

When your dog is stressed at holiday time

Are holidays stressful? Stress is not necessarily a bad thing; stress is simply what happens when an animal's physiological state changes from homeostasis. The cause may be experienced as a positive thing (eustress) or a negative thing (distress). The holidays, with tempting novel foods, unfamiliar people, and unusual activities, bring multiple stressors for dogs. Learning your dog's language helps you decipher his feelings and keep everyone happier.

People often think a wagging tail means a happy dog; in reality, a wagging tail may also express discomfort, nervousness, and other distress.

The standard happy dog tail-wag usually has a wide sweep, and recent science suggests that a tail sweeping to the dog's right of his rear suggests the dog has positive feelings about a person or situation whereas a left sweep suggests negative feelings.

A small (not wide) wag suggests the dog is friendly but tentative, as when meeting a new per-

CANINE CORNER

RAIN JORDAN & DAHLIA



son, while a very tight wag may predict a coming fight or flight response to a stimulus.

Generally, a tucked tail or a very low tail (exceptions are dogs with naturally low-slung tails like greyhounds) suggests fear, worry, or expresses "I'm not a threat" (so long as nothing is done to make the dog feel threatened).

A tail held at the dog's natural or neutral position — generally lower than the spine — suggests the dog is relaxed.

A tail held horizontally suggests attention or alert.

A high held tail may imply a warning. (Context must be considered and exceptions recognized for breeds with naturally high tails.)

A tail held straight up may be a portend of threat. You can see why tail docking is not ideal; docking

a tail also docks the dog's ability to communicate. Ear cropping bears similar risk. A dog's ears tell us a lot about how they feel and can help us, if we correctly read and heed the signals. Again, there are breed-specific exceptions, but generally if a dog moves ears side-ward, pins them back, or flattens them, he is experiencing distress and may be anxious, nervous, or afraid; ears up and forward suggest interest or alert.

Then there are tummy rubs. A dog rolls over, presenting his belly; obviously he wants a tummy rub, right? Actually, oftentimes that dog is concerned about a situation, person, or other animal, and the belly exposure is a signal of peace and a request: "Please don't hurt me." Receiving this appeasement gesture, the better thing would be to give space. To read the roll over, look for compaction versus expansion. A dog seeking tummy rubs will be open in body — legs and tail flailed outward, possibly the tongue. If the dog looks away, holds any paws or limbs in toward

his body, and/or tucks his tail, it might be best to resist. Sometimes lip and nose licking, or ears pressed back against the neck (in breeds whose ears are not set in that position naturally), also are appeasement gestures.

A dog performing out of context behaviors — licking, panting, scratching, yawning, or sniffing, when not eating, exercising, itchy, sleepy, or on an exploratory adventure — is using displacement as a coping mechanism, signaling distress. Other signs of general doggy distress include pacing, hypervigilance, subtle and not so subtle cowering, furrowed brows, moving or turning away, often with whale eye (that's when the whites of the eyes show as the dog gazes at the stressor while his head faces away), and moving in slow motion.

Additionally, a dog that refuses favorite treats is probably distressed. Dilated eyes are another sign of distress, and a direct, prolonged stare, signaling intense focus on a subject, may mean a heightened risk of aggression.

Avoid scolding or punishing for these signals; to do so removes a dog's options to warn or ask for help, and these requests and warnings are what keep a dog in communication and out of feeling forced to protect himself.

The holidays can be overwhelming. There's just so much going on at once. Perhaps this is why Thanksgiving and Christmas gatherings can end up scenes of unfortunate incidents between humans: Bombardment with multiple stressors can lead to out-of-character behavior. In canine behavior we call this phenomenon "trigger stacking," and it can lead to a surprising bite or warning of same even from the most mellow, non-aggressive dog. Knowing your dog's triggers and not putting him in situations where he is surrounded by triggers can help keep the holidays peaceful and happy for both of you. Stack presents, not triggers.

Rain Jordan, KPA CTP, is a certified dog trainer professional. Visit her at <https://www.elevatedogtraining.com>.

Free guided New Year's Day hike

Cannon Beach Gazette

For the eighth year in a row, the Oregon Parks and Recreation Department is partnering with America's State Parks to offer free guided First Day Hikes in state parks across Oregon on New Year's Day.

Hikers can register for the hike at the Oregon State Parks store, <http://bit.ly/ParkStoreEvents>. The hike begins at 8 a.m., starting at the Elk Flats Trail parking lot. The terrain is considered moderate for the 2-mile hike.

Contact 503-368-5943, ext. 221, for more information.

Crisis Respite Center offers haven to get back on track

By PATTI ATKINS
Columbia Pacific CCO

On a side street in Warrenton, there's a safe haven for people who are experiencing a mental or behavioral health crisis.

The North Coast Crisis Respite Center opened two years ago to provide a friendly, welcoming place to help people derailed by mental illness get their life back on track.

Truly a community collaboration, partners of NCCRC include Columbia Memorial Hospital, Providence Seaside Hospital, Clatsop Behavioral Health, Greater Oregon Behavioral Health, Clatsop County Health Department and Columbia Pacific Coordinated Care Organization.

