

Adoption Packet

Training guide



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Congratulations on adopting your new pet!

Remember rescued dogs and puppies have been abandoned, unwanted or were lost. They may have been loved once by someone who betrayed them, or have had a life change, or illness or perhaps died. They need your love, guidance and patience as they make a transition to your home. They do not come with automatic knowledge of what you want. You will need to build a bond using trust and understanding. Please know it could take a few weeks or longer to establish this bond. We hope these tips make it easier for you, but should life change for you and you find you have to return them, know they are welcomed back with open arms.

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(This information was adapted from Denver Dumb Friends League,
www.ddfl.org.)

Training Tips!



Besides training, (or lack of training), being the number one reason dogs are returned to the shelter, dogs love training-if it is positive!

Training:

- Establishes leadership therefore helps your new buddy relax because you run the show!
- Helps curb unwanted behavior such as: Jumping, digging, excessive barking.
- Gives your dog confidence.-- “Look ma! I can do this!”
- Training is fun and builds a better bond with you and your family.

(PS the dog in the photo was trained to skate board by a 10 year old boy!)

Top Training Tips



Call your dog to Dinner!

Establish a good recall by only calling your dog for “good stuff” Like dinner or a treat!



Ask your dog to sit for dinner or to go out the door.

Once you get your dog to sit on command, ask your dog to sit for the food bowl or door This helps with impulse control.



Praise your dog for behaviors you like! Dogs work for Praise.

Ignore bad behavior and praise good behavior or behaviors you want repeated!



Add food to your dog's bowl

For parents only! Teach your dog it is ok to be around his food by adding food to an empty food bowl one spoon at a time for 2 weeks. Call a professional if your dog does not allow you to do this. Children should not do this.

The first day (bonding takes time!)

Introductions can be scary. Some dogs are better at it than other. Do everything slowly. Do not leave your dog or puppy unsupervised with people or dogs until you give them a day to calm down and feel safe. Keep identification on your dog in case they slip away from you .It is best not to go to a pet store or public place until you have allowed your dog to go to your home, sniff around and you show them where the “bathroom” is, where their bed or crate is, their food& water bowl and finally their yard. Take your time. Walk them around on a leash at first. Marking with urine is not uncommon. Just interrupt them and move on the next room or thing to do. Establish a bathroom area outside and take them out on a leash for at last 2 weeks to the established “spot” until they get it. Clean up mistakes with an odor neutralizer and do not punish the pup. It will get better with time. This process can take up to two weeks or several months before you dog feels”at home”.

It is best not leave your new dog alone with your other pets or children for 6 months or until you feel like you know your dog very well. Always leave them in a safe place such as a crate or small bathroom, so they cannot destroy your home or get into trouble.

Never leave them unattended in the yard as they may dig out or jump a fence until they have bonded with you....

Feeding instructions:

Food is a great way to bond with your new pet! Feeding twice a day will be better than “free” feeding as you will be able to control the bathroom habits and bond with your dog as well.

You should mix the dry food from the shelter with your food you wish to feed for 3-5 days. Adding warm water or a small amount of canned food or cooked chicken will help encourage your pet to eat. Always

feed all pets separately. Do not taunt or threaten your dog while eating. You may hand feed the first few days or add high value items such as cooked chicken while you stand at the food bowl when they are eating. If you see any guarding or growling you should call a professional right way. Only hire trainers that use positive reinforcement methods as punishment can make matters much worse.

Like many of us, we have taste preferences or were made sick by a product and we don't want that food again. Try food samples if you want to allow your dog to "taste test" food and switch flavors from time to time to eliminate boredom. Avoid adding anything with fat to your dogs' diet such as turkey fat, chicken skin etc as you can cause serious illness or other problems.

House Training 101: Tips on house breaking:

All dogs and puppies need house training. Your shelter dog has not had the opportunity to signal when they need to "potty" and had to adjust to the shelters' schedule. You will have to work at teaching YOUR schedule for about two weeks to a month.

Establish a Routine

Like babies, puppies or dog do best on a regular schedule. Take your puppy outside frequently, at least every two hours, and immediately after he wakes up from a nap, after playing and after eating.

Praise your puppy lavishly every time he eliminates outdoors. You can even give him a treat. You must praise him and give him a treat immediately after he's finished eliminating, not after he comes back inside the house. This step is vital, because rewarding your dog for eliminating outdoors is the only way he'll know that's what you want him to do.

