

Coming off the sidelines to discover joys of officiating



SKY BOX
SKYLER
ARCHIBALD

My entire life has featured a strong connection to sports. As a youngster, my time was typically spent shuttling to or at football, soccer, basketball, baseball or track practice or to one of my siblings’ practices or contests.

I’m proud to have been a three-sport athlete at Seaside High School although my golf career featured more bogeys and double bogeys than pars and birdies.

After high school I knew that I wanted to pursue a career around sports and while that career path took a while to flush out, I did find one opportunity early on that filled my passion bucket and was rewarding.

I’ve been a sports official for about 12 years, working baseball, softball, football and basketball but in recent years focusing on the latter two of those sports. I began by working intramural sports, youth sports, adult recreation and then shifted to high school and collegiate contests.

My passion for officiating can be explained in the following reasons. First, officiating gives me an opportunity to stay connected and benefit the sports that I loved to play.

Athletic contests need officials



Skyler Archibald officiates a college basketball game.

George Fox University

just as bad as they need teams and facilities and without the women and men in the striped shirts, the games cannot go on.

Second, officiating fulfills a competitive desire that I have to continually improve. I do strive for perfection, as does nearly every official that I’ve ever met, each game.

While that isn’t often obtained, I challenge myself to be better, work harder and learn more so that I can get the plays right and do right by the game.

Lastly, officiating is an amazing and fun part of my life. While

it ranks below many other responsibilities—namely family and my job—I truly enjoy the feeling of working a great game with friends.

But herein lies the great problem. Officiating, or rather officials, are a dying industry. Oregon is more than 1,000 officials short, according to the Oregon Athletic Officials Association and has featured declines of at least 3% to 5% over the past few years.

Our local area features some great officials that are dedicated to the craft, but their ranks are thinning with each year and season.

The results are tricky at best and perilous at worst. Officials may be asked to work multiple games in a day, which could leave them mentally and physically fatigued. In other areas of the state and across the country, lower level athletic contests are being canceled because of the shortage of officials.

What’s perhaps the worst part about this discussion is the consideration of what keeps people from becoming officials and what drives them away. More than three-fourths of all officials don’t make it to the third year of their

officiating career.

Research (conducted by the National Association of Sports Officials) indicates that the number one reason why officials quite is due to adult behavior. You don’t have to look hard to find harrowing tales of abuse and harassment from fans and parents and that occurs from the stands but can unfortunately extend to the parking lot or wherever.

Low pay demands on time and travel and physical challenges can also impact the shortage of officials.

Now I’m not saying that all officials are perfect, and I know that I certainly am not. Whereas professional referees are graded out each game and typically get more than 95% of their calls correctly, a local high school or college game might be less than that. But we are trying and, in most cases,, giving tremendous effort to do our absolute best to get each call right and allow the athletes to have the best possible experience.

My wish for you this Holiday season, is that the next time you go to a Seaside High School game, youth contest, or watch your favorite football team, you give the referees a little bit of latitude as they work their game. My wish is that you find time to say those two little words that can mean so much to an official: thank you.

If you can’t manage to do that, come on out and give officiating a try. If it’s so easy, you should be able to pick it up in no time!

Change your dog’s negative behavior with positive reinforcement

A new year calls for new efforts. In an effort to be more effective in helping dogs and their humans, today I’m going to be direct: It is the failure of people to align their expectations with reality that results in some very unfortunate dogs being hurt by shock, choke, or prong collars and myriad “corrections.”



CANINE CORNER
RAIN JORDAN
& DAHLIA

You already know from a previous article that aversives and “corrective” training methods are scientifically shown to increase behavior problems. Yet these torture devices and inhumane methods continue. For 2020, let’s make it a goal to reduce harm and increase happiness. By aligning our sometimes-unreasonable expectations with reality, we can do this.

