

Chalet teaches importance of pet massage

MEGAN MAGINITY, Assistant Editor

A pet massage is not a luxury, it's an essential, according to Douglas Moss, a certified small animal massage therapist.

On Aug. 2-3, Moss taught and demonstrated canine massages at the Chalet Nursery, 3132 Lake Ave., Wilmette. He used demonstration dogs and stuffed toy dogs to train owners how to perform massages on their pets at home.

There is a multitude of benefits from giving and receiving a pet massage, Moss said in his free lecture.

Pet massages help reduce soreness, stiffness and pain, just like a regular massage on a person would. They also help with athletic performance, injury prevention and flexibility, and it tonify the animal's tissue.

These massages, special



Julie Minasian, of Wilmette, practices massage techniques on Ellie Mae, her 13-year-old weimaraner, at the canine message lecture on Aug. 2 at Chalet Nursery, 3132 Lake Avenue, Wilmette. MEGAN MAGINITY/22ND CENTURY MEDIA

products and rising businesses — all catering to pets — are a result of the rising acceptance of animals in the United States, Moss said.

"There's more connectivity with animals," he said. "There are pet bakeries and now, hospitals, like Rush in Chicago, are allowing visit-

ing hours for dogs."

When a person takes time to pet an animal, the person and animal both relieve stress, which is why nursing homes are also allowing pets now.

"There's just more acceptance of animals nowadays," he said.

TIPS FOR CANINE MASSAGE

- Massage with the fur, not against the grain.
- Read the pet's body language to see what they like.
- Pressure shouldn't be too hard on pet.
- Gently be able to feel the pet's muscle through it's skin.
- Shape hands with pet's muscle while massaging.
- Use light, sensitive strokes between a pet's ribs.

Information from Douglas Moss of WellSpring Canine Massage

The acceptance has been especially beneficial to Julie Minasian, a Wilmette resident and Chalet Nursery employee who has used pet acupuncture to help Ellie Mae, her 13-year-old weimaraner, with her osteoarthritis.

Ellie Mae was one of the demonstration dogs at the lecture and received a massage.

"I think it's helpful to learn these techniques," Minasian said.

Also at the lecture was Nixie, an 8-year-old German shepherd, with owner and Chalet employee Peggy McAtamney of Evanston.

McAtamney said she was eager to learn the techniques and bring them home to use on her two other German shepherds that have problems with their hips and legs.

The massage techniques that Moss focused on were for the paws, neck, ears, pectorals, jaws, rib cage

and spine. When massaging from the spine to the sternum, Moss said it promotes the rapid disposal of waste.

"Massages send blood cells to the specific area you are working on," he said. "So, this helps with the draining of waste in the pet's body."

Bringing the blood cells to the massage area helps impair circulations by helping the normal flow of blood and lymphatic fluid.

Moss said since circulation is improved during a massage, it increase the amount of oxygen and nutrients available to pet's muscles.

"This really increases your pet's quality of life," Moss said.

For more information or to book a home service pet massage, contact Moss at (847) 372-3279 or email WellSpringk9@yahoo.com.

Campers build for a galaxy far, far away

Jedi Masters camp part of late-summer fun through Wilmette Park District

JOE COUGHLIN, Editor

The force was strong with them.

More than 20 "Star Wars"-loving children marched into the Community Rec Center Monday-Friday, Aug. 5-9, to participate in the Jedi Masters camp, which consisted of five afternoons of building "Star Wars"-related figures out of LEGOs.

On Wednesday, Aug. 7, the class first built drones, creatively stacking LEGOs to produce an eclectic mix of creatures and machines. That was only the beginning, however.

Then, camp counselor Billy Eline explained how to build a "trash compactor," a device to eventually be

used to destroy the drones — so to speak.

While the kids were hard at work, the "Star Wars" theme music trumpeted in the background to motivate the little workers.

The Jedi Masters camp was one of many late-summer camps through the Wilmette Park District. Another camp was the Jedi Engineering session, but also there was Music Video Production last week.

This week, even more camps are in session like Chess Camp, Fresh Beats, Phun Physics Camp and a variety of sports camp. Next week, starting Monday, Aug. 19, the park district offers Pre-Engineering with LEGO (Age 5-6), Engineering with LEGO (7-12) and Flight Academy (7-12).

For more information, visit www.wilmettepark.org.



Billy Eline shows the Jedi Masters camp students how to build a trash compactor from LEGOs Wednesday, Aug. 7, at the Community Rec Center. JOE COUGHLIN/22ND CENTURY MEDIA