



Just how much do you know about your dogs?

Dogs and humans all over the world have been enjoying a mutually beneficial best friendship for perhaps tens of thousands of years.

They're the first animals we domesticated, and have been constant companions ever since. Sometimes dogs have a job they help us with, like sheep herding or duck hunting.

But others are literally just here for the cuddles, and dog people are happy to oblige. Even after all those years, we're still learning about dogs, including more about how our unlikely animal friendship began.

But plenty of dog questions have delightful answers — like whether they dream, how they learn their names, and why they slobber all over us. These seven dog facts will send you running to cuddle your closest very good boy (or girl).

Today's domesticated dogs evolved from majestic, wild wolves, but looking at a tiny, trembling chihuahua, it can be hard to imagine how that even worked. It took a really long time, especially for breeds that seem very distant from their ancient grandparents.

Scientists still don't know exactly how those first wolves befriended humans, but it appears to have happened at least 15,000 years ago.

A study of ancient wolf genomes published in 2022 found that dogs may have been domesticated twice, once in Asia and once in the Middle East or nearby, with the populations subsequently intermingling.

But the evidence is far from conclusive, and dogs may have been domesticated just once, in Asia, and then later bred with wolves that lived in or around the Middle East. Regardless, most scientists now agree that dogs evolved from gray wolves.

The exact mechanism is still unclear. Wolves, after all, are pretty dangerous, and scientists are still scratching their heads about what prompted humans to feel safe around them in the first place.

Regardless, your people-pleasing golden retriever is a pretty far cry from its lupine ancestors. (Your shih tzu, on the other hand, might be closer than you think.)

If you've spent a lot of time around dogs, you've probably seen them twitching or kicking in their sleep. It's hard to know exactly what's going on in a dog's mind, but they do exhibit brain wave patterns much like we do when we're in our most dream-heavy phase of sleep.

So what do dogs dream about? In one study, scientists removed or deactivated the part of the brain that keeps dogs from moving around in their sleep (yikes).

These dogs started to move when they entered the dreaming stage of sleep, and began acting out their dreams, doing breed-specific behaviors.

According to dog psychology researcher Stanley Coren, "What we've basically found is that dogs dream doggy things."

So, pointers will point at dream birds, and Dobermans will chase dream burglars." This indicates that dogs probably just dream about their everyday actions.

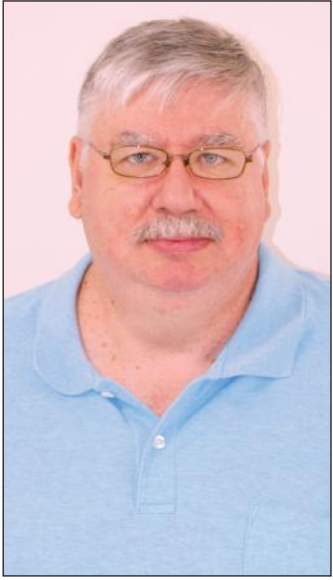
Around 10 percent to 20 percent of humans are allergic to cats or dogs. There's a common misconception that people allergic to furry friends are allergic to the fur itself, but they're actually allergic to proteins found in skin cells, saliva, and urine — so if you're allergic to dogs, you might still be allergic to a hairless dog.

When someone allergic to dogs is exposed to those proteins, as with other allergies, their immune system reacts as if the substances are harmful.

Some dogs are marketed as "hypoallergenic," but there's really no breed that's guaranteed to not trigger allergies.

It is possible, however, that someone can be more allergic to

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one dog than another. The best way to figure out whether you're allergic to a specific dog is just to spend time around it, so starting out by fostering a pup before committing to a long-term companion might be the way to go.

For decades, people have used the phrase "dog years" to compare stages in dogs' lives to similar stages in human lives — such as whether they're children, teens, adults, or seniors.

There's a common misconception that one human year is equivalent to about seven dog years, but it's not all that simple.

According to the American Kennel Club (AKC), a 1-year-old medium-sized dog is roughly equivalent to a 15-year-old human.

The second year of that dog's life is around nine human years, and after that, each year is about five years. This varies from dog to dog, though, especially since large dogs tend to age faster than smaller dogs.

The AKC estimates that a smaller dog, like a Pomeranian, is around age 56 after 10 years, while a very large dog, like a Great Dane, would be more like 79.

Dogs licking people is often interpreted as a sign of affection, and it very well might be. Some wild dog species lick their pack members to welcome them home, and it can absolutely mean that your dog is happy to see you.

That's not the only reason your dog might lick you, though. You could just taste really good, especially if you just finished a meal.

It could also be a combination of the two: Licking may have started as a food-seeking behavior and evolved into a sign of affection. It could also be a sign of submission.

Obsessive licking, however, can be indicative of a larger problem like allergies, boredom, or pain — so if you're worried about what it might mean, it's worth a trip to the vet to check it out.

Some dog senses are more amplified than those of humans. Most dogs can hear high-pitched frequencies that are completely silent to us, and with a sense of smell that may be up to 10,000 times more powerful than ours, they take in much more of the world via scent than sight. But how does their vision measure up?

