

Training your dog to be a great travel companion

Summertime, and the getting lost is easy. It's especially true if you're a tourist. It's also true if you're training challenged, and you happen to be a dog.

Imagine you're a dog who loves to travel and whose parents take you along on their vacations. It's your first trip to Cannon Beach! So many new dogs to sniff! So many new people! And a lot of shops that keep interrupting your walks. That's fine because you get plenty of attention while you wait. You even get to jump on some friendly people when your parents aren't looking. Then your leash breaks, setting you free to peek into windows, follow strangers, even cross the street! It's very exciting at first, but then scamper turns to wander and you realize you're lost. You might have found your way home by scent in your town, but this town is a tangle of unfamiliar smells. You have nothing to go on.

Let's save this dog. How would you do it?

Some readers will be thinking prevention — e.g., dog staying with parents rather than out of sight and

CANINE CORNER
RAIN JORDAN
& DAHLIA



jumping on strangers may have prevented the leash break and escape. That's one good option, especially in a dog-friendly town like Cannon Beach. It's wise to have other options as well; not all places are so dog-friendly. Double leashing is another option some may choose. Others might argue that having trained for calm behavior might have prevented the leash break. Because some dogs will escape, it's important to know how to get them back, by which I mean not only how to find them — once gone, there are professionals who should be consulted for the important task of tracking lost pets — but how to get them to come back to you. In the story above, if the dog's parents had been right there when the leash broke, would the dog have stopped and returned to the parents when they called?

Recall help is a common request of people hiring dog trainers.

Some dog owners report that dogs who used to "come" now ignore such instructions. Indeed, it is not surprising for dogs to ignore cues to which they once responded, and there's a very logical reason: They have learned that responding does not pay. Usually, the reasons for a dog's diminished recall response are

1. Dog's name and/or cue overuse (also known as "nagging"), combined with
2. Punishing or ignoring the dog's response, and
3. Lack of the dog's preferred primary reinforcer on a sufficient reinforcement schedule.

Example: Owner cues unresponsive dog as follows. "Rover, come! Come, Rover! Rover?! ROVER, COME! COME- HERE-RIGHT-NOW! ROVER!" If the dog does finally come and is greeted with scolding or further punishment, or if the dog is simply ignored (a form of punishment), the dog is not being positively reinforced for having recalled as instructed. Since increasing and maintaining desired

behavior on cue is achieved by high rates of positive reinforcement using the dog's preferred reinforcer (usually this is small pieces of novel food items but may be something else) while avoiding anything aversive to the dog, the combination of nagging, punishing, and withholding sufficient positive reinforcement can quickly diminish a dog's responsiveness.

To save the lost dog of our story, then — to prevent the dog from being lost — we would teach the dog's parents how to positively reinforce, train, and cue behavior. We would ensure that they safely practice in increasingly distracting environments until the dog responds to the cue in any environment. That dog would have excellent recall, that dog's parents would ensure that recall was maintained via positive reinforcement protocols, and that dog would possess a high likelihood of immediately stopping upon hearing his name and returning to his parents upon hearing his recall cue.

There are those who will say that if you "let the dog get away with it" — ignoring repeated demands to

come, calling the dog's name multiple times — then you are teaching the dog to ignore you, that you must be more "firm" with the dog. Those people are only fractionally correct: What teaches ignoring is nagging. This is an irony that the most proficient tune-out masters of our own species can confirm.

When it comes to effective animal training, you do not need the baggage packed up in "firm"; you'll have a cleaner conscience and a happier, more cooperative dog (who isn't at risk of developing aversives-related aggression) via positive reinforcement and cueing. Being "firm" and other euphemisms are often excuses to hurt, force, intimidate, scare, or startle a dog into attention rather than taking the time and patience to train with kindness, which you can do while saying the cue just once — installing a more reliable behavior at the same time. Contact me if you'd like to learn how!

Rain Jordan of Elevate Dog Training & Behavior can be reached at ElevateDogTraining@gmail.com.

Is the man in your life watching his health?

