

Crate-training your dog and when to use it

Your sister's son just moved in with you, but you work all day and the kid is a domestic cyclone, so you pop him in the little half-bath under the stairs before you leave for work; you will let him out when you get home. Water is plentiful in there; you give him a bag of snacks and a body pillow. He doesn't need half-bath training — he comes from a long line of bathroom readers. You doubt he's claustrophobic.

When you get home, the police are in your driveway; a neighbor had called them, concerned about yelling and pounding sounds. You are shocked and very upset to find holes kicked and punched in your half-bath door. The domestic cyclone is bleeding.

Why has this happened, and what are you going to do now? Of course you know why — it happened because a kid was suddenly locked up



CANINE CORNER
RAIN JORDAN
& DAHLIA

in a room all day for, basically, being a kid. What next?

Option 1: Repeat lock-ups and keep getting the same terrible results, or even worse results.

Option 2: Carefully train the domestic cyclone to enjoy or at least accept lock up before proceeding with lock up.

Option 3: Implement a kinder solution for Domestic Cyclone.

I don't think I need to add floppy ears and a curly tail to Domestic Cyclone in order to make the point. Sentient creatures — mammals like humans and canines, for example, are not naturally inclined to accept arbitrarily being popped into a small

space, locked up, and left there to wonder what happens next, and when or if they are ever getting out. It should be no surprise when survival instinct kicks in, leaving a mess in its wake. Whether you believe in crating your dog or not, it is important to understand that any dog who will ever be crated must be readied for the experience in advance, by being carefully crate-trained.

Classical conditioning allows us to help a dog learn to associate being in a crate with positive things so that the dog does not attempt to escape and thereby injury himself; operant conditioning allows us to teach a dog to enter a crate on cue, lie down in it, stay in it, etc. On the other hand, attempting to force or intimidate a dog to accept a crate—to 'get used to it' or to go in and stay in 'because I say so' creates negative associations with the crate and therefore sets up the conditions for negative behaviors

in and as a result of crating.

Negative associations are not the only risks of forced crating. Confinement anxiety and possibly even separation anxiety put a dog at very high risk of injury or even death if crated, certainly if crated by force, without proper training.

But even after training, many dogs with these anxieties are simply not going to be safe to leave in crates.

In addition to elimination in and howling or barking from the crate, symptoms of these anxieties may include chewing at, biting, bending, or breaking crate bars, walls or doors, chewing, ripping apart, eating pads, blankets, toys, and other materials inside the crate, getting legs, feet, toes, head, teeth, or jaw broken or stuck between crate bars or elsewhere, often while attempting to escape, and stress-related illness, injury, or death as a result of any of these.

Safety of crates in cars is up for debate as well. Run a search on dog safety in cars and crash tests. You will find that most crates do not survive them, so putting your dog in a crate for car rides appears to not be much safer than a seat belt harness unless you buy a very expensive high-end crate (or high-end car harness). I don't even want to think about how horribly common crates have been reported to have done in fires.

If you do decide to crate, once you've properly crate-trained, your dog will appreciate you for remembering that crates are for emergency use (e.g., evacuations, overnight vet stay, airline travel) or short-term use only — an hour a day, likely OK. The entire day? That's an overstay.

Rain Jordan, KPA CTP, is a Certified Dog Trainer Professional. Visit her at www.elevateddogtraining.com.

City, chamber work out new deal

Tourism from Page 1A

Adjusting the contract was initially motivated by the chamber's request to have a multiyear contract earlier this year — a measure Jim Paino, the chamber's executive director, said makes planning ad campaigns easier and more economical.

But the idea to reduce the actual amount that goes toward marketing came during budget season, when the city was looking for ways to be more stringent with transfers out of a shrinking general fund.



Exterior of the Cannon Beach Visitor Center in summer.

"I got the message from the council that we needed to have more control over this money," St. Denis said. "But we need to be careful to not put them in a position where they can't succeed."

The contract now requires quarterly status reports from the organization.

"There was not that kind of interaction in the past," Paino said. "I think it's important to do this so we're all on the same page about where we're going."

Accounting for growth

While the contract was approved 4-1, city councilors disagreed over how the city should account for the costs of inflation in the coming years.