While sight varies among both individual humans and dogs, a typical dog can see fewer colors than a typical human — but contrary to popular belief, they don't see in black and white.

They can also see yellows, blues, and combinations of the two. It's similar to a human being who has red-green color blindness.

Dogs may still have one vision advantage over humans, though: Their eyes are better adapted to see in the dark.

Stop by the senior center if you need to beat the dog days of summer. Come see us for United Way's Stuff the Bus Aug. 1-3 at Dillons and Walmart.

Begin summer days with a satisfying breakfast

• Family Features



Before heading out the door for pool days, bike rides, summer camps and other family-favorite activities, there's one key component to starting your day on the right foot: a nutritious breakfast.

Filling morning meals help you and your loved ones power through all summer has to offer, whether you're getting active on a hike or family walk or simply soaking in the sun.

Paired with a healthy lifestyle, an 8-ounce glass of 100 percent orange juice includes key nutrients such as vitamin C, folate, thiamin and potassium, as well as calcium and vitamin D (in fortified juices), that help support the immune system all year long.

Summer is no exception - particularly with its usual hectic schedules that include sports and other outdoor activities. Plus, it's fat-free, cholesterol-free, sodium-free, has no added sugar and is made up of almost 90 percent water, which means it's a healthy complement to your water hydration routine - another must during the hot summer months.

While delicious and nutritious on its own, an option like Florida Orange Juice can also be enjoyed as part of morning favorite recipes like French toast. As a meal that can satisfy the entire family, this Orange Juice French Toast with Infused Whipped Cream offers a

twist on a breakfast classic.

As a delicious addition to any diet, 100 percent orange juice is a perfect way to sit down together at the table before tackling the day's adventures.

To find more nutrition-forward summer recipe ideas, visit floridajuice.com.

Orange Juice French Toast with Infused Whipped Cream
Recipe courtesy of the Florida Department of Citrus

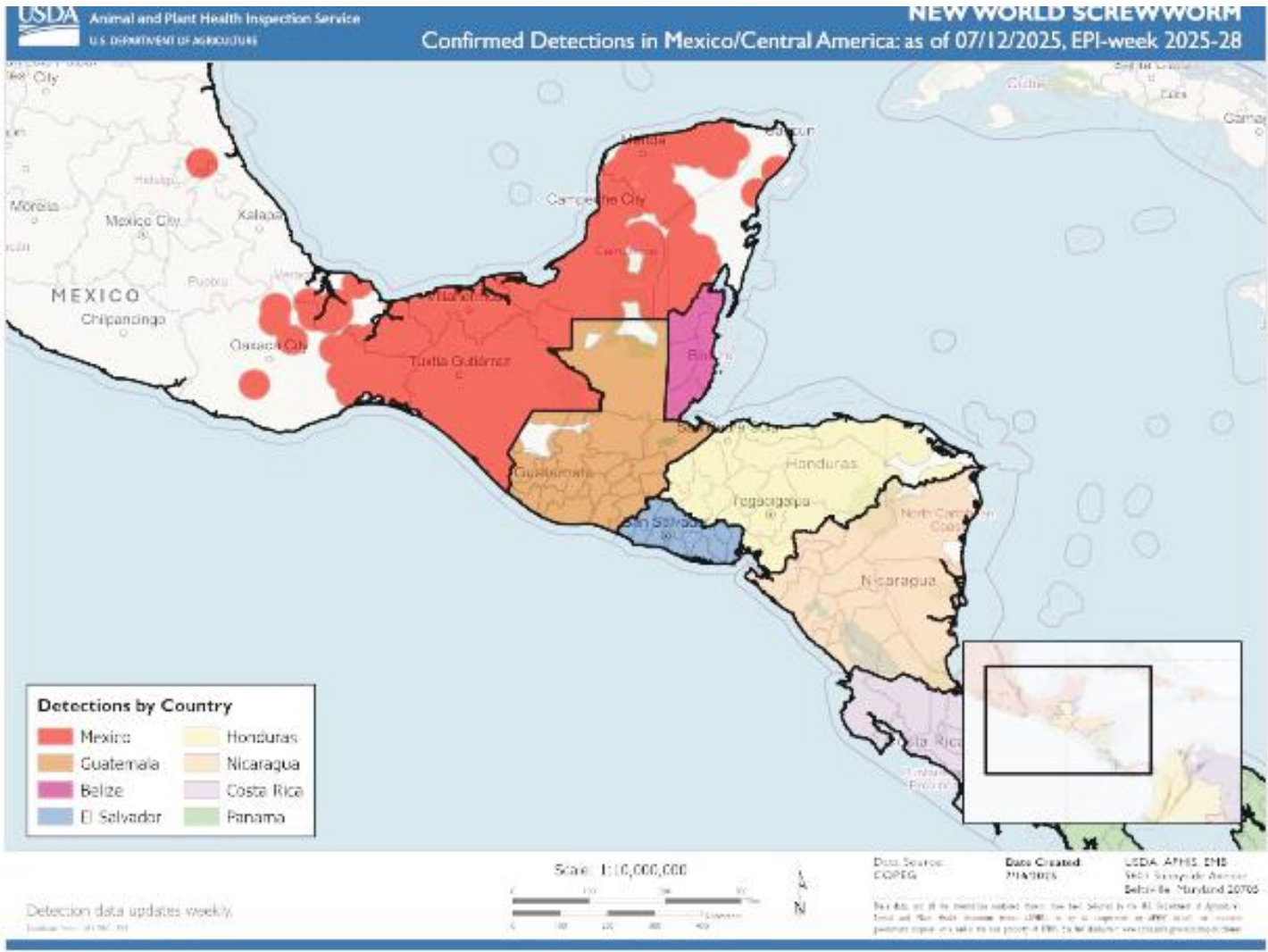
4 eggs
1/2 cup milk
3/4 cup, plus 1/4 cup, Florida Orange Juice, divided
10 slices milk bread
1 cup heavy whipping cream
neutral oil
maple syrup, for serving
In shallow dish, whisk eggs, milk and 3/4 cup orange juice.

