

Can you recognize these signs of a dog in distress?

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 person, while

CANINE CORNER

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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 portent 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 sideward, 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>.

Are you the next Miss Clatsop County?

Seaside Signal

Young women ages 13 to 24 interested in becoming the next Miss Clatsop County, Miss North Coast, Miss Clatsop County's Outstanding Teen, or Miss North Coast's Outstanding Teen are asked to go to missclatsopcounty.org to download an application.

Among other requirements, contestants must reside, attend school or work in Clatsop, Tillamook, or Columbia counties.

The Miss Clatsop County Scholarship Program is an official preliminary competition for the Miss Oregon Scholarship program, a part of the Miss America Organization, a leading scholarship provider for women. In 2018, the Miss Clatsop County organization made available over \$7,000 in scholarships to local women.

The Miss Clatsop County Program is scheduled for Jan. 26 at the Seaside Convention Center. Teen and Miss Contestants are judged in interview, talent, physical fitness, evening wear and on-stage question. The deadline to enter is Dec. 1. Winners will move on to the Miss Oregon pageant in June, with the possibility of moving to the national competitions.

The Miss Clatsop County Scholarship Program also supports a Princess program, a mentoring program for young ladies ages 6 to 12. A \$75 participation fee is requested. At a random drawing, one prin-



PHOTO COURTESY OF THE MISS CLATSOP COUNTY SCHOLARSHIP PROGRAM

Haylie Moon, the reigning Miss Clatsop County.

cess will become the official Princess for the Miss Clatsop County Scholarship Program for the year, and be sponsored at the Miss Oregon pageant with a possibility to move on to Miss America's Outstanding Teen Program in Orlando, Florida. For information, contact Mariah Collins at 362-315-5883 or download the application on the website.

The Miss Clatsop County Scholarship Program is run solely by volunteers, and individuals interested in starting a program in Tillamook and Columbia counties is being sought.

For information, contact Suzy Jagger at 503-440-6392 or Chelle Sollars at 503-791-6029 or go to fb.me/missclatsopcounty

Happy anniversary!

Seaside Signal

Neawanna by the Sea residents Ned and Geri Malcolm celebrated 71 years of marriage on Nov. 12.

The couple met at Indian Lake in the 1940s, they recall with a small wedding held on Nov. 12, 1947.

Their favorite song is "Peg O' My Heart."

The Malcolms have two children, and hobbies included entertaining people, bridge, dancing and going to the beach. Ned also enjoyed deep sea fishing.



NEAWANNA BY THE SEA

Geri and Ned Malcolm



ARTISAN FAIR

CELEBRATING OUR 45TH YEAR!
FRI NOON-5 | SAT 10-5 | SUN 10-3

NOV. 23-24-25

SEASIDE Chamber of Commerce FINE ART • CRAFTED BEVERAGES • ARTISAN GIFTS

MORE THAN 70 CRAFTSMEN. SANTA VISITS DAILY. HOME DEPOT CRAFT CENTER ON SUNDAY.

NEW THIS YEAR IS A HOLIDAY DISTRIBUTOR SHOWCASE FEATURING PRODUCTS INCLUDING LULAROE, AVON & YOUNIQUE AMONG MANY ON THE MEZZANINE.

Seaside Civic & Convention Center

Salon on Broadway comes to Seaside

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and cuticle services are the foundation of industry leading hair care," French said. "Our advanced skin care uses state-of-the-art micro current, microdermabrasion, photon therapy, ultrasonic cavitation, radio and high frequency rejuvenation, and chemical peels," he said. "Our truly exceptional nail care includes detailed manicures, pedicures, and shellac nails. If you don't know what treatment you need, we're here to guide you."

Salon on Broadway is a unique space. While it has a modern, industrial feel, at the same time it feels more like a spa than a hair salon. There is a relaxing private room for the specialized facials. Expect world-class service and cutting edge treatment. And then there's the energy work. French is a resource for his clients in chakra care, quantum healing and hypnotherapy.

Salon on Broadway is located at 810 Broadway, Suite 203. The salon is open daily from 10 a.m. to 7 p.m. Pricing information is available and appointments can be booked online at www.salononbroadway.com or call 503-717-2191.

Dear CANCER



I still have some chapters left to write, things I want to do yet. Feel free to take a vacation. I might do that, too.

Grateful to be here,
Ann



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