One option, which was ultimately adopted, was to increase payments allocated to the chamber based on the consumer price index — a percentage that shows the average change over time in the prices paid by urban consumers for consumer goods and

services — plus an extra 2 percent each year.

This is an effort to try and account for rising costs within the program with a universally recognized method to account for inflation, St. Denis said.

"We didn't want to have it stuck at \$300,000," St. Denis said.

Though the chamber agreed to the council's decision, Paino said the CPI is not a good marker for inflation for the tourism industry. The index is based on what the average consumer would spend on food and beverages, housing, clothing, transportation and more for West Coast states in general, and therefore does not reflect higher cost-of-living prices found in tourist destinations like Cannon Beach.

"They don't include tourism promotion in their calculation," Paino said.

City Councilor George Vetter, the one dissenting vote, agreed with Paino, and voted against the contract because

of it. He argued the council should increase payments to the chamber to mirror lodging tax revenue projections from the city. If the city projects a 6 percent increase in lodging tax revenue for the next fiscal year, then the chamber should get a 6 percent of \$300,000 more, as well.

"We are not spending money here. We are investing money," Vetter said. "There's no more important investment than making sure the lodging tax will stay the same or go up. That's our lifeline ... If you want to get the results you want in a contract you need to build in rewards for success. And their success is our success."

City Councilor Mike Benefield argued the opposite, advocating that the chamber should present a proposed budget like other city departments and have its allocation based on fixed costs from the previous year.

Paino said that approach would be difficult, as the destination marketing organization is designed to facilitate its program based on the set figure they can expect from the city.

Although the chamber still has reservations about the consequences of a tighter marketing budget, Paino said he is ready to move forward and work with the city.

"The chamber felt and still believes that we are good partners with the city and came to these negotiations with an attitude of partnership for the betterment of Cannon Beach," Paino wrote in a statement.

Lara Foster opens new fitness studio

Foster from Page 1A

"I felt awful," she said. "It just felt embarrassing."

That experience redirected Foster back into a life of fitness. In 2007, she lost more than 150 pounds in one year. Hoping to inspire others with her own journey, she became a personal trainer in Portland.

After 10 years, Foster yearned to return to her Cannon Beach roots. But the lack of affordable housing and fitness facilities made her hesitate.

"I never saw a good way to live and be active with these harsh winters," she said. "I'm someone that kind of has to be set up for success."

But by "some miracle of the universe," a cabin in Cannon Beach became available earlier this year.

"I never dreamed of being able to have a home in Cannon Beach," she said.

After settling in a couple of months ago, she decided

the time was right to pursue her dream of opening her own personal training studio. Her good luck followed her, as a garage that usually has a yearslong waitlist opened soon after her move.

"It's like the universe put it in my lap," she said.

Now her dream — Lara's Life Garden Training Studio — has been a reality since early September. Her ideal clientele is diverse, so far ranging from 20-year-old guys to 50-year-old women.

Her business is for anyone with the desire to live a healthier, better life — whether that means losing 150 pounds like she did 10 years ago, or just working out so walking up a flight of stairs doesn't seem so difficult.

"For me, I love doing this because I felt the chance in my own life," she said. "It's like a light that starts shining inside of you. My goal is have that light grow in other people."

PUBLIC MEETINGS

TUESDAY, Oct. 9

Cannon Beach City Council, 5:30 p.m., work session, City Hall, 163 E. Gower St.

WEDNESDAY, Oct. 10

Cannon Beach Disaster Animal Response Team, 7 p.m. 3781 S. Hemlock.

THURSDAY, Oct. 11

Cannon Beach Academy, 5:30 p.m., 3781 S. Hemlock.

TUESDAY, Oct. 16

Cannon Beach Public Works Committee, 9 a.m., City Hall, 163 E. Gower St.

Seaside School District Board of Directors, 6 p.m., 1801 S. Franklin.

THURSDAY, Oct. 18

Parks and Community Services Committee, 9 a.m., City Hall, 163 E. Gower St.

Cannon Beach Design Review Board Meeting, 6 p.m., City Hall, 163 E. Gower St.

THURSDAY, Oct. 25

Cannon Beach Planning Commission, 6 p.m., City Hall, 163 E. Gower St.

