



**Bone-Appetite – BarkWorthy**  
**News on Nutrition**  
 “Tastefully” Brought To You By  
 Evansville’s Own...  
**Yellow Dog Deli**  
 Located On East Main St. Evansville  
 (A new Column On  
 Better/Healthier Yum For Your Dogs)

**TAKE THE SCOOP CHALLENGE!**

Have you ever thought about the Daily Feeding Recommendations on a bag of dog food and how you interpret them and use them in practice?

Bags of dog food provide feeding recommendations based on a range of a dog’s weight. That range on some bags can cover 25 pounds. If your dog’s weight is perfectly placed at the beginning or the end of the range, determining how much to feed could be easy. However, what do you do if your dog’s weight is somewhere in the middle of the range? Guess? Do you do the math to determine the precise portion your dog should be eating daily based on the bag’s recommendations. Some dog owner’s do more approximating than calculating.

Assume a 50-pound dog is in the middle of the range for feeding recommendations on a bag of dog food. After doing the math on a random bag of dog food, the 50-pound dog would need 2.875 cups of food. Anyone have that measuring cup in their kitchen? Not me! So, what do you do? You probably round up. So, that would mean 3 cups of food a day, 1.5 cups in the morning and 1.5 cups in the evening. Done! Easy! Not so fast.

Think about what that means in practice. Do you have a one cup and a half cup ready for scooping your dog food? Maybe? Maybe you find a different container that you can mark a fill line or maybe a container that is close to the 1.5 cups you determined you would feed 2x a day. Problem solved. Maybe.

Once you have determined the amount of food you want to feed your dog a day and you have determined the “scoop” your family will use; take the Scoop Challenge. You will need a digital scale for this exercise. Have each member of your family take the predetermined scooper and have them scoop a serving for your dog. Weigh each person’s “scoop” of food on a digital scale. You will find that the actual amount that would be feed can vary widely. Why is that? There are a number of reasons; how the kibble falls in the scoop, or heaping scoops versus level scoops. A study in 2010 actually determined the inaccuracy in using measuring cups to portion kibble. The accuracy ranged from an 18% underestimate to an 80% over-estimate in the portion size. You can see how easy it is to over feed your dog with estimating on what they need, rounding the quantities, and scooping variations. 25%-30% of the general canine population is obese. Obesity is the most preventable disease in dogs.

Changing your feeding routine might take a little getting used to; but, it can be done. Most bags of kibble provide serving recommendations in both cups and grams or ounces. Determine the amount of food your dog needs in grams or ounces and with the use of a digital scale you can be more precise in your dog’s daily meals.

If you like to rotate brands and/or recipes, review the amount your dog needs when you open each new bag. The calories per ounce can vary widely. Don’t forget those meal toppers, gravies, snacks, etc. Their calories should also be accounted for when determining the amount of food to feed each day.

The potential of over or under feeding doesn’t stop there. There are many other factors you should consider when determining how much to feed your dog. Factors such as current Body Condition Score, activity level, intact or fixed adult, female in gestation, etc. should be considered. Some manufacturers have additional insights on their website for feeding recommendations based on whether or not your dog has an average activity level, is a couch potato, or is very active.

If all of this seems overwhelming, seek the assistance of a Veterinarian, Veterinarian Nutritionist, or well-educated pet store owner/employee. There is always help available in determining the amount of food to feed your dog daily. The benefits of maintaining a healthy weight for your dog mirror similar benefits for humans such as less joint pain, lower risk for chronic illnesses, and a longer life. Which is what we all hope for, for our furry family members.

**Brought To You In Part By- Deuce Yellow Dog Deli Resident Woof!**

**SEND US YOUR NEWS!**



**READ The News of The Review- It’s So Good For You! Send Us Yours & Read That Too!**

**Eager Free Library FEBRUARY**

**EVENTS/PROGRAMS**  
**Storytime**  
 Wednesday, February 1 at 10:00 AM  
 Stories, songs, and other early literacy activities that help develop pre-reading skills for children ages 2-5 with caregivers.

**Writing Club**  
 Wednesday, February 1 at 5:30 PM  
 Join us on the first Wednesday of the month for writing time, sharing, and feedback (if desired). Recommend for adults.

