



Paw Prints

Jodi Schneider
Columnist

Are you over-exercising your dog?

Exercise provides your furry friend with many physical and mental benefits. It keeps joints limber and promotes good range of motion, maintains muscle mass, which can help prevent injury, and helps to maintain cardiovascular health and decreases obesity.

Daily exercise can strengthen your bond and reinforce your dog's need for routine.

The amount of exercise and activity a dog needs will depend upon their age, breed, overall health and the outside temperature.

Summer is here, along with its scorching temps. You'll probably want to bring your dog outdoors for some fresh air, sunlight, and exercise, but warmer temperatures can create

certain hazards for your pet, including overheating and dehydration.

There are people who love to stay fit and get their daily workouts regardless of summer weather. Many folks like to include their dogs in their fitness routine. But it's not the best idea to take your pooch out for a run or cycle in the heat of a summer day.

Your companion can overheat or suffer from exhaustion, illness, or injury. If you still want to take your dog along on your bike ride, please get a bike trailer or a pet basket.

Dogs don't have sweat glands like humans to help cool them off. Their cooling system is in their nose, tongue, and paw pads

The dangers of heat stroke and heat exhaustion are real and the potential for your dog to suffer from these are high, especially if they are not conditioned to the hot weather. Heat stroke can take several hours before it becomes deadly. Some extreme cases can cause death if the dog doesn't receive medical care immediately. If your dog's tongue is nearly dragging along the sidewalk then maybe you should reconsider exercising on a hot summer day.

Probably the best tip on exercising your dog in hot weather is to go for a walk before it feels like a furnace. Or, wait until evening when the sun is dipping.

Another way to get

your dog his exercise and playtime when it's hot is by swimming or paddling in the water. You can also fill a kiddie pool with cool fresh water if you're staying home. Some dogs enjoy boating or paddle boarding but not every dog likes to swim. You can turn the sprinkler on and toss a ball or frisbee back and forth through the water. Of course, this only works if your dog likes to jump through sprinklers. Or, for those dogs with a fascination for the hose, now is the time to use that to your advantage.

Not enough exercise can leave you with a dog full of excessive pent-up energy. However, over-exercising your dog, even in spring- and autumn-like temperatures can lead to injuries and over-stressing their system.

There is real risk for joint injury, back injury, respiratory distress, or cardiovascular problems.

Walking is much less likely to trigger distress in a dog with heart disease compared with running, jumping, or hard play.

It is important to be aware of over-exercised dog symptoms. How much exercise a dog needs is not

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Garbage rates set to increase in Sisters

By Sue Stafford
Correspondent

The City Council granted a nine percent rate increase requested by Republic Services, the garbage and recycling company servicing residential and commercial accounts in Sisters.

The new rates reflect increased costs associated with providing solid waste service, such as wages, disposal/recycling fees, and maintenance. The increase covers the true cost of recycling, general operating costs, and an acceptable margin for Republic.

For residential customers, the monthly increases per cart size amounts to \$1.43 (32 gallons), \$1.94 (64 gallon), and \$2.66 (90 gallon).

Recycling and yard debris collection are included in the monthly charge.

Even with the rate increase, Sisters garbage service fees remain among the lowest in the area.

For commercial customers, Republic Services was granted a nine percent increase for each of the container sizes and number of pickups.

The fee increases will begin August 1, 2020, with a guarantee of no rate increase requests next year. There may be further discussion between the City and Republic regarding the future possibility of offering two-times-a-month pickup for those customers who don't need every-week service.

MONTHLY GARBAGE RATES		
RESIDENTIAL	CURRENT	AMENDED
32-gal. cart	\$15.89	\$17.32
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