

Mount Washington

The key to your community

Life

Next Phase Set to Begin
JONES FALLS TRAIL
DBFA Promotes City Living
FAMILIES UNITE
Ceramics Classes for Seniors
CREATIVE AGING

April 2014

Back in Bloom

Tulips Return This Month to a Famous Baltimore Garden

A Dog Lover's Paradise

Four-legged friends and their owners live harmoniously together in Mount Washington.

by Paul Sheinberg
Community contributor

People love living in Mount Washington for many reasons. If you happen to own a dog, you'd be hard pressed to find a better community. Every weekend, you can see dozens upon dozens of dogs parading up and down Greenspring Avenue. You'll find many dogs swimming in the creek at Robert E. Lee Park or wading in the river at Paw Point dog park. Many storefronts and café's in Mount Washington even put out water bowls and treats for four-legged friends.

Most of the calls I get for training in Mount Washington are for the basics — walking well on a leash, socialization, excessive jumping, etc. I work with dogs all over Baltimore city and county and get far fewer calls that deal with aggression in Mount Washington than any other area.



The author is shown (at top) with his dog Jeda. Dogs and their owners (bottom photos) enjoy Robert E. Lee Park and Paw Point dog park, near Mount Washington.

Photo (top) courtesy of Bill Adams. Photos (bottom) courtesy of Robert E. Lee Park

Dogs are truly empathetic creatures. Living in a serene, relaxed environment with serene, relaxed people like the residents of Mount Washington goes a long way toward maintaining a healthy environment for a dog.

And the trees! If you live in the area, you already know how beautiful and plentiful the trees are. For a dog, it's a paradise. The Japanese maples, weeping willows, Sycamore trees and so many others offer constant shade (and potty breaks) for our little (and big) buddies.

I've even seen a few dogs running with the pack outside Arenal Fitness at Quarry Lake. There's a fair chance you'll see a dog or two tagging behind (or in front in my case). And why not? It's been proven time and time again that the mere presence of dogs helps with many health-related issues.

Just being around dogs has been



shown in many studies to help lower blood pressure in stressful situations. Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets. This could be attributed to the lifestyle factors of people that own dogs — the extra walks, playtime, etc.

Mount Washington residents also have the luxury of having the best dog stores, doggie daycare, veterinarians and dog parks (Robert E. Lee and Paw Point) just minutes from Interstate 83. All one has to do is sit and relax at Quarry Lake for a few minutes and, on any given day, a dozen dogs will pass by with their smiling owners.

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Recently, one of my neighbors' dogs in Mount Washington escaped its yard. It was amazing to see the community come together within minutes to find the lost Shepherd.

It started with five people with flashlights and, before you knew it, ballooned into two dozen people with flashlights scouring the neighborhood for the lost pup. It took us around 90 minutes to find the lost dog — he was hanging out in front of Starbucks in Quarry Lake sleeping under one of the outside tables.

It didn't look out of place because three other dogs were with their owners sitting nearby, relaxing with a cup of coffee, oblivious to the sleeping pooch, enjoying life in their very own dog lovers' paradise — Mount Washington.

Paul Sheinberg is the founder of Pawsitive Paul's Dog Training. He holds classes at Good Doggie Daycare in Baltimore, and has appeared on Fox's Good Day Baltimore, providing advice on pet behaviors. For information, visit Pawsitivepaul.com.