

Celebrating Sunset rec district's 50th year

SKY BOX

SKYLER ARCHIBALD



Recently a social media feed displayed a quote celebrating the life of Dr. Martin Luther King Jr. My feeds were full of such quotes as the annual day that we celebrate Dr. King had recently come and gone. The quote said, "We are not makers of history. We are made by history."

It was a simple quote but caught me by surprise at that moment for its exactness in capturing much of the state of our society today. I've been thinking about history lately and how it might impact our future, particularly as it pertains to the Sunset Empire Park and Recreation District. The timing of the quote perhaps impacted me so profoundly as the district is celebrating its 50th birthday this year and that milestone, commemorated by many different upcoming activities, has caused some serious reflection.

The district was formed to provide high quality recreation programs and services and that goal is still reflected in our actions each day.

Additionally, the district recently prepared an annual report, a document which will be shared throughout our community and highlights the many projects and accomplishments of SEPRD over



Festivities at the 2018 Daddy Daughter Dance.

File photo

the past calendar year. While we can't print that document in its entirety here I would like to summarize some of what happened in 2018!

Capital projects: The district embarked on several large capital projects. Those included Kennedy Park, the playground and basketball court directly west of the Seaside Youth Center and the Bob Chisholm Community Center Refresh Project in the main hall. Both projects turned out amazing

and are serving our community in an improved fashion.

New special events: The district is always refocusing and honoring our special events. This year we offered a spooky swim, Santa swim and a family Triathlon that were new or improved and all three were a hit!

Senior lunch program: Through partnerships with other government agencies, we served more than 10,900 meals through our meal site program and Meals

on Wheels.

Turkey Trot: We had over 300 participants in our annual Turkey Trot, with runners/walkers braving the elements and starting their Thanksgiving off in a healthy fashion.

Scholarships: Our park and recreation foundation distributed nearly \$22,000 in scholarships to provide greater access to district programs!

Additionally, the district met the following needs in our com-

munity through the following activities:

- 35 children per day in after-school programming
- 39 children per day in summer camp programming
- 22 children per day in a quality-rated preschool
- 964 children throughout the year in swim lessons
- 11,808 fitness class participations

• 30,000 visitors to the Bob Chisholm Community Center

- 3,500 people served through various special events
- 50 vendors each week at the Seaside Farmers Market

Obviously the work of the district is ever-changing so if there is a way that we can meet your recreation needs, please let me know.

To celebrate our 50th birthday the district will be hosting a 50th birthday party on Saturday, June 22. While the event is obviously a few months away, I want to provide a simple preview. We'll be providing a wide array of free programs that day with highlights including an abundance of field activities, a community fitness class and barbecue, themed open swim and many, many other activities. All of these events will be completely free as we demonstrate our gratitude to the community that we love to serve!

I hope you have a great 2019! For copies of our annual report please stop by the Sunset Pool front desk or go to www.sunsetempire.com.

How to develop a learning partnership with your pet

I worry about common dog training categorizations like "positive" or "balanced." Two trainers may say they are positive but may mean and do entirely different things, just as two people may consider themselves balanced but may mean two entirely different things.

Still two others may say they are results-based but mean different things. We all work toward results, though it is unethical, at least by the codes of ethics I know, to guarantee cures and success.

As a worrier, I strive to keep to ideals of non-aversive training and conditioning with my clients. Especially since ultimately, the animal being trained is the one who decides what is aversive, the goal may not always be perfectly achievable.

Nevertheless, that's no reason not to work toward ideals. Some things seem by nature to be aversive and therefore should be avoided:

Force — exerting strength or power upon an animal against its



CANINE CORNER

RAIN JORDAN & DAHLIA

will;

Intimidation — deterring an animal from, or forcing an animal into, some action by inducing fear;

Coercion — dominating or controlling an animal by exploiting anxiety or fear;

Pain — exploiting or creating a distressing sensation in any part of the animal's body, or exploiting or creating mental or emotional suffering;

Fear — exploiting or manipulating an animal's pre-existing fear or creating avoidable fear in an animal

In other words, to force, intimidate, coerce, hurt, or scare an animal would be aversive to most any animal and therefore these are not appropriate tactics for training.

You may be wondering what is left, especially if you grew up,

as I did, in the long, golden age of punishment. What is left is not "bribery" as some folks unfortunately still misunderstand positive reinforcement training to be. A bribe is something of value given or promised in order to corrupt behavior. Now granted, society has corrupted the meaning of the word "bribe" — or misappropriated it — applying it to the parent-child negotiation relationship so that now it is also used to refer to the act of parents getting kids to behave by giving them special treats: Bobby cleans his room then gets an hour on the computer; Sharon cleans the litter box then borrows the car for the afternoon. But guess what? The good news is that this act of paying children to behave well mirrors, in essence, the respected Applied Behavior Analysis approach to helping autistic children and adults as well as all kinds of humans and other animals all over the world.

Doctors, psychologists, sociologists, zoologists, college professors, do not wield shock or prong collars as teaching tools

and expect anyone to heal or learn from them, nor do they yell, scold, squirt, leash pop, or repeat "no, no, no" to those entrusted to them; instead, they teach them with kind, hands-off methods, and they provide them what is reinforcing to them as they learn. These humane teachers do not use aversion on their learners when they don't learn on first attempts; instead, they ask themselves how they can teach more effectively. Teachers become learners, seeking to improve themselves in response to their mistakes, adjusting their methods, then trying their teaching again. In non-aversive dog training, as in Applied Behavior Analysis, the overarching point is not "Do it because I say so." Rather, it is something along the lines of "How can I learn enough about you so that you enjoy learning with me, and therefore progress without suffering, and some day, without me?"

