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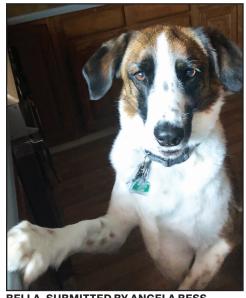
BINGLEY, SUBMITTED BY ELLEN NIELSEN







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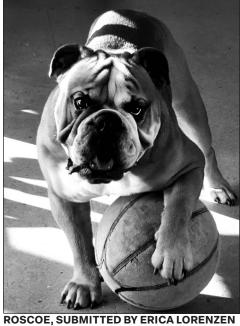




WHISKEY AND BELLE, SUBMITTED BY JAMIE POORMAN



GIA, SUBMITTED BY MELISSA HURST



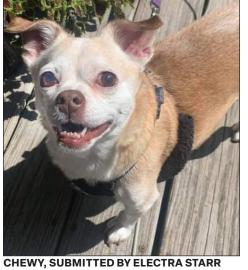




HANK, ARCHIE AND ALBIE, SUBMITTED BY SHELLEY JONES



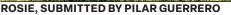
BUDDY AND DEXTER, SUBMITTED BY ANDY GOODWIN





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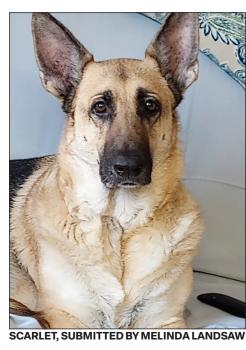


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These calm dog breeds are perfect companions

SPECIAL TO THE PRAIRIE PRESS

It's hard to imagine yearning for more chaos, which is why, if you're thinking of adding a pup to your family, picking a calm dog has never sounded like a better idea. Yes, the exuberance of an energetic breed can be joy-inducing. Cleaning up the vase he shattered with his hyperactive tail? Definitely less so.

"For dogs, breeds are hard-wired to have the temperament of the breed," says Mary Burch, Ph.D., who helped developed the American Kennel Club's Canine Temperament Test. Dr. Burch is a certified applied animal behaviorist with the American Kennel Club. While you can likely work with a trainer to deal with specific behaviors you don't love your dog performing, you can't change a dog's whole temperament.

Of course, dogs, like humans, are individuals. So, while some breeds may be known for their active natures, there may be some exceptions within that breed, says Marissa Sunny, a certified professional dog trainer with Best Friends Animal Society, which runs a large shelter facility in Atlanta. "The best thing to do when looking for a dog with a specific temperament is to talk to the people that know that dog best," she says.

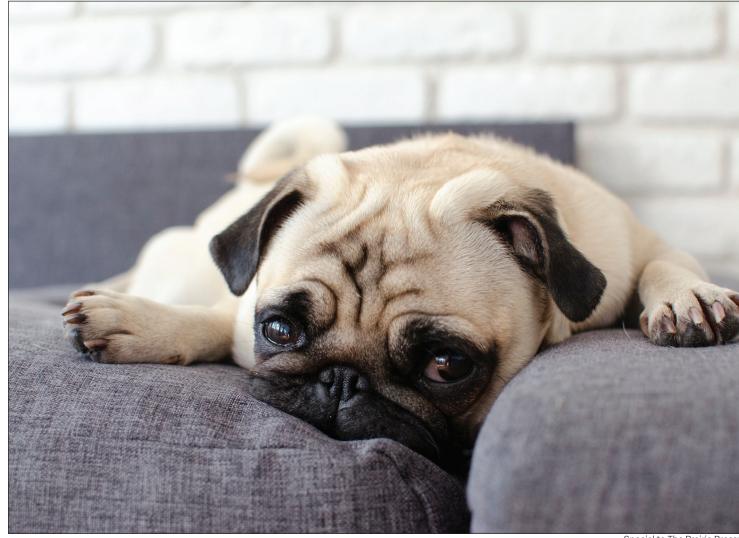
If calmness is your top priority, Sunny suggests avoiding working breeds or mutts that trace back to working breeds—like huskies and sheepdogs. If a dog was bred to work, it is probably not going to be happy snoozing on your sofa all day.

