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# Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer

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## THE DOG DAYS OF SUMMER

What are the Dog Days of Summer? The Dog Days of Summer are the hot, humid, oppressive days between July 3rd and August 11th each year. During this time the Sun occupies the same space in the sky as Sirius, part of the constellation Canis Major, the Greater Dog. In the summer, Sirius, the Dog Star, rises and sets with the Sun; and is the brightest star in the sky. In ancient Greece, Rome, and Egypt, it was believed that the rising of Sirius contributed to the extreme weather of the season. So, even though we think of the Dog Days as those devastatingly hot days when our dogs only want to dig a cool hole in the yard and pant, that is not the original meaning of the term.

During these hottest days of the year, you can teach your dog to do a short dog dancing routine while you're inside in the AC. Start with something simple that your dog already knows how to do like sit or down. Chain that together with some simple movement like a heel or a spin. Throw some of your favorite music on and move together with your dog, cuing him to do these different tricks along with the music. You don't have to be a ballet dancer but just have fun with it. And it helps to give your dog lots of yummy treats, like Cheese Chicken Dog Delights, along the way

A GLIMPSE OF  
WHAT'S INCLUDED:

**Recipe for Cheese  
Chicken Dog  
Delights!**

I'm beginning to do the marketing for my **Look! You're Dancing** book. The book is available in print and eBook from anywhere that you buy books. If you have a book club, service organization or dog training club that would be interested in having me come as a speaker, please let me know so we can get it on the calendar. I can do a reading from the book, answer your questions about dog dancing, or explain my writing process—or all the above!

As a bonus for July's newsletter, I'm including a recipe for Cheese Chicken Dog Delights training treats. If you use these training treats to work on your dog dancing routine, let me know if your dog enjoys them by dropping me an email [joycemiller1959@gmail.com](mailto:joycemiller1959@gmail.com). I'd love to hear from you!

I live in the Church Hill section of Richmond, VA with my husband and my retired racing greyhound. Before I started writing, I worked for 30 years at a nuclear physics research laboratory.

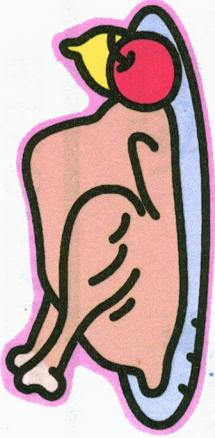
Do what you came here for!



JOYCE A. MILLER, WRITER

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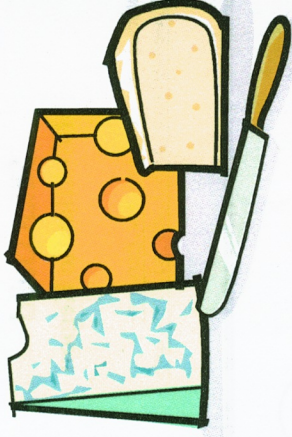
@JOYCEAMILLERWRITER on Instagram



### Cheese Chicken Dog Delights

- 3 raw deboned chicken breasts
- 1 cup of sharp cheddar cheese grated
- 3 eggs (beat slightly)
- Garlic to your dog's taste  
( $\frac{1}{2}$  t. is plenty)

This recipe comes from people that like to train and want a real yummy treat to give their dogs. These treats are easy to toss, easy to break apart, and show up on the floor when dropped. Also, almost every dog LOVES them. Three chicken breasts make a lot of treats so they are economical!



Cut up the breasts so they will fit in the food processor. I do one chicken breast at a time adding 1/3 cup of the cheese and a little bit of the egg with garlic to give it a little juice when blending. Spray a 9X13 glass baking pan and spread the processed chicken/cheese/egg evenly. It will spread out to be about a half an inch thick and it is VERY sticky. I found my silicone spatula was the best tool for scooping and spreading. Bake at 350 for 20-30 minutes. I remove it when the edges look a little dry. Let it cool, pour off the watery juice that may have cooked out and it will slice easily into strips which then can be cut into chunks. Put treats that you will not be using the next day or so in the freezer. These defrost very well. Enjoy training with this treat.