"Rather than try to treat patients in the local emergency rooms, the NCCRC is a 16-bed facility that allows us to help people who are facing significant mental health

challenges, said Amy Baker, executive director of Clatsop Behavioral Health. "We are able to provide exceptional and compassionate care for patients on a voluntary basis. Patients can come and go as they need and that allows them to integrate into the community more easily. Social isolation from community is terrible for one's mental health so having the freedom and ability to integrate into the community is so important.

Some of our patients come to us to step-down from another program, like intensive inpatient psychiatric programs and Oregon State Hospital" Baker added. "Others may come from hospital emergency rooms, or from interactions with police. We work with them to develop the coping skills and supports they need to be successful in the community."

Behavioral health issues can be very complex and sometimes dif-



Columbia CCO

icult to sort out. The NCCRC provides an individualized approach to providing each person with the help they need. That may be access to treatment for addictions, developing life skills, finding employment or counseling. The center is staffed with a consulting psychiatrist with decades of experience.

"No one chooses to be mentally

ill," says Baker. "Sometimes you just need a chance to take a break, reset and get the services you need to get going again. That's what we offer here."

NCCRC provides health care for Columbia Pacific CCO members who are on the Oregon Health Plan. You can learn more at colpahealth.org or on Facebook at @ColumbiaPacificCCO.

MUNICIPAL MEMO

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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 DECEMBER 2018

8	City Council Regular Meeting	7:00 p.m.
9	City Council Special Work Session	5:30 p.m.
15	City Council Work Session	5:30 p.m.
16	City Council Special Work Session	5:30 p.m.
17	Design Review Board	6:00 p.m.
20	Planning Commission	6:00 p.m.

CITY COUNCIL GOAL SETTING RETREAT, December 3, 2018

Council met to discuss the following topics: Council meetings, lodging tax revenues, emergency management, the old Cannon Beach Elementary School property, South Wind property, events, downtown improvements, housing, Strategic Plan, arts & environment, the City Hall/Police Station project & foredune management.

CITY COUNCIL REGULAR MEETING, December 4, 2018

- Adopted Ordinance 18-07; to extend the Recology solid waste collection & recycling agreement for two months to finish the new agreement;
- Conducted a public hearing of DRB decision 18-04; regarding the Community Church landscaping & lighting application. Denied the appeal of the DRB landscaping decision but upheld the appeal of the DRB lighting decision. City staff will work with the applicant's electrical to meet City requirements for lighting the parking lot;
- Appointed the following people to serve second terms; Sharon Clyde to Budget Committee; Mike Morgan to Design Review Board; Stacy Benefield to Farmers Market Committee; Charles Bennett to Planning Commission; Carolyn Propst & Les Wierson to Public Works Committee;
- Approved the Intergovernmental Agreement for the City's participation in the Clatsop County's Multi-Jurisdictional Natural Hazards Mitigation Plan;
- Approved an agreement between the City & Coaster Properties for the granting of affordable/workforce housing incentives in the construction of the Sea Lark Apartments;
- Approved accepting Oregon Health Authority grant funds for Cannon Beach Medical Reserve Corps mass care pediatric supplies purchases;
- Adopted the City Manager Evaluation & granted him a 2.5% merit increase;
- Approved making Monday, December 31st a holiday for City for this year only.

CITY COUNCIL WORK SESSION, December 11, 2018

- Agreed to not change the new event application form for the Chamber of Commerce Sandcastle events as all parties are satisfied with its content;
- Public Works Director La Bonte' reviewed the street standards documentation with Council, made changes to it & will review it again at a future work session for adoption as an Ordinance;
- Community Development Director Adams gave a presentation & led a discussion regarding food carts. Council will not act on changing the ordinance for food carts at this time but will be reviewing the city permitted event requirements, for a possible change to allow food/merchandise vendors at City sponsored events & fairs.

CITY COUNCIL SPECIAL WORK SESSION, December 18, 2018

- Lisa Petterson of SRG Partners, Inc, and architectural firm presented an update of the research & costs associated with building a new City Hall/Police Station. Council will discuss this again at a special work session on Jan. 9, 2019.

DESIGN REVIEW BOARD

The Design Review Board met Dec. 20, 2018 & discussed.
DRB-18-05 Martin North & the City of Cannon Beach request modifications to enclose two generators & a pump house. Approved
DRB 18-03 Inn at Haystack Rock Freestanding Sign located at 487 S Hemlock Street Approved
DRB 18-04 Inn at Haystack Rock Freestanding Sign located at 632 S Hemlock Street Approved

PLANNING COMMISSION -

The Planning Commission is scheduled to meet December 27th at 6pm. To discuss the tree removal amendment.

Of Interest...

City Hall will be Closed:

Monday/Tuesday December 31st & January 1st, 2019 in observance of the New Year Holiday

Monday January 21st, 2019 in observance of Martin Luther King, Jr Day

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