Helen at sh.mcculley@knology.net

1. When loved ones come home, always run to greet them.

2. Never pass up the opportunity to go for a ride.

3. Practice being obedient

4. Let others know when they've invaded your territory.

5. Take naps and stretch before rising.

6. Run, romp, and play daily.

7. Thrive on attention and let people touch you.

8. Avoid biting, when a simple growl will do.

9. On warm days, stop to lie on your back in the grass.

10. On hot days, drink lots of water and lay under a shady tree.

11. When you're happy, dance around and wag your entire body.

12. No matter how often you're scolded,

 ... run right back and make friends.

13. Delight in the simple joy of a long walk.

14. Enjoy your food.

15. If what you want lies buried, dig until you find it.

16. Be loyal.

17. When someone is having a bad day,

 be silent, sit close by and nuzzle them gently.

Applying the above lessons to your life

 will make it a little less RUFF!