Actions are based on expectations. If you weren't expecting a needed, valued paycheck for doing your job, you would not do

it for long. If your boss shocked you, jerked you by your collar, squirted you, or constantly yelled at you to get you to do your work, you probably would quit; if you couldn't quit, you probably would deeply dislike your boss. Now imagine you had big teeth and claws and no innate connection to human social mores.

Dogs train for food reinforcers because they need and/or value food. If a healthy dog isn't training for food, it's likely you just haven't found the right food. Look for something rare to your dog and super yummy. Each dog decides what is high value food to him/her; if your dog gets excited when you bring it out, begs for it, and tends to respond more readily to your cues when that particular food item is around, that's probably high value food for your dog. Have that, and a non-aversive canine professional, on hand for your dog's sessions.

Rain Jordan, CBCC-KA, KPA CTP, is a certified canine training & behavior professional. Visit her at www.elevatedogtraining.com.

OUT OF MY HEAD

My Favorite Teacher

By BOB DIETSCHKE
Seaside Signal

It has been decades but it's a good bet that his former students still think of him once in a while. It would be hard not to. Kester Svensen was the head of the University of Oregon English Department, one of the two most knowledgeable people on the subject of John Milton, the host of a TV show called "The Poet's Eye," and the author of "Milton and Science," a thoroughly incomprehensible book.

There should have been a sign on the door over his classroom reading: "High Scholarship Inside: Enter at Your Own Risk." Kester had a penetrating stare. I called it "the ray." I felt it the first day of class when he announced, "There are two kinds of students who sit in the back row — the very very good and the very very bad." I was sitting in the back row.

It was all lecture. In rolling cadences of crisp, precise prose, Svensen proved beyond a reasonable doubt why Paradise Lost is the greatest epic poem in the English language. I still remember the day he told us about the Fortunate Fall of Adam and Eve. I sat there

in total silence, spell-bound, waiting for his next revelation, afraid I might cough.

His grading system went like this: an A in almost any other class on campus would get you a C from Kester. If you got an A from him, it was something to write home about — literally. He liked to show off by reciting Shakespeare's sonnets. He had memorized all of them. Once when he missed a line, he stopped, smiled slightly, and said: "You are witnessing the disintegration of a brilliant intellect."

He got a standing ovation on the last day of class. He never even acknowledged it. With one last condescending look at us, he marched down the aisle, out the door, and the applause played on.

Bob Dietschke is a Manzanita resident. He is the author of "Jumptown, the History of Portland Jazz" and "Tatum's Town, the Early Years of Toledo Jazz."



The 2019 perihelion

In hopes of documenting the time-lapse formation of a lenticular cloud over Tillamook Head, photographer Cynthia Malkowski took these raw images using her cell phone on Jan. 9.

"What I saw instead was this breathtaking image of the sun over the mountain, filtered through afternoon cloud layers," she said. "It is enormous in appearance because the earth is at its closet point in its orbit to the sun. This is called the perihelion, which also explains the recent king tide occurrences that we have marveled at over the last few weeks."

Conversely, the 2019 aphelion, or the farthest point in our orbit, will occur on July 3. There will be about 7 percent less solar radiation, so temperatures will probably be cooler than normal.

Seaside's Danielle Keen named to Pacific University dean's list

Danielle Keen of Seaside has been named to the dean's list at Pacific University for the 2018 fall semester. To qualify for the dean's list at Pacific, a student must achieve a term grade-point average 3.70 and complete 12 or more graded hours.



Cynthia Malkowski

Jenny Frank joins Windermere Realty Trust

Windermere Realty Trust welcomed a new real estate broker in the company's Gearhart office.

Jenny Frank is a Cannon Beach native and has managed and sold family owned properties in Cannon Beach, Seaside and Gearhart for the last 18 years.

Frank comes to Windermere from Wyndham Destinations, where she managed the Seaside staff and served her own clients. Her top

honors include president's club inductee; top presenter and highest sales volume representative.

Williams, Westerholm receive honors at EOU

Danielle Williams of Cannon Beach and Whitney Westerholm of Seaside were among Eastern Oregon University's 526 students named to the dean's list for the 2018 fall term.

Qualifying students achieve and maintain a grade

point average of 3.5 or higher on a 4.0 scale while completing a minimum of 12 hours of graded coursework.

Providence introduces new providers

Three new providers have joined the Providence hospital's professional staff: family nurse practitioners Dianna Doyle, FNP, and Debra White, FNP, and family physician with obstetrics, Jiyeon Jeon, M.D.

Doyle is a family nurse practitioner who earned her advanced nursing practice degree from the University of St. Francis College of Nursing in Joliet, Illinois. She brings many years of experience to the North Coast having worked in retail health clinics, skilled nursing, family medicine clinics, hospitals and more. She will see patients at primary care clinics in Cannon Beach, Seaside and Warrenton.

Joining the team at Providence Seaside Clinic is board-certified family physician Jeon. After earning her medical degree from Northwestern University in Chicago, she completed her residency at McGaw Medical Center of Northwestern University.

Jeon is accepting new patients including obstetrics at Providence Seaside Clinic. For more information or to schedule an appointment, call 503-717-7060.