Choose an outside location not too far from the door to be the bathroom spot. Always take your puppy, on a leash, directly to the bathroom spot. Take him for a walk or play with him only after he has eliminated. If you clean up an accident in the house, take the soiled rags or paper towels and leave them in the bathroom spot. The smell will help your puppy recognize the area as the place where he is supposed to eliminate. While your puppy is eliminating, use a word or phrase, like —**go potty**, that you can eventually use before he eliminates to remind him of what he's supposed to be doing. If possible, put your puppy on a regular feeding schedule. Depending on their age, puppies usually need to be fed three or four times a day. Feeding your puppy at the same time each day will make it more likely that he'll eliminate at consistent times as well. This makes house training easier for both of you.

Supervise, Supervise, Supervise

Don't give your puppy an opportunity to soil in the house. He should be always watched when he is indoors. You may tether him to you with a six-foot leash, or use baby gates to keep him in the room where you are. Watch for signs that he needs to eliminate like sniffing around or circling. When you see these signs immediately take him outside, on a leash, to his bathroom spot. If he eliminates in the bathroom spot, praise him lavishly and reward him with a treat on the spot.

Confinement

When you're unable to watch your puppy, he should be confined to an area small enough that he won't want to eliminate there. It should be just big enough for him to comfortably stand, lie down and turn around in. This area could be a portion of a bathroom or a laundry room, blocked off with boxes or baby gates. You may want to crate

train your puppy and use the crate to confine him (see: —Crate Training Your Dog). If your puppy has spent several hours in confinement, when you let him out, take him directly to his bathroom spot and praise him when he eliminates.

Oops!

Expect your puppy to have an accident in the house—it's a normal part of house training a puppy. When you catch him in the act of eliminating in the house, do something to interrupt him, like make a startling noise (be careful not to scare him). Immediately take him to his bathroom spot, praise him and give him a treat if he finishes eliminating there. **Don't punish your puppy for eliminating in the house.** If you find a soiled area, it's too late to administer a correction. Do nothing but clean it up. Rubbing your puppy's nose in it, taking him to the spot and scolding him, or any other punishment or discipline, **will only make him afraid of you or afraid to eliminate in your presence.** Animals don't understand punishment after the fact even if it's only seconds later. Punishment will do more harm than good. Cleaning the spoiled area is very important because puppies are highly motivated to continue soiling in areas that smell like urine or feces. It's extremely important that you use the supervision and confinement procedures outlined above to minimize the number of accidents. If you allow your puppy to eliminate frequently in the house, he'll get confused about where he's supposed to eliminate which will prolong the house training process.

Paper Training

A puppy under six months of age cannot be expected to control his bladder for more than a few hours at a time. If you have to be away from home for more than four or five hours a day, this may not be the best time for you to get a puppy. If you're already committed to

having a puppy and have to be away from home for long periods of time, you'll need to train your puppy to eliminate in a specific place indoors. Be aware, however, that doing so can prolong the process of teaching him to eliminate outdoors. Teaching your puppy to eliminate on a newspaper may create a life-long surface preference, meaning that he may, even in adulthood, eliminate on any newspaper he finds lying around the house.

When your puppy must be left alone for long periods of time, confine him to an area with enough room for a sleeping space, a playing space and a separate place to eliminate. In the area designated as the elimination place, you can either use newspapers or a sod box. To make a sod box, place sod in a container, like a child's small, plastic swimming pool. You can also find dog litter products at a pet supply store. If you clean up an accident in the house, take the soiled rags or paper towels, and put them in the designated elimination place. The smell will help your puppy recognize the area as the place where he is supposed to eliminate.

Other Types of House-Soiling Problems

If you've consistently followed the house training procedures and your puppy continues to eliminate in the house, there may be another reason for his behavior.

Medical Problems: House soiling can often be caused by physical problems such as a urinary tract infection or a parasitic infection. Check with your veterinarian to rule out any possibility of infection or illness. **Submissive/Excitement Urination:** Some dogs, especially young ones, temporarily lose control of their bladders when they become excited or feel threatened. This usually occurs during greetings, intense play or when their territory has been invaded.

Separation Anxiety: Dogs that become anxious when they're left alone may house soil as a result. Usually there are other symptoms such as destructive behavior or vocalization (see: —Separation Anxiety).

Fears or Phobias: When animals become frightened, they may lose control of their bladder and/or bowels. If your puppy is afraid of loud noises, such as thunderstorms or fireworks, he may house soil when he's exposed to these sounds.