**Friends of the Library Winter Book Sale**  
 February 2-4

The Friends Winter Book Sale will be held in the lower level of the Grange Building. Book donations will also be accepted throughout the sale. Hours of the sale will be:

- Thursday, February 2, 1:00 - 5:00 PM
- Friday, February 3, 9:00 AM - 5:00 PM
- Saturday, February 4, 9:00 AM - 12:00 PM

**Baby Storytime**

**Friday, February 3 at 10:00 AM**  
 Lapsit stories, songs, and finger-plays that help develop pre-reading skills. For babies 0-2 with a caregiver.

**Take and Make Kit: Kool Aid Lip Balm**  
 Available starting Monday, February 6

Chapped lips from all this dry winter air? This month’s kit provides supplies to make your own lip balm. Available while supplies last. Recommended for adults.

**Storytime**  
**Wednesday, February 8 at 10:00 AM**

**READ ... It’s Good For You!!**

**Rix Quinn – Senior Rings** by Rix Quinn

Do you still have your high school senior ring?

I’ll never forget the day our rings arrived. If somebody hadn’t locked me in a toilet stall, I’d have been first in line.

Many folks have no idea what happened to their rings. So, they offer responses like this:

1. “I don’t know. Have you seen it?”
2. “I wore it until I was 63.”
3. “I gave it to my old girlfriend, who gave it to her new boyfriend.”
4. “I think my wife had it bronzed.”
5. “The dog ate it...and after he threw it up, it didn’t fit.”

Did you ever wonder how the senior ring tradition started? Me neither...but I looked it up anyway.

Actually, folks have worn rings since ancient times. Many carried engraved symbols.

There were no medieval high schools, because back then people aged quickly, and at 18 qualified for primitive Social Security. However, by the 1600s people survived long enough to create schools, award letter jackets for archery, and design senior rings.

My buddy gave his ring to his steady girlfriend 30 years ago. He didn’t see her again until this year, at a class reunion.

“Diane,” he said, “you and I both married other people. So, if you don’t mind, I’d like my senior ring back.”

“OK,” she replied, “but does that mean we’re breaking up?”

Have you got a story idea for Rix? Please e-mail him at [rix@rixquinn.com](mailto:rix@rixquinn.com).



Welcome to  
**Eager Free Public Library**  
 “Library Corner”

**Library Director - Megan Kloeckner**  
 (608)882-2278  
 Children’s Dept. 882-2275  
 General Phone - 882-2260

Stories, songs, and other early literacy activities that help develop pre-reading skills for children ages 2-5 with caregivers.

**Teen Advisory Board**  
**Wednesday, February 8 at 4:00 PM**

All teens are welcome. Catch up, hang out, plan new teen library events, and suggest new purchases - all while earning volunteer hours! This month, you can also make your own all-natural lotion.

**Speed Dating a Book**  
**Thursday, February 9 at 4:00 PM**

Meet up with a variety of books to see which ones you’re most attracted to! This event is geared toward teens and adults.

**Baby Storytime**  
**Friday, February 10 at 10:00 AM**

Lapsit stories, songs, and finger-plays that help develop pre-reading skills. For babies 0-2 with a caregiver.

**Storytime**  
**Wednesday, February 15 at 10:00 AM**

Stories, songs, and other early literacy activities that help develop pre-reading skills for children ages 2-5 with caregivers.

**Clue Murder Mystery**  
**Thursday, February 16 at 4:00 PM**

Who killed Mr. Boddy? Where and how was he killed? To find out, you must unlock boxes and decipher a multitude of clues that lead to the deepest, darkest corners of the library. Six speaking parts are available, sign up at the library or by calling 608-882-2275. For teens in grades 6-12.

**Baby Storytime**  
**Friday, February 17 at 10:00 AM**

Lapsit stories, songs, and finger-plays that help develop pre-reading skills. For babies 0-2 with a caregiver.

**Indoor Games**  
**Monday, February 20 at 2:00 PM**

Join us for balloon volleyball, paper plate tennis, and other games! For kids in grades K-5.

**Book Tasting**  
**Monday, February 20 at 4:00 PM**

Sample a variety of different books to see which ones you’d like to devour! Just like an appetizer, we’ll be serving a few tiny bites of each book, so you can choose which one sounds most delicious. For kids in grades K-5.