By Patti Atkins
For Cannon Beach Gazette

Many men would rather talk about news, sports or jobs — maybe even feelings — than talk about their health.

And deep down, many would admit they go to the doctor mostly to make their partner happy. Or when they can't do what they used to do. And sometimes they wait too long.

Women have reasons all their lives to go to the doctor when they're not sick, from birth control to cancer screenings. Men don't always have similar reasons. So let's pick one: June is Men's Health Month. If you haven't seen your primary care provider by June, call this month to set up your annual wellness visit and if you are a Columbia Pacific CCO member, the visit is free.

Think of your annual wellness visit like changing the oil in a car. You do it because the manufacturer's specifications say it's good for your car. You might push it a bit. But you wouldn't go years without changing the oil.

As it turns out, there are specifications for you, too.

"I usually show my patients the U.S. Preventive Services Task Force recommendations," says Dominique Greco, M.D. and medical director for Providence Seaside Hospital. That's a research-based list of what people need to do for their health.

"At regular checkups, your doctor can talk to you about blood pressure, weight, diet, exercise, drug and alcohol use," Dr. Greco says. And smoking.

"The greatest cause of death is heart disease," she says. "And one of the primary factors for heart disease is smoking."

Maybe you don't want to hear what the doctor says, but it's like when your car makes a troubling noise. Experience tells you it's better to fix a problem sooner rather than later.

If you're worried about "that" test, rest easy.

"It's not recommended that every man be screened for testicular or prostate cancer," says Dr. Greco. "Depending on your family history or other risk factors, your doctor may suggest it."



Dominique Greco, M.D.

One important bit of maintenance for people older than 50 is colon cancer screening. Now you can do this in the comfort of your own home. Your doctor will give or mail you a FIT kit. You collect the sample and mail it in. This kind of screening must be done every year. Another way is to get a colonoscopy every 10 years. Finally, a very good reason to get regular checkups is to connect with your provider.

"A strong relationship with your provider is a great way to get good care," Dr. Greco says.

Creating health together: Providence Seaside Hospital provides care for Columbia Pacific CCO members who are on the Oregon Health Plan. Established in September 2012, Columbia Pacific CCO coordinates health services for more than 25,000 Oregon Health Plan members in Columbia, Clatsop and Tillamook counties. You can learn more at our services on our website at colpachealth.org and on Facebook at [@ColumbiaPacificCCO](https://www.facebook.com/ColumbiaPacificCCO).

Patti Atkins is communications consultant for Columbia Pacific CCO.



JOSEPH BERT

Crowds at the Rare and Used Book Sale at the Cannon Beach Library.

Don't miss library's big July 4 book sale

Every Fourth of July morning for decades, Cannon Beach residents and visitors, coffee in hand, queue along Hemlock Street for two events — the Independence Day Parade and the Cannon Beach Library Fourth of July Book Sale — traditional events that transform this popular beach community into Oregon's

iconic all-American village.

The sale runs July 4-7, from 10 a.m. to 5 p.m. each day, at 131 N. Hemlock St. The library will close Tuesday, July 3, to organize this massive sale. Other than the popular book-sale room, during this event, most library services will remain unavailable until Monday, July 9.

MUNICIPAL MEMO

JUNE 2018

Is published monthly by the City of Cannon Beach
163 E. Gower Street • P.O. Box 368 • Cannon Beach, OR 97110
(503) 436-1581 • Fax: (503) 436-2050 • TTY (503) 436-8097

FOR YOUR INFORMATION
MAYOR: Sam Steidel
COUNCILORS: Mike Benefield, Nancy McCarthy, Brandon Ogilvie and George Vetter
CITY MANAGER: Bruce St. Denis

MEETINGS JULY 2018

3	City Council Regular Meeting	7:00 p.m.
5	Planning Commission Work Session	6:00 p.m.
10	City Council Work Session	5:30 p.m.
19	Design Review Board	(nothing scheduled at this time)
26	Planning Commission	6:00 p.m.