Dunk each slice of bread in egg mixture, letting it soak in.

While bread soaks, whip heavy cream until it reaches stiff peaks, about 3 minutes. Gently fold in remaining orange juice until well combined.

On hot pan over medium heat, in small amount of oil, fry both sides of each bread slice. Remove from heat when golden brown.

Serve French toast in stacks with dollop of whipped cream and drizzle of maple syrup.



Threat of screwworms continues to concern US livestock producers

**K-STATE EXTENSION WILD
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Lately, some livestock producers have expressed their growing concerns about the New World Screwworms (NWS) possibly making their way into the United States.

The screwworms have been here before and it was devastating to the livestock industry as well as to wildlife. Devastating enough that great efforts have been made to try to prevent their return.

New World Screwworms are a problem because the screwworm fly will lay their eggs in an open wound, which could be as small as a scratch or tick bite and when hatched, their larvae (maggots) feed on living tissue of warm-blooded animals, whereas, most flies' larvae will feed on the tissue of deceased animals.

NWS will burrow down into the tissue with their hook-like mouths and this can result in significant tissue damage to the animal and even death.

Screwworms are native to the Caribbean and South America. They migrated and became a problem in Central and North America and the United States Department of Agriculture (USDA) in the 1920s started to try to address the issue and by the end of the 1930s some important understanding of the NWS was known.

One of the things scientists learned was that the female screwworm fly will only mate once in her lifetime.

By 1951, a plan was developed to start purposely producing larvae in a lab where the larvae could be exposed to enough radiation to be

sterile but still able to compete with wild males to breed the female flies.

The sterile male screwworm flies were dropped from airplanes and released over Sanibel Island, an island four miles off the west coast of Florida.

The tests showed that the screwworm population was decreasing but they were still close enough to mainland that flies could still come in from the untreated mainland and they had not eradicated them on Sanibel Island but they were able to prove that sterilizing the male screwworms was sound.

By 1957, the United States aimed to control the NWS east of the Mississippi. A facility was built in Mission, Texas where NWS were raising sterile male NWS and then releasing them from planes in the desired areas.

Within two years, the program was a success. By 1966 they had eradicated the NWS problem in the United States.

Since then, there have been a few outbreaks with the worst being in California, Arizona, New Mexico, Texas, Oklahoma, and Arkansas.

Many things contributed to the outbreaks, including weather that was favorable to the NWS (warm and moist) and allowed them to over winter and spread north, imperfect quarantine practices, and producer awareness on how to spot and handle the NWS was not as well-known as it once had been. USDA worked to raise awareness to help combat the massive outbreak.

The facility in Mission was closed in 1980 and the production of sterile males moved first to Mexico and then to Panama in 2006 when Panama was declared free of the NWS.

In 2023, detection of the NWS surged rapidly from a yearly average of 25 detections to over 6,500 in a year in the Panama area.

Fast forward to our current situation, the NWS has continued to migrate north and currently is in the southern portion of Mexico. United States Secretary of Agriculture Brooke L. Rollins suspended movement of live cattle, horse and bison imports through U.S. ports of entry along the southern border to try to

reduce risk of the NWS getting into the U.S. from infected livestock on May 11.

The NWS had made it as far north as Oaxaca and Veracruz, which are about 700 miles from the US border.

On June 18, Secretary Rollins announced a new \$8.5 million NWS fly dispersal facility in South Texas, the construction of a domestic sterile fly production facility, and the USDA's plan to combat the New World Screwworm.

Rollins announced a plan to slowly reopen 5 livestock ports starting July 7 through Sept. 15 for cattle, bison and equine. Unfortunately, Mexico's National Service of Agro-Alimentary Health, Safety and Quality on July 8 reported a NWS case in Ixhuatlan de Madero, Veracruz, Mexico.

This currently puts NWS only 370 miles south of the United States/Mexico border and Rollins ordered the immediate closure of livestock trade through the southern ports of entry effective immediately.

Hopefully, we will be able to prevent the NWS from getting any farther north and hopefully, it can be pushed back down to at least the Darien Gap. Here is a link on helpful information from APHIS on what to look for, how to treat NWS.

Producers or owners who suspect an animal disease should contact their veterinarian to evaluate the animal and the herd.