dog trainers will want to know about the bond you have with your dog, Mr. Bekoff said.

"Look at the relationship you have with your dog, because that's what it's all about," he said. Paramount, then, to correcting a behavioral issue is figuring out how a given issue relates to the relationship between dog and guardian. A good trainer, advises Mr. Bekoff, will say to you: "Tell me about you and your relationship with your dog: Do you work at home? Are you home a lot? How many people are in your house?"

Personal trainers should also be willing to operate remotely, adds Dr. Dunbar, and venture into the real world to an area where a dog is misbehaving: adog park, for instance, or along a regular walking route.

### Avoid Heavy-Handed Tactics

A rewards-based approach is always better than fear-based, and across breeds, too.

"If they're eschewing the use of positive reinforcement, saying, 'We don't want to use food or toys,' that's just not going to get the job done. That's been amply disproved by research, Ms. Donaldson said. "Anyone making that claim is on very flimsy ground."

Mr. Bekoff agreed. "You can get a dog to do whatever you want him to do in a heavy-handed way, but then you've got a miserable dog and a terrible relationship between you and your dog," he said. "Positive reinforcement is definitely the move." Dr. Dunbar said research backs up this idea. "It's a scientific fact that reward-training is quicker and more effective than punishment-training," he said. "Why? There's only one thing to teach: what's right." By contrast, with the harsher training, you have to "punish each and every mistake."

"And when you screw up with treats, the dog loves you," he added. "You screw up with a shock-collar, you've done a lot of damage, the dog doesn't like you very much, and he doesn't like training."