

Ex-football coach pleads no contest in hazing case

CORVALLIS (AP) — A 22-year-old former volunteer high school football coach has entered a no-contest plea in connection to an Oregon hazing incident.

Cooper Kikuta on Thursday pleaded no contest to the misdemeanor charge of criminal mistreatment and was sentenced to 60 hours of community service at the Children's Farm Home and 12 months probation, *The Corvallis Gazette-Times* reported. The sentence does not require any jail time.

The former assistant volunteer coach for Philomath High School was charged along with senior members of the football team for a July hazing initiation in which young members of the team had intimate parts of their bodies targeted at a summer training camp. According to prosecutors the contact was not skin-to-skin and the victim was wearing clothing at the time.

According to court documents, the incident took place between July 9 and 13 during an off-season conditioning camp attended by 35 Philomath High School football players and several coaches at Camp Rilea, a training facility operated by the Oregon National Guard.

Prosecutors argue Kikuta didn't provide adequate care for the players who were under his supervision.

The juveniles cited in the case have admitted to the allegations against them.

The Philomath school board canceled the school's varsity football season in the wake of the criminal investigation into the hazing incidents.



Paw Prints

Jodi Schneider McNamee
Columnist

Keep your dog active indoors during severe weather

Sisters has been hit with an arctic blast that brought ice-cold temperatures, snow, and freezing rain.

It's cold outside, and even though playing in the snow can be great fun for you and your dog, keep in mind that frigid cold can also be dangerous for your furry friend!

A pooch who gets too cold could develop hypothermia; a condition that occurs when a dog's body temperature falls below normal. If his temperature continues to fall, the muscles stiffen, his breathing and heart rates slow, and he could potentially die. And although frostbite is less common, it can still happen. Your dog's ears, tail and especially paws are the most susceptible to frostbite damage.

Generally, dogs with a short coat (and no undercoat) will NOT cope well with frigid temperatures. Short-legged or toy breeds who have to wade or jump through deep snow will get chilled and tired quickly. Puppies, elderly dogs, and dogs with health conditions will also feel the cold

quickly.

The breeds of dogs bred to live in colder climates — Alaskan Malamutes, Siberian huskies, Samoyeds, and other larger breeds are generally going to have fewer problems with cold weather if they normally live in it.

But sometimes it's simply too cold for pets to be outside, regardless of their breed. When it's frigid out, turn to indoor activities that encourage movement and stimulation.

On days when bad weather makes walks impractical, you can still give your furry friend the exercise he needs indoors.

Your dog needs daily physical activity every day or else he's at risk of becoming stressed, depressed, under-stimulated and overweight. Although your dog may look comfortable sleeping by the fire like a hibernating bear, he would rather be engaged in some fun activity with you!

Here are a few examples of indoor games that will give Rover some exercise during bad weather:

If you have a long enough hallway you can clear out, use it for a game of fetch or tug-of-war. You can also play "find-it" by hiding small treats or dog kibble around the house for Rover to locate with his nose.

Most dogs love playing hide-and-seek, and it's a wonderful way to get your furry friend up and moving and mentally engaged. You can hide a treat or his favorite toy, but it's better to make Rover come find you. Start by throwing a treat to get him to go away from you, and then hide in another part of the house. This game can really tire your pooch out as he rushes around searching, and it's good for reinforcing the



PHOTO BY JODI SCHNEIDER MCNAMEE

With freezing temps Ollie, a small dog with a short coat, cannot stay outdoors for more than 5 minutes without wanting back inside.

"come" command. Chasing games are popular with most dogs. Try pulling his favorite stuffed toy attached to a rope to get your dog into a prey-chasing mode.

Since dogs have incredibly powerful scenting abilities, exercises that require Rover to use his nose are especially stimulating. Make him work for his dinner by creating an obstacle course he has to get through to find his dinner. Or hide your dog's meal in a Kong Wobbler or a Buster Ball.

Set up a makeshift agility course in your house with things like chairs and broom poles (jumps), a mat (for a makeshift pause table) cones or boxes (weave poles), and blankets over the space between the couch and coffee table (tunnel). Or you can buy an indoor agility set. Either way, it's good exercise for your dog.

There are now treadmills on the market designed specifically for dogs. Or you can use a human treadmill

— using the right precautions. Spend a few days familiarizing your dog with how it works. Use a slow speed and stand in front of the treadmill with a treat. Over three to four days, slowly increase the speed and the amount of time your pooch spends on the treadmill. Then work up the same amount of time you normally spend on walks.

Using the stairs is another great way to tire out your dog. The steps add an additional challenge to a dog's workout, as they engage different muscles than those used on a regular walk and add an extra level of difficulty with the change in elevation. Stand at the top of the stairs and throw a toy down to your dog. When he grabs the toy, call his name, and have him bring the toy to you.

Another way to keep Rover warm and exercised is to sign him up for an indoor agility or training class.

Stay warm, stay safe — and stay active!

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