

Library offers plenty to guide you through spring planting

Many people love the idea of a simple life. Get back to a less stressful, more organic lifestyle. Knowing where your food comes from, build things for yourself, or grow plants, raise animals and do it all yourself. This can be very hard or impossible when you live in suburbia or in a small town where you are limited to what you can or can't do by having neighbors in an apartment or no yard at all.

For some, the best ideas use small container gardening or vertical gardening. A new book at the Seaside Public Library right now, called "40 Projects For Building Your Backyard Homestead," by David Toht, actually has some great vertical planter project ideas that will fit any size patio, balcony, or yard. It also goes deep into how to add your own wind and solar power if you really want to go off the grid. Maybe you just want to renovate an existing space.

A fun book on that is "She Sheds: a Room of Your Own," by Erika Kotite. My favorite is the small shed that has a "green roof" a roof with plants in a shallow layer of soil right on the roof that need little care and help the space stay cooler, while reducing storm water runoff. This isn't really a garden, think of it more as a living carpet for your roof. It does need to be maintained and can be professionally installed as well. The Multnomah County Library Central Library Portland actually has a green roof or "eco-roof."

If organic gardening is where you are at, "101 Organic Gardening Hacks" by Shawna Coronado, has some quick and simple ideas about composting. You can use cardboard in your compost to help

BETWEEN THE COVERS

ESTHER MOBERG



add structure to compost while up-cycling or is it down cycling to help the planet.

You can also help the little critters in your garden including hummingbirds. I tried buying nectar for my hummingbird feeder but the hummingbirds were smarter than me and they didn't drink it because it was expired. I didn't know the pre-made mixes have a fairly short shelf life. I'm using the recipe in this book from now on, just simple sugar and water. Another idea I love in this book is bee preservers. Like a little life preserver, floating glass balls with bumps floating in a birdbath will help your bees get the water they need without drowning.

Once you've grown your fabulous garden and have an amazing mini-orchard, it's time to use all of that luscious produce. "Jam Session by Joyce Goldstein shows you how to make amazing preserves and jams with your fruit. Even more yummy is the book "Pie Squared by Cathy Barrow which shows the reader how to make both sweet and savory square pies. All of the ideas can be used with regular pie plates and the pictures alone will leave you craving pie, pie, and more pie. Or maybe a quiche or two as well.

We also have books for people who are living the dream on one or a few acres in the country and want to capitalize on what they have. Tiny farms, mini farms, we

COMING UP

Summer events at the Seaside Public Library, 1131 Broadway:

June 1
Summer Reading sign-ups start.

June 5
Preschool storytime
10 a.m. the letters Y and Z.

June 8
"A Universe of Stories"
11 a.m. Summer Reading kickoff all ages event June 8.
"Sketching Butterflies"

1 p.m., or adults drawing class with Darota Haber-Lehig.

June 11
Teen Tuesday
3:30 p.m. Giant games party.

June 12
Preschool storytime
10 a.m.
Birthdays theme.

June 12
Night of all Knowledge Trivia Tournament

6 p.m., For adults, bring a team or

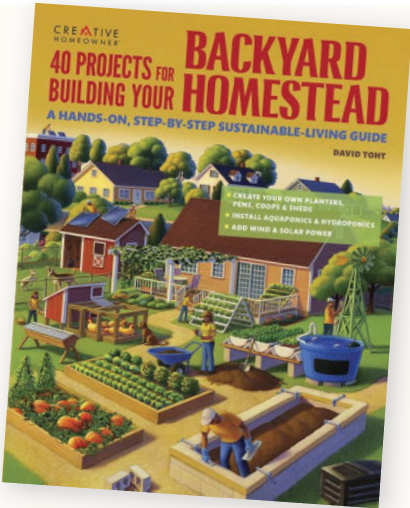
join one, in the library's meeting room.

June 13
For adults:
Listening to the Land: Preserving Pollinators on the North Coast. 6 p.m. in the library's meeting room. Talk on how to help our natural habitat by preserving pollinators. Learn what you can do to help birds, bees, and insects thrive in our coastal regions.

