

The myth of the tired dog

Hang around enough dog people and you will hear, “A tired dog is a good dog.” Hang around a few positive reinforcement profes-

CANINE CORNER

RAIN JORDAN & DAHLIA



sionals long enough, and you'll start to count the ways it isn't true.

For example, a dog tired out from being exercised is soon going to be hungry, and sometimes hungry dogs forget their manners. A tired dog might also become cranky or frustrated, depending on what made him tired, or maybe the tired dog will simply be exhausted and sleep the rest of the day. But frustration isn't generally associated with better behavior, and sleeping after exercise doesn't create good behavior; it puts behavior on hold. In the last case, then, a tired dog is simply a dog on pause. When she wakes up, behavior begins again exactly where it left off before the dog was tired.

Sometimes we may think a dog is tired or lacking energy when the dog just lies there—not sleeping, but not wanting to do much either. Is this an exhausted dog, an unhappy dog, an ill dog, an injured dog? All are possible, and one should consult one's vet for concerns of potential illness or injury. I am not a veterinarian nor do I offer any sort of medical advice.

Working with a wide variety of dog types and ages, though, I sometimes see what may well be another consequence of the “Tired Dog” myth: Young adult dogs with limb or joint pain — judged by resistance or reactivity to touch or handling of the area. It is not commonly known among dog owners that puppies should only be carefully, lightly exercised until their growth plates have closed; as a result, many people and their puppies go joyously out into the wild blue, romping hard and far as their legs will take them, on whatever surfaces are available. Some add directed exercise such as having the pup be a jogging partner



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or begin agility training. This exercise, done before puppies' growth plates are closed, can cause notable physical damage to the pup.

Growth plate closure rate differs from breed to breed, size and age. Ask your vet to get a best estimate for your dog, but understand that being sure would require medical imaging. One might also opt to play it safe by waiting longer than best estimates.

I've seen the sweetest of young adult dogs suddenly snark at a beloved person for what would seem like no reason, when touched in a growth plate area. How sad if this were misinterpreted as aggression—idiopathic or otherwise—merely because the sweet dog and his loving owner didn't realize that too much frolic as a puppy could cause lasting harm. Given that some folks will euthanize a dog simply for “touching teeth to human skin”—a policy with which I disagree for reasons including the one just mentioned, yet a policy that is carried out frequently—it is important to advocate for our dogs from day one. Sometimes that may mean playing on a soft carpet with toys rather than running around outside on pavement, rather than jumping in and out of cars or on and off of furniture.

If tiring a dog is not the secret to

a having a good dog, then what is? There's a long answer and a short answer. For the long answer, consult a CBCC or other certified R+ trainer. But here's the short answer: A dog whose needs are met becomes a good dog.

I created the Hierarchy of Canine Well-Being, a simplified version of which is shown below. Please view the full version, which details each level, here: www.expertcanine.com/hierarchy-of-canine-well-being. It is inspired by psychologist Abraham Maslow's Hierarchy of Needs. Just as the human animal has a variety of needs, so does the canine animal.

If you are wondering whether tiring out a dog in order to get a dog to 'be good' might be contrary to well-being, Brava. While exercise is a health (survival) need, compelling exercise to exhaust an animal in order to control behavior is likely skipping one or more of the other needs as well as a potential threat to health (survival).

I'll discuss details and caveats to each of the need levels in future articles. Drop me a note if you have questions in the interim.

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



Seaside Fire Chief Joey Daniels, volunteer Dalton Smith, Jeremy Mills and Div. Chief Chris Dugan.

Program benefits local firefighters

By JEREMY MILLS
For Seaside Signal

Sometimes in life those around us inspire us to do better, to do more to help the community we live in.

Earlier this year Dalton Smith was inspirational to me, his drive and dedication to fundraising for our local volunteer fire department was hard work but he stepped up to the plate. After seeing his motivation take shape, I felt called to do the same. After looking at what Dalton was able to accomplish I thought what can I do to make our city better and how can State Farm and I get involved. That's when I found the Quotes for Good Program from State Farm. This wonderful program allows Misty and me to increase our ability to do more and to give more to our local projects.

Here is how Quotes for Good works. Every time a new household calls in for a quote and mentions Quotes for Good we will personally donate \$5 to a different nonprofit each month and State Farm will match 50%. This is huge for us because it helps us to make a bigger impact. There are no purchase requirements for us to give, only that the quotes be for someone new to

State Farm and they have to mention the Quotes for Good Program.

In this same desire to help, I've also decided to make this interactive for our community. The second week of each month we will start a Facebook Poll for the next month's recipient. Some of the projects near and dear to my heart are the Lunch Buddies Mentorship Program, the Seaside Heights Elementary Book Nook, Sunset Park and Rec Scholarship Program and any others that our community would like to see benefit. In the Poll we will leave a space for write-ins and really hope to see all of Clatsop participate. The only requirement I have is that the nonprofit or project must use any donation given to benefit our local community directly.

We will continue giving thru the Quotes for Good program for as long as we have community involvement as well as our normal dedication to our local kids. My hope is that we are able to donate anywhere between \$500 to \$1000 a month ourselves and then bring in the extras from State Farm. I hope this opportunity will truly help each recipient better serve their needs. So please go to Facebook and like our page then check in each month and vote for who we can bless next!



TOP Samantha Carlisle with Kitora, Max Padgett with Jewell, Jossy Adams with Bindi and Michael Salmi with Rosebud. BELOW LEFT Max Padgett and Jewell. BELOW RIGHT Michael Salmi with Rosebud.

'Paws in Action' 4-H Dog Club

Seaside Signal

Four members of the Paws n' Action 4-H dog club participated in a “B” match dog show in Aurora, at a May event put on by the Rose City Labrador Retriever Club.

They participated in Junior Showman-

ship, Obedience, and Rally Obedience. Jossy Adams with Bindi took Best Junior Showman and scored a perfect 100 in the off-lead Advanced Rally course.

Samantha Carlisle with Kitora and Max Padgett with Jewell had qualifying

runs in both of their obedience classes.

Michael Salmi with Rosebud won a qualifying ribbon in his obedience class. The kids and dogs performed well, learned a lot, and enjoyed the experience.

Community Service Day benefits Kiwanilong

Seaside Signal

Local real estate brokers from the North Coast put their own spin on Windermere Real Estate's 35th annual Community Service Day by volunteering at Camp Kiwanilong on Wednesday, May 22.

Each year, Windermere Real Estate brokers, managers, owners and staff from 300 offices across the Western United States gather

together to devote their workday to making positive changes in the neighborhoods they serve.

Brokers from Windermere Realty Trust's Cannon Beach and Gearhart offices volunteered for Camp Kiwanilong in Warrenton. Brokers spent the day placing new mattresses in all of the camp's cabins. In the past, youth campers would need to bring their own bedrolls to the lodge.

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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 show.

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

OFF THE SHELVES WEEKLY LIBRARY CALENDAR

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

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