

What’s coming up this fall at the library

The arrival of Labor Day suggests calm will soon settle over Cannon Beach as vacations end and families prepare their little darlings for a new school year. Such nostalgic predictions may be premature, however, if September activity at the Cannon Beach Library offers any indication.

Library members already are preparing for the annual fall festival — scheduled from 10 a.m. to 5 p.m., Saturday, Sept. 29, at the library. A silent auction already began Sept. 1 for five hotel stays donated by Hallmark Resort, Land’s End, Ocean Lodge, Surfsand Resort and Tolovana Inn, each stay valued from \$365 to \$638. Bidding continues until 4 p.m.

Tickets (\$1 for one, \$5 for six, and \$20 for 25) also continue on sale until 4 p.m. at the festival for drawings of six vundles of gift certificates, each valued to \$295. Forty Cannon Beach art galleries, brew pubs, restaurants, coffee shops, clothing stores, and other shops donated these certificates.

Winners of silent auctions and drawings will be announced at 4 p.m. at the fall festival, but they need not be present to collect their winnings. Library members and community volunteers, though, already are working hard to encourage attendance.

They are crafting handmade items — knit and quilt accessories, artwork, jewelry, ornaments and more—making the festival an opportunity for early holiday shopping. And these crafty volunteers soon will be baking homemade treats — cookies, pies, specialty breads and other treats — that sell early during the festival. Be sure to circle Sept. 29 on your calendar so you don’t miss winning gift certificates and hotel stays or finding uniquely crafted holiday presents and tempting baked goods at the festival.

While preparing for the festival, the li-

AT THE LIBRARY

JOSEPH BERNT



brary membership held its first monthly meeting of the new year on Wednesday, Sept. 5, where City Manager Bruce St. Denis discussed “The State of the City” and members learned that the library board of directors had hired Kimberly Catton as library office manager, the library’s only paid employee.

Holly Lörincz — award-winning Manzanita novelist, nationally prominent literary editor and collaborative author of fiction and nonfiction books—will read at the first Northwest Authors event of the new year from “The Everything Girl,” her latest novel collaboratively published with L.E. Malecki. She also will read from a crime book slated for fall publication and discuss collaborative authorship at 2 p.m., Saturday, Sept. 8, in the library, 131 N. Hemlock.

Before founding Lörincz Literary Services in 2010 in Manzanita, Lörincz, who holds a journalism degree and a Master of Arts in Teaching from Western Oregon University, taught at Neah-Kah-Nie High School in Rockaway Beach for 15 years. A language arts teacher, she coached the speech and debate team to two OSAA state championships and seven of her students to individual championships in nine forensic events. This experience informed “Smart Mouth,” her first novel, which received the 2014 Bronze Independent Publishers Book Award in popular fiction.

A member of the Editorial Freelancers Association, Lörincz was named National Federation of High Schools Educator of the Year for Oregon. A participant in writing workshops nationwide, Lörincz now

serves on the faculties of the Profitable Authors Institute and the Blackbird Studio for writers in Portland.

In another literary event this month, Kathy Bell will lead Cannon Beach Reads participants in a discussion of the late Brian Doyle’s “Mink River,” a captivating novel of quirky characters set in a fictional North Oregon Coast community that mixes Salish and Irish cultures. Cannon Beach Reads meets Wednesday, Sept. 19, from 7 to 8:30 p.m. Anyone interested may participate in discussion, coffee and treats.

I return now to predictions about a calm arriving (or not) with Labor Day behind us. Last month John Huisman touched on the local tourism invasion in his Aug. 10 Gazette column. He recommended a parking structure for day visitors, a fleet of buses to deposit visitors downtown and strict parking enforcement so emergency vehicles and residents can negotiate midtown streets. Hitting my hot button, he opined:

“We have the responsibility of sharing our great natural beauty with the rest of the world. What we do not have to do is make this place unpleasant for the people who live here. Unfortunately, this has already happened. The question now is what are we going to do about it?” Well stated, John.

Elizabeth Becker, a former New York Times correspondent, makes exactly this point in “Overbooked: The Exploding Business of Travel and Tourism.” Her 2016 analysis of nations dependent on tourism, contrasts those countries that benefit their citizens’ lives (France and Costa Rica) with those that don’t (Venice, Dubai, China and cruise ships). North Coast residents could benefit from reading Becker’s nonfiction book, now available at the Cannon Beach Library. “Overbooked” will be discussed by Cannon Beach Reads on Nov.21.