Scenario: Your dog pulls you off your feet while walking. Perhaps he’s afraid of strangers and therefore aarks and lunges to attempt to scare the discomforting stranger away. Adding more discomforting stimuli such as corrections would add to your dog’s feelings of fear, and create an association between corrections and scary strangers, thereby increasing the likelihood he’ll pull you off your feet again, accidentally, out of fear. What to do instead:

1. Change your dog’s negative associations with strangers to positive associations via counterconditioning, taught to you by an anti-aversives, certified canine behavior consultant.
2. Train your dog in loose leash walking using positive reinforcement. Train specific emergency response cues as well. You might also ask yourself whether it’s realistic to expect a dog to never bark or lunge while on leash, especially given the existence of squirrels. You might choose to avoid certain squirrel play areas.

Scenario: Your dog claws,

bites, and chews at her crate (or your door) whether you’re away at work or home. Perhaps she wasn’t humanely crate trained at a pace pleasant for her, or at all — perhaps she was simply shut in there and expected to accept the situation without concern. Being locked in the crate against her will results in negative associations being formed with the crate.

Or maybe she has separation anxiety, or confinement anxiety; if so, crating her will worsen that anxiety, and your dog might someday injure herself trying to escape. “Correcting” the dog for these behaviors would add to her distress and increase her anxiety, and would create an association between the crate and the unpleasant correction, making her discomfort with crates worse.

What to do instead

1. Use shaping to positively reinforce her entering her crate on her own volition, slowly working up to remaining there, happily, as a result of the crate being associated with only positive things. Increase

the duration slowly, at the dog’s own pace, continuing the positive reinforcement method.

2. Get help from a certified canine behavior consultant or CSAT to slowly heal separation anxiety. For confinement anxiety, a larger ex-penned-off but open area of the home, or the strategic, careful use of a baby gate around safe open spaces in the home, might be better. Whatever the cause, expecting a dog who is distressed by being left alone or crated to not try to escape just isn’t reasonable. Anyone who has claustrophobia knows being locked in a closet would result in panic and probably frantic attempts to escape.

Dogs often show their objections to situations by “fidget”—one of the four Fs of Fight, Flight, Freeze, or Fidget. Fidgets might include sniffing around, scratching oneself, lip licking, yawning, shaking off, along with other classic distress signals. If we don’t recognize their fidgets as objections and insist on pressing forth with our own objectives, they may freeze in place.

If we still do not recognize, or if we ignore, this signal and continue on our mission — e.g., to corner a dog in order to leash or examine — the typical dog who has no means of escape will naturally feel threatened by us, and therefore may feel there is no choice but to “fight” in order to self-defend. In this way, many dog bites are caused by ourselves and our ill-conceived expectations. When our dogs are placed in uncomfortable situations they aren’t able to resolve by objecting or leaving, they may feel their survival is at risk.

If you feel your life is being threatened, you respond accordingly. Dogs are no different. Give yourself and your dogs the happiest possible new year by aligning your expectations with their reality. Your dogs will feel safer and therefore be safer, and so will you. To learn more about helping your dog feel safe, visit The Fearful Dogs Project; www.FearfulDogsProject.org.

Rain Jordan is a certified canine behavior consultant and certified professional dog trainer. Visit her at www.ExpertCanine.com

Community Calendar

Friday, Jan. 17

DNA test kits
1 p.m., Clatsop County Genealogical Society, speaker Karen Martin; Seaside Library, 1131 Broadway.

Wes Wahrmond
6-9 p.m., The Bistro, guitar, 263 N. Hemlock, Cannon Beach; 503-436-2661.

Saturday, Jan. 18

Learn to Play Ukulele
9:45 a.m., for beginners, conference room, Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Surfrider Beach Cleanup
11 a.m., join Newport Chapter of Surfrider Foundation for their first beach cleanup of the year. Volunteers will meet in the parking lot at Agate Beach State Recreation Site next to the Best Western Hotel in Newport; <https://newport.surfrider.org>.

Confidence building
1 p.m., with certified life coach Jenn Visser; free, community room, Seaside Library, 1131 Broadway.

Manzanita Writers’ Series
4 p.m., series presents author Leigh Camacho Rourks; \$7 admission; Hoffman Center for the Arts; 594 Laneda Ave., Manzanita.

