

DANGER ZONE Help Pets in Hot Cars



The temperature inside a car rises to dangerous levels for dogs in just a matter of minutes, even with windows cracked open:

When the temperature outside is 78°, the temperature inside a car can reach 105° in just 20 minutes.

78° 105° 20

Temperatures inside a car increase by an average of 19° in the first 10 minutes; 29° in 20 minutes; and 33° in 30 minutes, regardless of the outside temperature.

That's too hot for pets!

10 +19° 20 +29° 30 +33°

WHAT TO DO IF YOU SEE A PET IN A HOT CAR

- Write down the vehicle make, model and license plate number
- Alert the management of nearby business, who could make an emergency announcement
- Call local police or animal control (keep their numbers handy for emergencies!)
- Stay by the vehicle until help arrives

THE BEST THING TO DO FOR YOUR PETS WHEN IT'S HOT: KEEP YOUR PETS INDOORS!

See more tips online at oregonhumane.org/heatsafety

Courtesy Oregon Humane Society

Dog names

Continued from A1

Some of the county's other dog names pay homage to the region's outdoor spirit, like the 82 dogs named Bear, 65 dogs named Scout and 14 dogs named Juniper.

And the list of local names includes other creative, albeit less popular, monikers: Four dogs named Ziggy Stardust, three Tequilas, one Deschutes and one Douglas Fur.

Deschutes County's preferences for dog breeds hasn't changed much in the past few years. Labradors still dominate the ranking of favorite dogs, beating golden retrievers, border collies and chihuahuas (not to mention lab-adjacent breeds, like lab mixes, labradoodles and lab retrievers).

After owning a Labrador-Newfoundland mix, Bend resident Denise Broadhead wanted a dog that would shed less hair.

She didn't quite get that with Abby, a 6-year-old golden retriever with the county's 20th most-popular name.

"I work at Lowe's, and somebody came in with a puppy, and I said, 'If you have a female, I want her.' And he ran home and got her," Broadhead said. "Golden retriever puppies — you just fall for them."

Since the rankings of the top names are based on the county's dog license data, they might be incomplete. Just under 16,000 dogs have been registered in the county, while estimates from the American Veterinary Medical Association suggest there are likely closer to 44,000 dogs living in the county.

Licenses are required for all dogs in the county. The license tags cost \$30 annually for an unaltered animal or \$16 for a spayed or neutered dog and can be purchased



Ryan Brennecke/The Bulletin

Alan Hanson, of Bend, paddles Friday as his dog Jasper waits patiently for his next treat while spending the morning along the Deschutes River in Bend.

Deschutes County's top dog names

1. Bella — 156
2. Lucy — 150
3. Charlie — 134
4. Daisy — 131
5. Buddy — 115
6. Sadie — 114
7. Max — 111
8. Bailey — 108
9. Maggie — 107
10. Cooper — 105

Deschutes County's top dog breeds

1. Labrador — 891
2. Golden Retriever — 423
3. Border Collie — 368
4. Labrador Mix — 364
5. Labradoodle — 301
6. Chihuahua — 299
7. Labrador Retriever — 291
8. Australian Shepherd — 257
9. German Shepherd — 250
10. Terrier Mix — 234

from the county, local humane society or participating veterinarians.

The licensing process helps owners reconnect to their dogs if lost and ensures dogs in the county are vaccinated against rabies, said Lynne Ouchida,

the community outreach manager for the Humane Society of Central Oregon.

She also said the COVID-19 pandemic actually kept more dogs in homes. The shelter received fewer returned dogs and had an easier time finding

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— Lynne Ouchida, the community outreach manager for the Humane Society of Central Oregon

homes for older dogs and those with more intense health and obedience issues.

"While people were home with their pets, they actually kind of realized why they got them in the first place," Ouchida said.

But Broadhead's known that about Abby for a while.

"I go home; I'm excited to see her," Broadhead said. "There's really no words for it: perfect companion."

■ Reporter: zdemars@bendbulletin.com

Heat

Continued from A1

Central Oregon is under an "excessive heat warning," which the National Weather Service office in Pendleton issued through 8 p.m. Thursday. Temperatures are expected to hover around 100 all week with little overnight relief expected.

In Bend, temperatures are forecast to reach 101 degrees Sunday, 104 degrees Monday and 105 degrees Tuesday, according to the weather service. AccuWeather, which supplies The Bulletin's daily weather map, puts those days' temps even higher.

"Monday and Tuesday look to be the peak of the heat," said Brandon Lawhorn, meteorologist at the weather service in Pendleton. "It will start to weaken in the mid-week; however, it's still going to be fairly hot."

Lawhorn said people need to plan their activities around the heat and don't go outside in the middle of the day, if possible. It is also important to find air conditioning or shade and check on relatives or elderly neighbors, he said.

The High Desert is being spared the humidity that has come with the heat in other parts of the Pacific Northwest, but the entire region will be sweltering and residents need to be careful over the next week, Lawhorn said.

"Take your pick, do you want 95 degrees and high humidity or do you want 105 degrees and no humidity?" Lawhorn said.

Across Bend, many residents spent Saturday making last second purchases for fans, sprinklers and air conditioning units. The Ace Hardware store on Newport Avenue had a constant flow of customers.

Mike Schindler, an owner of Sunnyside Sports, a ski and bike shop in Bend, stopped by the hardware store to buy parts for an outdoor water spigot.

He needed the system to help water a new tree he planted on his property.

Schindler noticed he wasn't the only customer looking for sprinklers. He also suspected many others were on the hunt for air conditioning units, which he could use in his home.

"People are probably going to be buying AC," Schindler said. "I'm just going to suffer through."

Down the street at Newport Avenue Market, store manager Erika Maloley was busy Saturday doing inventory.

The grocery store has seen a huge increase in sales for water, soda and beer, but also for ready-made meals.

"It's too hot to cook at home so people are letting us do the cooking," Maloley said.

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How to beat the heat

A heat wave with potentially life-threatening, triple-digit temperatures is expected to broil Central Oregon for several days, beginning Sunday. What should you know to stay safe?

Stay hydrated. No one is immune to the rapid onset of heat exhaustion and dehydration, so drink a glass of water every hour. Don't wait until you're thirsty.

Avoid alcohol, sugary drinks and caffeine. These are diuretics, which means they make you urinate more and can lead to dehydration.

Eat fruits and vegetables. Cucumbers, watermelon and grapes have a high water content.

Dress for the heat. Wear lightly colored, lightweight, loose-fitting clothing.

Find shade. The hottest time of day is usually 2 to 8 p.m. If you don't have air conditioning, go to a shopping mall, library or other air-conditioned public space. Even a few hours in a cool place can help.

WHEN SHOULD YOU WORRY?

Heat exhaustion: Signs include heavy sweating, dizziness, extreme fatigue, nausea, vomiting, a rapid heartbeat and shallow breathing. **What do do:** Remove excess clothing, rest in a cool area, take a cool shower, bath or sponge bath, and drink plenty of water.

Heat stroke: This is a serious, life-threatening emergency marked by confusion, a rapid pulse, seizures, loss of consciousness, a body temperature of 103 degrees or higher, and hot, dry skin or profuse sweating. **What to do:** Call 911 immediately.

Source: Portland Bureau of Emergency Management

Maloley said the store has been able to keep the shelves stocked through the heat wave, which is a relief since the store is entering a busy time of the year. As COVID-19 pandemic restrictions are lifted, more people are visiting Bend and need groceries for their vacations, Maloley said.

Maloley expects the crowds to continue long past the heat wave.

"I don't think it's just going to be a few days," she said. "I think it will be all summer long."

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