Why your dog exhibits aggressive behavior

What is the biggest problem in modern day dogs? Most people will say “aggression.” Partly this is because we as a culture continue to inflate the meaning of the word over time, thereby giving our population an inflated sense of its presence in our dogs. This mis-sense is then perpetuated by our institutions, including animal welfare institutions, giving it a disturbing amount of power. It used to be that aggression in a dog meant biting — an aggressive dog was a dog that physically attacked, bodily injured, or even killed — a dangerous dog, proven dangerous by direct evidence. Bizarrely, some now place aggression’s starting line at barking — an invalid placement since almost every dog in the world barks, and very few people would label every dog in the world “aggressive.” So why has the word’s definition become so flaccid? Fear. It is easier to hate what we fear, to attack it, than to learn about and modify our reactions to it.

Fear is also the answer to the opening question: Fear is the biggest problem in modern day dogs, and just as humans may find it easier to let fear turn to anger, dogs who are afraid may appear angry. We call that behavior reactive, not aggressive, however, since they are not attacking but rather reacting to their fearful feelings in less than healthy ways, just as we often do. We do a huge disservice to the dogs of our community if we overlook their fear and insist on labeling them aggressive, because most fearful dogs became fearful as a result of their past experiences. Having lost their homes, being left in a shelter, perhaps being surrendered and moved from family to family multiple times, chips away at an animal’s sense of security. Add any number of additional mishaps such as accidents with children, mistreatment by strangers or someone

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‘FEAR IS THE BIGGEST PROBLEM IN MODERN DAY DOGS, AND JUST AS HUMANS MAY FIND IT EASIER TO LET FEAR TURN TO ANGER, DOGS WHO ARE AFRAID MAY APPEAR ANGRY.’

in the home, punitive or painful training methods, etc. These things pile on the fear. There may also be genetic components in some dogs, but experiences play a huge part. Once you know you have a dog shouldering fear, you should also know there are things you can do to help:

1. Ensure the dog is always safe. Safety is one of the most basic needs for all animals. A fearful dog is a dog whose needs went unfulfilled in the past.
2. Ensure the dog feels safe. If the dog doesn’t feel safe, fear continues to overwhelm the dog. Feeling safe is crucial to modifying fearful behavior.
3. Use food that is high value and novel to the dog to change the dog’s associations from negative to positive via classical counter-conditioning and

R+ operant conditioning. (Please contact me for details. This is not something you want to try on your own; these methods require a certified, purely positive trainer.)

4. Keep training and conditioning sessions short and fun for the dog.
5. Learn and stay attuned to the dog’s signals, taking your cues from them.

There are many ways to help your dog feel safe. Consider actual dangers to the dog and to those on whom the dog relies, as well as perceived dangers. Consider actual and perceived threats. Consider extreme temperatures, natural disasters, fights between animals and people, loud noises inside and outside, volatile people, especially those who express their displeasure, e.g. by stomping around, slamming doors, tossing things, or just muttering passive aggressively under their breath and carrying around a head of steam all day. Ask every person in the dog’s vicinity to set aside habitual expectations and behaviors that might harm or scare your dog. Dogs are sensitive creatures, and fearful dogs moreso. Consider the quality and availability of food — another basic need. Do not take the dog out on walks if it feels safer to the dog to just stay home, which is often the case for fearful dogs. Falling prey to societal norms is a common problem when caring for a fearful dog, so remember to always ask yourself: What is going to keep my dog safe and feeling safest? Exercise is nice, sniff missions are great, but safety and the sense of safety are far more important for a fearful dog trying to heal.

The last fearful dog turned in to me was a feral who couldn’t be touched for weeks. Now he’s head in lap every chance he gets.

Rain Jordan of Elevate Dog Training & Behavior is a certified, professional dog trainer. Contact her at ElevateDog-Training@gmail.com.

Socializing through games and movement improves health

By Susan Cody
For Cannon Beach Gazette

Did you know that socializing and playing games can keep you healthier longer?

In the comfortable lobby of the Astoria Senior Center a few people are relaxing and talking. About 20 bridge players are in another room gearing up for an afternoon of cards. In the cafeteria, another 18 people gather to play pinochle.

Similar to the Bob Chisholm Community Center in Seaside, activities abound for residents to get out and do something. Whether it is line dancing,

music, yoga, exercise classes, free movies, cards, board games, education or a musical jam session, there are ways to engage and meet like-minded people.

The Astoria Senior Center is a great place to socialize, says Larry Miller, the center’s director. The new space is designed for many activities that don’t interfere with each other, such as playing pool, using computers or eating lunch.

“Everybody enjoys it,” Miller says. “It is welcoming and friendly, and you can get lots of snacks and coffee. The coffee’s always on.”

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