Maggie & the Katz
6:30 p.m., Sweet Basil’s Café, 271 Hemlock St., Cannon Beach, 503-436-1539, www.cafesweetbasils.com, no cover, 21+. Maggie & the Katz play blues, soul and rhythm-n-blues.

Erik John Kaiser
8 p.m., live music, Public Coast

Brewing Co., 264 E. Third St, Cannon Beach; 503-436-0285.

Sunday, Jan. 19

In Their Footsteps
1 p.m., Free speaker series event. “What Did Lewis & Clark Eat?” by Jennifer Burns Bright, Lewis and Clark National Historical Park, Fort Clatsop; 503-861-2471, or check out www.nps.gov/lewi.

Fisher Poets
2 p.m., original poetry and tunes inspired by life on the North Coast, featuring Jon Broderick; Dave Densmore; Geno Leech, Rob Seitz and Jay Speakman; Cannon Beach Library, 131 N. Hemlock.

Free Sunday Supper
Doors open 3 p.m.; dinner at 4, all welcome; Our Lady of Victory Church, 120 Oceanway, Seaside.

Maggie & the Katz
5:30 p.m., The Bistro, 263 N. Hemlock St., Cannon Beach, 503-436-2661. Maggie & the Katz play world-class blues music, Creole, jazz, funk and rhythm-n-blues and soul.

Max Strozzi
7-10 p.m., music, Seaside Brewing Co., 851 Broadway.

Monday, Jan 20

Coffee, crafts and conversation
10 a.m., senior group, Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Jam Session
6:30-8:30 p.m., featuring local musicians, Cannon Beach American Legion, 1216 N. Hemlock.

Tuesday, Jan. 21

Miniboat Summit
10:30 a.m., presentation, followed by an opportunity to view the Columbia River Bar Pilots and U.S. Coast Guard boats from dock; Columbia River Maritime Museum, 1792 Marine Dr., Astoria.

Wednesday, Jan. 22

Good Morning Seaside
8 a.m., Weekly coffee and networking; Seaside Chamber of Commerce; contact for details, www.seasidechamber.com.

Sou’wester Garden Club
10 a.m., Trees By Austin, Bob Chisholm Community Center, Seaside.

Thistle and Rose
5-7:30 p.m., folk/Americana; The Bistro, 263 N. Hemlock, Cannon Beach; 503-436-2661.

Awana Youth Group
6-8 p.m., age 3 to sixth-graders, North Coast Family Fellowship, 2245 N. Wahanna, Seaside; 503-738-7453.

Thursday, Jan. 23

Rotary of Seaside
Noon, lunch meeting with featured speakers; Shilo Ballroom, 30 N. Prom.

Seaside Kiwanis Club
Noon, lunch meeting, Pig ‘N Pancake, 323 Broadway, Seaside.

Music Story Slam
6-8 p.m., hosted by Pacific Story Slam; Maggie’s On The Prom, 580 S. Beach Drive.



Meet the North Coast’s general surgery team!

Eric Friedman, M.D.
GENERAL SURGERY

Eric Friedman, M.D., is a board-certified general surgeon. He received his medical degree from the University of Pittsburgh School of Medicine. He completed his residency at Oregon Health and Science University School of Medicine. Dr. Friedman was born and raised in Philadelphia and in his free time enjoys hiking and traveling.

Manfred P. Ritter, M.D.
GENERAL SURGERY

Manfred P. Ritter, M.D., received his medical degree from Ludwig-Maximilian-University of Munich, in Germany. He completed his internship and residency at the Keck School of Medicine of the University of Southern California in Los Angeles. He also completed a fellowship in esophageal/gastric surgery and colorectal surgery at the same school. Dr. Ritter is board certified and is a fellow of the American College of Surgeons.

For more information or to schedule an appointment with either provider, please call 503-717-7060.

Providence Seaside Clinic
725 South Wahanna Road, Suite 220
Seaside, OR 97138
(503) 717-7060