Another essential thing to remember is that, while breeding can significantly influence temperament, so can age. "Adopting a senior dog is a win-win because seniors are often passed over in a shelter, but they are typically more relaxed, have good manners, and reintegrate to a new family quicker," says Sunny.

For a dog that's most interested in naps, snuggles, and the occasional meandering walk, seek out one of these super chill breeds.

CAVALIER KING CHARLES SPANIEL

This adorable, toy-sized breed is known for its adaptability. If its owner is active, it will gamely march along on hikes or go fetch. If its family is more into lounging, Cavalier King Charles Spaniels are happy to chill. Dr. Burch describes these pups as "friendly, affectionate, sweet and gentle," making them



Special to The Prairie Press

One of the most popular dog breeds — especially among families and apartment dwellers — is the Pug with all its wiggles, snorts and napping.

a perfect family dog.

BASSET HOUND

One only needs to look at those short legs and heavy-set bodies to realize this dog was not designed to set speed records. And, Bassets seem to know it. Happy to plod along on slow walks or just nap in the sun, the only time you'll ever see them in a full sprint is when a rogue hot dog hits the floor. As a bonus, they're known for being exceedingly patient and loyal, says Dr. Burch. And what mortal can resist those ears?

GREYHOUND

Don't be fooled by their streamlined tor-

sos and racing pedigree. Greyhounds are a surprisingly lazy breed despite their swift history, says Dr. Burch. She adds that greyhounds are known to be gentle, sweet-tempered, and affectionate, which makes them ideal family dogs. According to the American Kennel Club, however, greyhounds can require more dog food than many breeds their size, so know you'll be buying kibble in bulk.

FRENCH BULLDOG

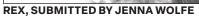
If you can't stand barking, the French bulldog may be a great choice, since, according to the American Kennel Club, they aren't big yappers (snorting is another matter). Short, sweet, and full of luscious rolls to smoosh your face into, French bulldogs are known for their even temperament and low energy levels, says Dr. Burch.

PUG

Is there a more happy-go-lucky creature than a pug? All wiggles, snorts, and snuggles, pugs tend toward being low-key. While, technically, yes, pugs can get wound up and want to play, those bouts of energy never last very long—and then it's back to napping. Dr. Burch describes pugs as being the perfect mix of even-tempered, playful, and loving. They're great family dogs and ideal for apartment living.









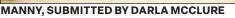
KIMIKO, SUBMITTED BY JASMINE NICHOLSON



RUPERT, SUBMITTED BY RYAN FLETCHER

CLOCKWISE FROM BOTTOM, SABRE, ALLIE CAT AND CHARCOAL KITTY. SUBMITTED BY JESSICA LUDINGTON









CHEDDAR, SUBMITTED BY GINNY BRADSHAW



WILLOW, SUBMITTED BY JENNA CUSICK





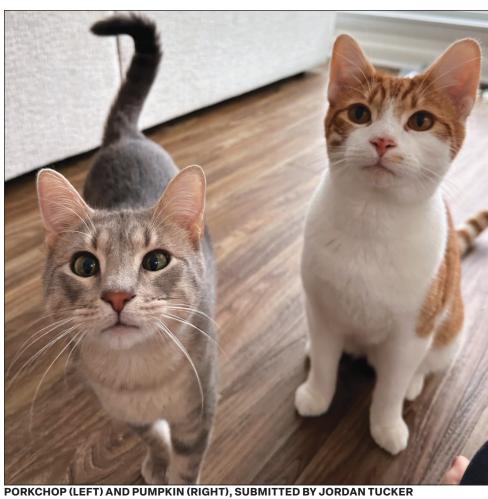
LUCA, SUBMITTED BY TOM BRADSHAW



SUNNY, SUBMITTED BY DARLA MCCLURE



CHARLIE, SUBMITTED BY BRAD TOTTEN









GEORGE, SUBMITTED BY AMANDA TOTTEN

MABEL, SUBMITTED BY AMANDA GLECKLER

POPPY, SUBMITTED BY APRIL NOEL



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