TUESDAY, Nov. 6

Cannon Beach City Council, 5:30 p.m., City Hall, 163 E. Gower St.

TUESDAY, Nov. 13

Cannon Beach City Council, 5:30 p.m., work session, City Hall, 163 E. Gower St.

THURSDAY, Nov. 15

Parks and Community Services Committee, 9 a.m., City Hall, 163 E. Gower St.

Cannon Beach Design Review Board Meeting, 6 p.m., City Hall, 163 E. Gower St.

TUESDAY, Nov. 20

Cannon Beach Public Works Committee, 9 a.m., City Hall, 163 E. Gower St.

Seaside School District Board of Directors, 6 p.m., 1801 S. Franklin.

Concert series presents piano masters

Cannon Beach Gazette

On Saturday, Oct. 13, at 7 p.m., the Steinway Piano Concert Series at Community Church features Teresa Renée, a Portland-based singer, pianist performing jazz, film score music, piano solos, and more. Renée is a graduate of Portland State in music and theater. She will be playing a benefit concert, \$10 donation door, with all proceeds to the Cannon Beach Food Pantry. This concert is open to the public.

On Saturday, Nov. 3, at 7 p.m., the Steinway Piano Concert Series at Cannon Beach Community Church features solo jazz pianist David Robinson performing music by Italian pianist/composer Ludovico Einaudi, with a nature photo show featuring 2018 photos of

the Tour of Mont Blanc by local nature photographer Thomas Robinson projected on the big screen. This show is during Cannon Beach's Stormy Weather Arts Festival, and is titled "White Clouds over Mont Blanc." The concert benefits the Cannon Beach Food Pantry, with a donation of \$10 accepted at the door to support the local food pantry.



Jennifer Goodenberger

Four, Five," with selections from Dohnanyi's Serenade for String Trio in C Major, Mozart's Piano Quartet in G Minor, and Dvorak's Piano Quintet in A Major. The North West Piano Trio and Friends features Heather Mastel-Lipson, violin; Heather Hillebrand, cello; Susan McDaniel, piano; Nelly Kovalev, violin; and Hillary Oseas, viola. The Northwest Piano Trio, founded in fall 2014, is based in Portland. They are passionate about collaboration with artists of other disciplines to provide unique performances that give listeners a contemporary perspective on a non-contemporary art form. This concert is free and open to the public.

On Saturday, Dec. 22, at 3 p.m., the Cannon Beach Steinway Piano Concert Series fea-

tures Astoria Pianist Jennifer Goodenberger, playing Mozart and holiday favorites, along with Christmas songs and carols. This concert is free and open to the public.

All concerts in the second annual Steinway Piano Concert Series are at Cannon Beach Community Church located at 132 E. Washington, Cannon Beach.



Shack Hours
Sunday - Thursday
11am to 5pm
Friday & Saturday
11am to 5:30pm

Tasting Room Hours
Daily • 1 to 5pm

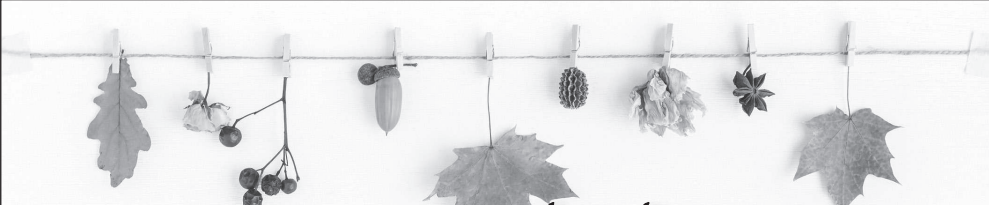
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Oct 13 • Great Fall Wines
Oct 10 • Puffin & Friends!
Oct 27 • Wine Shack Favorites

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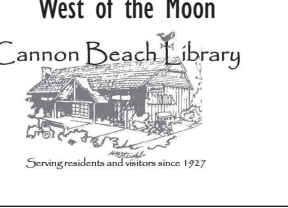
Cannon Beach Library

Thank you to all the Cannon Beach Businesses who donated to our Fall Festival Fundraiser

Bald Eagle Coffee House
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The Bistro
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Cheri's Cafe
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Cannon Beach Library
Serving residents and visitors since 1927