June 18
Teen Tuesday
3 p.m. Out of this world slime.

June 19
Preschool storytime
10 a.m. Summer theme.

June 20
"Tears of Joy"
1:30 p.m. Puppet Theater Puppet



One of the many new guides to home gardening at the Seaside Public Library.

show.

June 25
Teen Tuesday
3 p.m., Horoscope sign art project 3 p.m.

June 26
Preschool storytime
10 a.m. "Bugs bugs bugs" theme.

June 27
"Creature Teachers"
1:30 p.m., live reptiles show for all ages

have lots of great books on how to get started and maximize your space. "The Small Scale Dairy," by Gianacis Caldwell, "The Backyard Homestead," by Gail Damerow, "The Chicken Chick's Guide to Backyard Chickens," by Kathy Shea Mormino, and "My Tiny Home Farm," by Francine Raymond. This one was my personal favorite since I don't have acreage but can use some of the ideas in this book in my urban, center of town, home setting. It's

a good reminder to check out our local community gardens at the railroad park, we have some fantastic gardens there. This book also has some ideas like making your own fruit leather or plant potatoes in a bucket. You really can garden on a miniature scale as long as you have light and water!

For those who hunt, we also have "The Wild Game Smoker and Grill Cookbook." Recipes and instructions for grilling or smoking all kinds of wild game. For

the artisanal person, we also have "Home Cheese Making" recipes for 100 favorite cheeses.

If all else fails and none of these ideas work for you, there is always the fall back book "Hand-made Houseplants". To quote the cover of the book, "remarkable realistic plants you can make with paper." Nothing to tend, nothing to grow, just create and enjoy.

All of these books are currently available in the new book section of the Seaside Public Library.

When behavioral psychology plays a role in training your pet

In the dog world, the term "socialization" refers to what professionals believe puppies need by about three months of age to support their future chances for emotional and behavioral stability. But terms are constructs, open to misinterpretation and misapplication — to human error.

A common misconception regarding canine socialization is that older dogs can be socialized via the same methods puppies can, and this misconception causes well-intended owners of dogs with social challenges to seek solutions in group settings, whether the setting be a group class, a dog park, a local dog-friendly store, or even the owner's own multidog household.

Attempts to socialize adult dogs by sudden immersion in the experiences that their owners or handlers feel they must "get used to" is not socializing, but high-risk flooding. Flooding is the generally frowned-upon practice of over-exposure of the dog to the source of her/his anxiety against the dog's will and/or with no option to leave.

Although flooding comes originally from the field of behavioral

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DOGS' PLAY DOES SOMETIMES LOOK LIKE FIGHTING, IN THAT THEY MAY SNAP, NIP, EVEN APPEAR TO BITE.

psychology, its use with dogs can be very harmful and tends to exacerbate their challenges, not solve them, which is one of the reasons animal behavior professionals find it objectionable.

It makes no sense to take a dog that is anxious around other dogs into a classroom, park, or store full of dogs; doing so will only cause more anxiety and give the dog more practice in the undesired behavior.

"Flooding" the dog with the triggers of the dog's anxiety does not help alleviate that challenge any more than my dumping a box full of spiders on someone afraid of spiders would cure that fear, or having you stand tethered in a room full of snakes for an hour if you hate snakes will cure that hatred.

The proper course of action is a progressive behavior modification and training program that works at the dog's own pace, ensuring the dog feels safe by maintaining a non-triggering distance from the source of anxiety, while changing the dog's negative associations to positive associations via a series of small, positively reinforcing steps over time.

Is it play or is it bullying?
It is both wonderful and sometimes frustrating that there is always something new to learn. Those who have social dogs may come to realize that play time isn't exactly what we thought. Is one of our dogs, or one of our friends' dogs, bullying another dog during play? Or do we have the doggy play haven we presumed?