Crate Training:

Crate training your dog may take some time and effort, but can be useful in a variety of situations. If you have a new dog or puppy, you can use a crate to limit his access to the house until he learns all the house rules – like what he can and can't chew and where he can and can't eliminate. A crate is also a safe way to transport your dog in the car, as well as a way of taking him places where he may not be welcome to run freely. If you properly train your dog to use the crate, he'll think of it as his safe place and will be happy to spend time there when needed. Selecting a Crate

Crates may be plastic (often called —flight kennels||) or collapsible, metal pens. They come in different sizes and can be purchased at most pet supply stores. Your dog's crate should be just large enough for him to stand up and turn around in.

The Crate Training Process

Crate training can take days or weeks, depending on your dog's age, temperament and past experiences. It's important to keep two things in mind while crate training. The crate should always be associated

with something pleasant, and training should take place in a series of small steps – don't go too fast.

Step 1: Introducing Your Dog to the Crate

Put the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Bring your dog over to the crate and talk to him in a happy tone of voice. Make sure the crate door is securely fastened so it won't hit your dog and frighten him. To encourage your dog to enter the crate, drop some small food treats near it, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay – don't force him to enter. Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

Step 2: Feeding Your Dog His Meals in the Crate

After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate. If your dog is readily entering the crate when you begin Step 2, put the food dish all the way at the back of the crate. If your dog is still reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.

Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. At first, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for ten

minutes or so after eating. If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, it's imperative that you not let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it.

Step 3: Conditioning Your Dog To the Crate For Longer Time Periods

After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home. Call him over to the crate and give him a treat. Give him a command to enter such as, —kennel up.|| Encourage him by pointing to the inside of the crate with a treat in your hand. After your dog enters the crate, praise him, give him the treat and close the door. Sit quietly near the crate for five to ten minutes and then go into another room for a few minutes. Return, sit quietly again for a short time, then let him out of the crate. Repeat this process several times a day. With each repetition, gradually increase the length of time you leave him in the crate and the length of time you're out of his sight. Once your dog will stay quietly in the crate for about 30 minutes with you out of sight the majority of the time you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night. This may take several days or several weeks.

Step 4: Part A—Crating Your Dog When Left Alone

After your dog is spending about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house. Put him in the crate using

your regular command and a treat. You might also want to leave him with a few safe toys in the crate (see: –Dog Toys and How to Use Them||). You'll want to vary at what point in your –getting ready to leave|| routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving. Don't make your departures emotional and prolonged, but matter-of-fact. Praise your dog briefly, give him a treat for entering the crate and then leave quietly. When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low-key. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.

Part B—Crating Your Dog at Night

Put your dog in the crate using your regular command and a treat. Initially it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night and you'll want to be able to hear your puppy when he whines to be let outside. Older dogs, too, should initially be kept nearby so that crating doesn't become associated with social isolation. Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer.

Potential Problems:

Too Much Time In the Crate.

A crate isn't a magical solution. If not used correctly, a dog can feel trapped and frustrated. For example, if your dog is crated all day while you're at work and then crated again all night, he's spending too much time in too small a space. Other arrangements should be

made to accommodate his physical and emotional needs. Also remember that puppies under six months of age shouldn't stay in a crate for more than three or four hours at a time. They can't control their bladders and bowels for longer periods. the crate at night, it may be difficult to tell whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you followed the training procedures outlined above, your dog hasn't been rewarded for whining in the past by being released from his crate. Try to ignore the whining. If your dog is testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse. If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Don't give in, otherwise you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

Separation Anxiety

Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures. You may want to consult a professional animal behaviorist or call 704 727 6757.

Introduction to other pets:

Choose a neutral location to introduce the dogs such as a park so that your resident dog is less likely to view the newcomer as an intruder. Each dog should be handled by a separate person. With both dogs on leashes, begin the introductions in an area unfamiliar to each, such as a park or a neighbor's yard. If you frequently walk your resident dog in a nearby park, she may view that area as her territory, too, so choose a less familiar site. If you are adopting your dog from an animal shelter, you might even bring your dog to the shelter and introduce the two there. Use positive things like happy tones and treats for the first meeting, help both dogs experience "good things" when they're in each other's presence. Let them sniff each other briefly, which is normal canine greeting behavior. As they do, talk to them in a happy, friendly tone of voice; never use a threatening tone. (Don't allow them to investigate and sniff each other for too long, however, as this may escalate to an aggressive response.) After a short time, get the attention of both dogs and give each a treat in return for obeying a simple command, such as "sit" or "stay." Take the dogs for a walk and let them sniff and investigate each other at intervals. Continue with the "happy talk," food rewards, and simple commands. Be careful with treats and toys as dogs may get into fights over items they see as theirs.