CITY COUNCIL EXECUTIVE SESSION, June 5, 2018

The City Council met in executive session pursuant to ORS 192.60(2)(i) to review and evaluate the employment related performance of a chief officer of any public body, a public officer, employee or staff member who does not request an open hearing.

CITY COUNCIL REGULAR MEETING, June 5, 2018

- Adopted Ordinance 18-04, for the purpose of repealing and replacing Sections 2.08.070, 2.08.080 and 2.08.100 of Chapter 2.08: Public Contracting Regulations of the Cannon Beach Municipal Code;
- Adopted Resolution 18-05, interfund transfer for Recycle Department Budget Adjustment;
- Adopted Resolution 18-06, establishing parking management fees for Fiscal Year 2018-2019, updating Resolution 15-05;
- Adopted Resolution 18-07, authorizing the City of Cannon Beach to apply for a Transportation Growth Management Grant from the Oregon Department of Transportation for the development of a Transportation System Plan;
- Upheld the Public Works Committee recommendation to deny a utility relief request;
- Authorized the award of the Ash Street Waterline project to Bob McEwan Construction;
- Authorized the City Manager to sign the lease agreement with the Cannon Beach Academy for another year at \$100/month rent.

CITY COUNCIL EXECUTIVE SESSION, June 5, 2018

The City Council met in executive session pursuant to ORS 192.60(2)(i) to review and evaluate the employment related performance of a chief officer of any public body, a public officer, employee or staff member who does not request an open hearing.

CITY COUNCIL SPECIAL MEETING & WORK SESSION, June 12, 2018

- Introduction of 2018 Public Information Officers and Lifeguards;
- Adopted Ordinance 18-05, for the purpose of amending the City of Cannon Beach Municipal Code Chapter 3.12 - Transient Room Tax;
- Adopted Ordinance 18-06, for the purpose of amending the City of Cannon Beach Municipal Code Chapter 3.08 - Record Search Fees;
- Adopted Resolution 18-08, establishing lien search fees at \$15.00;
- Adopted Resolution 18-09, adopting the FY 2018-19 City of Cannon Beach Budget;
- Adopted Resolution 18-10, declaring the City's election to receive State Revenue Funds for

- Fiscal Year 2018-2019;
- Adopted Resolution 18-11, approving a budget fund adjustment in the RV Park Fund
- Adopted the City Manager 6-month evaluation;
- The Tourism & Arts Commission presented their FY2018-19 Tourism & Arts Fund Grant Award recommendations;
- Discussed declaring the Red-wing Blackbird as the official Cannon Beach City Bird. Directed staff to prepare a proclamation for same to be considered at the July 3, 2018 City Council meeting;
- Discussed possible zone changes to accommodate housing and directed the City Planner to bring forward recommended changes for a discussion at another work session;
- Discussed food carts in Cannon Beach and directed the City Planner to work on options and meet with local restaurant owners to come up with suggestions for the Council;
- Discussed and listed some goals for the ad hoc South Wind Improvements Advisory Board.

CITY COUNCIL EXECUTIVE SESSION, June 13, 2018

The City Council met in executive session pursuant to ORS 192.660(2)(a) to consider the employment of a public officer, employee, staff member or individual agent.

DESIGN REVIEW BOARD - The Design Review Board met June 21, 2018 and discussed;
DRB 18-01, O'Brien & Company, Major Modifications to Existing Commercial Building located at 273 Beaver Street. **Approved with conditions.**

PLANNING COMMISSION - The Planning Commission met May 24, 2018 and discussed;
V 18-03, O'Brien request for a parking variance for an existing commercial building at 273 Beaver St. **Denied**

V 18-04, Tolovana Architects request for a setback reduction in conjunction with the replacement of an existing dwelling at 707 N. Laurel. **Denied**

ZO 18-01 and CP 18-01, City of Cannon Beach request for Zoning Ordinance and Comprehensive Plan text amendments updating the City's foredune management plan. **Closed Public Hearing and Continued to the June 28th meeting.**

The Planning Commission is scheduled to meet June 28, 2018, at 6:00pm.

Of Interest...