For most people and their dogs,

play will remain mostly fun and only a little extra effort. First, we learn to recognize some key signs of mutual play. Dogs who are enjoying their play together tend to show the following characteristics:

- Role reversals — taking turns being chased, "winning" and "losing," and being on the bottom.
- Imprecision — being floppy, wiggly, and bouncy are common.
- Clear signals and responses to signals, e.g., dog 1 rolls over to expose belly; dog 2 gives dog 1 space.
- Self-inhibiting, self-moderating, including breaks — resulting in relatively low levels of arousal, avoids being worn out to the point of dangerously exhausted.
- Participating in play willingly, including return to the play on their own after owner removal.
- Bullying (No, it's not just for people and social media!).

Dogs' play does sometimes look like fighting, in that they may snap, nip, even appear to bite. Their mouths are often open, they may growl a bit. They play-fight, they chase, they fall — purposely, most of the time — and climb on each

other. For some dogs, even mounting and humping are part of play. Here, however, are some indicators that one or more dogs may be crossing a line into bullydom:

- Fast, precise, predation-style chasing. Chasing to over-exhaustion, e.g., collapse.
- Not letting a playmate get away.
- Ganging up on a playmate.
- Ignoring back-off signals from another dog who, e.g., is on the bottom or being chased.
- Long chases or other interactions without breaks.

If you're worried about your dog playing with a suspected bully, test your dog's interest by recalling your dog away from the play, rewarding, then releasing to see if your dog chooses to go back to play.

The good news is, there are positive behavior modification and training solutions for play bullies! Contact your certified behavior consultant-trainer for assistance.

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

HAPPENINGS IN BRIEF

Lunch in the Loft: 'The Scent Keeper'

Beach Books welcomes author Erica Bauermeister for the June Lunch in the Loft on Wednesday, June 19.

She will be discussing her fourth novel, "The Scent Keeper," a moving and evocative coming-of-age novel about childhood stories, families lost and found and how a fragrance conjures memories capable of shaping the course of our lives.

The cost of the lunch is \$35, including catered lunch by Dough Dough Bakery and signed copy of "The Scent Keeper." Lunch alone is \$10. Beach Books is located at 616 Broadway. RSVP to 503-738-3500.

Gearhart Color Dash

The Third Annual Coast Color Dash 3K and 5K takes

place Saturday, June 1, at Gearhart Park. Check starts at 8 a.m.; the race will be run at 9.

The Coast Color Dash features a one-mile and a 5K route so runners and walkers of all abilities can join in the fun and get a splash of color along the way. After the race, enjoy the color party and a free pancake breakfast.

This event is hosted jointly by Gearhart and The Heights Elementary School PTO groups. Proceeds from the race will be used for school assemblies, field trips, teacher grants and school enrichment activities.

'Ode to the Tides'

The Wetlands Conservancy has partnered with the Clatsop County Cultural Coalition, Oregon Sea Grant and Institute for Natural Resources to host the

"Ode to Tides" art exhibit and sale.

The exhibit opens on June 1 at Fairweather House and Gallery, 612 Broadway Street and The Art-in-Loft Gallery at Beach Books 616 Broadway Street.

Get Muddy at Wolf Bay with NCLC

Yellow flag iris is a lovely and notoriously invasive exotic plant. It spreads fast, clogging wetlands and choking out native plants.

Join North Coast Land Conservancy for a volunteer stewardship day at Wolf Bay Habitat Reserve near

Svensen on Saturday, June 8, from 10 a.m. to 2 p.m. and help free this lower Columbia River marsh of iris.

Wear rubber boots and gloves; NCLC will provide the needed tools. Bring your own drinking water and lunch. There are no toilets or potable water on site. Dogs are not allowed on this or other NCLC properties.

If you'd like to help, contact NCLC Stewardship Director Melissa Reich at 503-738-9126, melissar@nclctrust.org, for details and directions. This stewardship day is a partnership with North Coast Watershed Association and Tongue Point Job Corps.



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