**Storytime**  
**Wednesday, February 22 at 10:00 AM**

Stories, songs, and other early literacy activities that help develop pre-reading skills for children ages 2-5 with caregivers.

**Manga & Munchies**  
**Wednesday, February 22 at 3:30 PM**

What are your favorite graphic novels/manga? Bring them along and share with the group to find new favorites! Munchies provided. For teens in grades 6-12.

**Antemeridians Book Club**  
**Thursday, February 23 at 10:30 AM**

This month, we will read *The Family Romanov: Murder, Rebellion, and the Fall of Imperial Russia* by Candace Fleming. Books will be available at the library starting January 27.

**Evening Storytime**  
**Thursday, February 23 at 6:00 PM**

Stories, songs, and other early literacy activities that help develop pre-reading skills. For children ages 2-5 with caregivers.

**Baby Storytime**  
**Friday, February 24 at 10:00 AM**

Lapsit stories, songs, and finger-plays that help develop pre-reading skills. For babies 0-2 with a caregiver.

**Movers & Makers**  
**Friday, February 24 at 11:00 AM**

Sing, dance, play, and create! Enjoy a movement filled story-time followed by a hands-on art project. Space is limited, please call 608-882-2275 to register or stop by our Youth Services Desk.

**NEW MATERIALS**

**Children’s Fiction:**  
 Snow Horses by Patricia MacLachlan  
 That’s My Sweater! by Jessika von Inneebner

Ear Worm! by Jo Knowles  
 Boop the Snoot by Ashlyn Anstee  
 I’m Not Cute! by Jonathan Allen  
 Calm by Dr. Jillian Roberts

For Your Smile by Loryn Brantz  
 Bear Has a Belly by Jane Whittingham  
 Blue Bison Needs a Haircut by Scott Rothman

Hush, Little Trucker by Kim Norman  
 That’s Not My Name! by Anousha Syed

Harvest Days by Kate DePalma  
**Children’s Nonfiction:**

Battle of the Brains by Jocelyn Rish  
 The Yawn Book by Diana Kim  
 Hercules vs. Thor by Claudia Oviedo

Zeus vs. Ra by Lydia Lukidis  
 Standing in the Need of Prayer by Carole Boston Weatherford

Nellie vs. Elizabeth by Kate Hannigan  
 An American Story by Kwame Alexander

Diana vs. Athena by Lydia Lukidis  
 The Padawan Cookbook by Jenn Fujikawa & Liz Lee Heinecke

The Faith of Elijah Cummings by Carole Boston Weatherford  
**Adult Fiction:**

Devil’s Delight by M.C. Beaton  
 Lost in the Moment and Found by Seanan McGuire

The House of Wolves by James Patterson  
 The Social Climber by Amanda Pellegrino

The Devil’s Ransom by Brad Taylor  
 His Wyoming Redemption by Trish Milburn

Her Surprise Hometown Match by Tara Randel  
 The Navy Dad’s Return by Julianna Morris

The Cowboy Next Door by Cheryl Harper  
 Fort Misery by William W. Johnstone

Drift by C.J. Tudor  
**Adult Nonfiction:**

Home for the Holidays by Sherri McConnell & Chelsi Stratton  
 Piece & Love by Diane Brinton & Audrey Mann

Quilt the Rainbow by Amber Johnson  
 Be My Baby by Ronnie Spector

The Comprehensive Guide: NFTs, Digital Artwork, Blockchain Technology by Marc Beckman

The Old Farmer’s 2023 Almanac by Robert B. Thomas  
 Fieldwork by Iliana Regan

Spare by Prince Harry  
 Intuitive Eating for Life by Jenna Hollenstein

The Nazi Conspiracy by Brad Meltzer & John Mensch  
 Burning Questions by Margaret Atwood

Growing Up Biden by Valerie Biden Owens  
**Audiobooks:**

Greywaren by Maggie Stiefvater  
 Fox Creek by William Kent Krueger (Playaway)

The Hundred Waters by Lauren Acampora (Playaway)  
 A Truth to Lie For by Anne Perry (Playaway)  
 Desert Star by Michael Connelly (Playaway)  
 Triple Cross by James Patterson (Playaway)  
 The Summer of Bitter and Sweet by Jen Ferguson  
 The Elephant Girl by James Patterson