Be Aware of Body Postures

One body posture that indicates things are going well is a "play-bow." One dog will crouch with her front legs on the ground and her hind end in the air. This is an invitation to play, and a posture that usually elicits friendly behavior from the other dog. Watch carefully for body postures that indicate an aggressive response, including hair standing up on one dog's back, teeth-baring, deep growls, a stiff-legged

gait, or a prolonged stare. If you see such postures, interrupt the interaction immediately by calmly getting each dog interested in something else. For example, both handlers can call their dogs to them, have them sit or lie down, and reward each with a treat. The dogs' interest in the treats should prevent the situation from escalating into aggression and gives a healthy distraction. Try letting the dogs interact again, but this time for a shorter time-period and/or at a greater distance from each other.

Taking the Dogs Home

When the dogs seem to be tolerating each other's presence without fearful or aggressive responses, and the investigative greeting behaviors have tapered off, you can take them home. Whether you choose to take them in the same vehicle will depend on their size, how well they ride in the car, how trouble-free the initial introduction has been, and how many dogs are involved. If you have more than one resident dog in your household, it may be best to introduce the resident dogs to the new dog one at a time. Two or more resident dogs may have a tendency to "gang up" on the newcomer.

It is important to support the dominant dog in your household, even if that turns out to be the newcomer. This may mean, for example, allowing the dominant dog to Introducing Puppies to Adult Dogs Puppies usually pester adult dogs unmercifully. Before the age of four months, puppies may not recognize subtle body postures from adult dogs signaling that they've had enough. Well-socialized adult dogs with good temperaments may set limits with puppies with a warning growl or snarl. These behaviors are normal and should be allowed. Adult dogs who aren't well-socialized, or who have a history of fighting with other dogs, may attempt to set limits with more aggressive behaviors, such as biting, which could harm the puppy. For this reason, a puppy shouldn't be left alone with an adult dog until you're confident the puppy isn't in any danger. Be sure to give the

adult dog some quiet time away from the puppy, and some extra individual attention as well.

When to Get Help

If the introductions don't go smoothly, contact a professional animal behaviorist immediately. Dogs can be severely injured in fights, and the longer the problem continues, the harder it can be to resolve. Punishment won't work, and could make things worse. Fortunately, most conflicts between dogs in the same family can be resolved with professional guidance.

Toys We Recommend :

Active Toys:

Very hard rubber toys like Nylabone-type products and Kong-type products. These are available in a variety of shapes and sizes and are fun for chewing and for carrying around.—Rope toys that are usually available in a —bone shape with knotted ends. Tennis balls make great dog toys, but keep an eye out for any that have been chewed through and discard them.

Distraction Toys:

Kong-type toys, especially when filled with broken-up treats, or even better, a mixture of broken up treats and peanut butter. The right size Kong can keep a puppy or dog busy for hours. Only by chewing diligently can your dog access the treats, and then only in small bits — very rewarding! Double-check with your veterinarian about whether or not you should give peanut butter to your dog.

—Busy box toys are large rubber cubes with hiding places for treats. Only by moving the cube around with his nose, mouth and paws can your dog access the goodies.

Comfort Toys:

Soft stuffed toys are good for several purposes, but aren't appropriate for all dogs. For some dogs, the stuffed toy should be small enough to carry around. For dogs that want to shake or —kill the toy, it should be the size that —prey would be for that size dog (mouse-size, rabbit-size or duck- size). Dirty laundry, like an old t-shirt, pillowcase, towel or blanket, can be very comforting to a dog, especially if it smells like you! Be forewarned that the item could be destroyed by industrious fluffing, carrying and nosing.

Get the Most Out of Toys!

Rotate your dog's toys weekly by making only four or five toys available at a time. Keep a variety of types easily accessible. If your dog has a huge favorite, like a soft —baby, you should probably leave it out all the time, or risk the wrath of your dog!

Provide toys that offer a variety of uses – at least one toy to carry, one to —kill, one to roll, and one to —baby.

—Hide and Seek is a fun game for dogs to play. —Found toys are often much more attractive than a toy which is blatantly introduced.

Making an interactive game out of finding toys or treats is a good —rainy-day activity for your dog, using up energy without the need for a lot of space.

The —box trick can be a way to redirect the behavior of a dog who likes to seek out shoes or other —wrong toys to chew. Fill a cardboard box with several toys and bones and tuck it away under a coffee table or other out-of-the- way spot. Your dog can have the fun of —stealing|| but without chewing inappropriate items. Many of your dog's toys should be interactive. Interactive play is very important for your dog because he needs active —people time. By focusing on a specific task, like repeatedly returning a ball, Kong or Frisbee, or playing —hide and see with treats or toys, your dog can expel pent-up mental and

physical energy in a limited amount of time and space. This greatly reduces stress due to confinement, isolation and/or boredom. For young, high-energy and untrained dogs, interactive play also offers an opportunity for socialization and helps them learn about appropriate and inappropriate behavior with people and with other animals, like jumping up or being mouthy (play- biting).