City Hall will be closed Wednesday July 4, 2018 in observance of Independence Day

Haystack Rock Awareness Program Beach Volunteers Wanted!

Do you enjoy being outside and sharing your love of Haystack Rock? No experience necessary - we train! Families welcome.

Please contact: Lisa Habecker, Education & Volunteer Coordinator 503.436.8064, habecker@ci.cannon-beach.or.us

Attention: Candidates filing for the office of City of Cannon Beach Mayor or City Councilor

If you are interested in running for the positions of Cannon Beach Mayor or City Councilor you are encouraged to contact the City Elections Official (Colleen Riggs, riggs@ci.cannon-beach.or.us or 503.436.8052) for information.

The position of Mayor and two Council positions need to be filled at the November 6th general election. All incumbents are eligible to run for a second term, but one Councilor has already announced he will not be running.

Requirements

Any resident of the City of Cannon Beach who is registered to vote in Cannon Beach, Clatsop County may file to become a candidate for City Council, provided they have lived here at least one year prior to the election.

Terms/Conditions of Office

The Mayor and City Councilors are elected for a four-year term (unless completing a partial term) which begins with the first meeting in January following the election. You will be expected to attend City Council meetings, which typically occur twice monthly. Members of the Council may serve a maximum of two four-year continuous terms.

How to File

Please make an appointment with the City Elections Official (Colleen Riggs) to review the process.

The City Elections Official will confirm your eligibility (active, registered voter) with the County Elections Office prior to reviewing the process with you.

The City of Cannon Beach follows the state guidelines and the City Elections Official will give you the forms and review the process with you.

- Step 1: File Prospective Petition**
- Step 2: Collect Signatures**
- Step 3: Submit Signature Sheets**

Campaign Finance Reporting Requirements

All campaign finance reporting is handled at the Oregon Secretary of State Elections Division. If you have questions regarding Campaign Finance,

please contact the Oregon Secretary of State Elections Division at 503-986-1518 or www.oregon-votes.org

Statement of Economic Interest/State Reporting Requirements

All persons holding office in the City of Cannon Beach are required to file a Statement of Economic Interest with the Oregon Government Ethics Commission. The annual reports must be filed electronically by April 15th every year of the incumbency of the elected official. Information will be requested concerning sources of income, property, business interests and gifts related to the office. Civil penalties may be imposed for failure to file, or for insufficient information. For additional information or sample forms, information can be found on the Oregon Government Ethics Commission website - www.oregon.gov/OGEC or by contacting the Commission at (503) 378-5105.

Voter's Pamphlet

Candidates are to file directly with the County Elections Official with the filing candidate statement and required fee.

Important Dates

- **May 30, 2018** - First day for local (city) candidate to file declaration of candidacy (SEL 101) and candidate signature sheet (SEL 121) with City Elections Official for offices filled at general election.
- **August 17, 2018** - Recommended date for candidates to submit their petition signature sheets (SEL 121) to the City Elections Official BEFORE the actual candidate filing deadline of August 28th, in order to allow sufficient time for County Elections Office to verify the signatures, their eligibility to vote here, and also to allow time for candidates to obtain more signatures if needed. The City of Cannon Beach Charter sets the requirement of 50 signatures.
- **August 28, 2018** - Last day for local (city) candidate to file declaration of candidacy (SEL 101) and candidate signature sheets (SEL 121) with City Elections Official for offices filled at general election.
- **August 31, 2018** - Last day for city candidates to file withdrawal of candidacy. (SEL 150)
- **September 6, 2016** - Last day for City Elections Officers to file with County Clerk statement of candidates and measures for placement on the ballot.
- **September 10, 2018** - Last day for local candidate who files candidacy with County Clerk to file candidate statement for County Voters' Pamphlet with County Clerk's office. (\$25.00 fee)
- **September 14, 2018** - Materials submitted (candidate statements and measure arguments) for County Voters' Pamphlet become public record and available for public inspection.
- **November 6, 2018** - Election Day!

You may also visit the County website for information and forms www.co.clatsop.or.us, under Services select Clerk/Elections.