Chewing is normal teething and investigative puppy behavior, however, dogs will engage in destructive behavior for a variety of reasons. In order to deal with the behavior, you must first determine why your dog is being destructive.

Play, Boredom and/or Social Isolation Normal play behavior can result in destruction, as it may involve digging, chewing, shredding and/or shaking toy-like objects. Since dogs investigate objects by pawing at them and exploring them with their mouths, they may also inadvertently damage items in their environment when they're exploring or investigating. Your dog may be chewing for entertainment if:

- He's left alone for long periods without opportunities for interaction with you. His environment is relatively barren, without playmates or toys. He's a puppy or adolescent (under three years old) and he doesn't have other outlets for his energy. He's a particularly active type of dog (like the herding or sporting breeds) who needs an active lifestyle to be happy.

•

Solutions: Play with your dog daily in a safe, fenced-in area. If you don't have a yard, a tennis court can be a good place to play. Fetch is a great game that will use up your dog's excess energy without wearing you out! Go for a walk. Walks should be more than just –bathroom time.|| On-leash walks are important opportunities for you and your dog to be together. Don't forget to allow time for sniffing, exploring, instruction and praise.

Separation Anxiety

Dogs with separation anxiety tend to display behaviors that reflect a strong attachment to their owners. This includes following you from room to room, frantic greetings and reacting anxiously to your preparation to leave the house.

Factors that can precipitate a separation anxiety problem:

- A change in the family's schedule that results in your dog being left alone more often.
- A move to a new house.
- The death or loss of a family member or another family pet.
- A period at a shelter or boarding kennel.

These behaviors are not motivated by spite or revenge, but by anxiety. Punishment will only make the problem worse. Separation anxiety can be resolved by using counter condition and desensitization techniques. You should seek the help of a professional trainer.

Training vs Behavioral issues:

If you live in this area, you can attend a class as an observer for a class or sign up for a variety of classes, workshops or private lessons. We also offer day training school. This is for the busy professional who respects training but has little time to work on the training material. We train your dog while you at work and show you the commands you start using as soon as you pick you dog up at the end of the day!

Training helps you communicate with your dog and gets his attention. Some dogs need much more if they have behavioral issues such as digging, excessive barking, fear or problems with shyness. Please call k-9 Capers Dog Training Academy for a consultation at 704 721 6757

Recommended Reading

- **Before You Get Your Puppy**, Dr. Ian Dunbar
(free- if you emails k9capers@gmail.com)
- **After You Get Your Puppy**, Dr. Ian Dunbar
(free- if you email k9capers@gmail.com)
- **How To Raise a Puppy You Can Live With**,
by Clarice Rutherford & David Neil
- **Feisty Fido**, Help for the Leash-Aggressive Dog, Patricia B. McConnell, Ph.D. & Karen London, Ph.D.
- **I'll Be Home Soon**, How to Prevent and Treat Separation Anxiety, Patricia B. McConnell, Ph.D.
- **Family Dog Training**, Patricia B. McConnell, Ph.D.
- Dog Friendly Dog Training, Andrea Arden
- **Positive Perspectives**, Pat Miller
- **How to Behave So Your Dog Behaves**, Sophia Yin
- **Complete Idiots Guide to Positive Dog Training**, Pam Dennison
- **Don't Shoot the Dog!**, Karen Pryor

Websites:

Cabarrus Humane Society

www.cabarrushumanesociety.org

For discounts and training tips go to:

www.K9capersTraining.com or k9capers@gmail.com

www.asPCA.org

Contact information:



[K-9 Capers Dog Training Academy](#)

[2139 Suite 1 Supply Ct](#)

[Concord NC 28027](#)

[704 721 6757 or 704 791 9888](#)

[\(We are near Concord Mills\)](#)

*Ruth's Memorial

2010 Wilshire Court SW

Concord, NC 28025

(704) 784-7387

cabarrushumanesociety@gmail.com

*The 49 Campus

244 N Carolina 49

Concord, NC 28025

cabarrushumanesociety@gmail.com

*Princeton's Meow

29 Brookwood Avenue NE

Concord, NC 28025

(704) 721-6369

princetonsmeow@hotmail.com