

I believe in Bigfoot—do you?

I believe in Bigfoot, aka Sasquatch. There it is, it's out there.

Of course you already know that if you have ever visited my office here at the Bob Chisholm Community Center, I collect anything related to our giant hairy counterparts. I became interested in the legendary beast after watching a TV docudrama in the mid 1970s called "The Legend of Boggy Creek." It gave me nightmares for quite a while afterward, but it fueled my lifelong interest.

I had the opportunity to attend Squatch Fest 2020 a couple of weekends ago at the Cowlitz County Event Center in Longview. Like any good dad would, I called my youngest son to let him know that he was going with me and I had already bought his ticket for the event. I picked him up that Saturday morning and off we went.

We arrived at just about opening time and got in queue in the entry line with the other Squatch enthusiasts who had arrived before us. We spent some time looking over the vendor booths and their offerings. From T-shirts to beanies and every manner of Bigfoot related paraphernalia in between was represented. I couldn't leave without something, of course, so a new T-shirt has become part of my permanent collection.

The guest speakers included Derek Randles and Shane Corson with The Olym-

'THE BOB'
DARREN GOOCH



pic Project, Cliff Barackman from Animal Planet's show Finding Bigfoot, and Dr. Jeff Meldrum, an Anatomy and Anthropology Professor from Idaho State University. I had the opportunity to spend some time chatting with Dr. Meldrum, sharing some of my theories and gleaned some of his insight into the mystery.

By now I am sure that the burning question is this: "Have you ever seen Bigfoot?" No, I have not seen Bigfoot. I have been an outdoorsman all of my life, spending untold hours in the woods and for all of that time I have never seen even a track from the elusive creature.

While on a central Oregon hunting trip one year I experienced what I was later able to identify as a male grouse drumming, a sound that resonated so loud I could feel it in my chest.

A fall elk hunt in the timber above Seaside left my daughter and I scratching our heads after we experienced a deep, guttural growl from something just inside the

tree line as we were making our way along an overgrown game trail. I attribute the sound to a cougar, but I never did get a glimpse of whatever it was that made the growling noise.

I am sure it leads you to wonder how I could believe in something I have never seen. The answer is a simple one, I feel that enough credible people have seen something that lays beyond explanation, and that they are similar enough in the details to be more than just a mythical phenomenon.

If you are ever interested, I have posted a few interesting articles on my office door. One noteworthy article comes from page 14 of the Seaside Signal dated Aug. 21, 2008. It's part of the "Yesteryear" section and was a report from August 22, 1908 where a group of local men set out to hunt for the "Phantom of Tillamook Head." It's an interesting bit of history from our own area.

Yes, I believe in Bigfoot and I may never



The author saw this sweater at the Sasquatch Fest. Guess what is topping his 2020 Christmas list?

find him or her, but it sure is a good excuse to get out and enjoy nature!

♦ ♦ ♦
Every month, *The BOB* will bring you information on current events and items of interest here at the center. See you next month!

How collars increase injury risk, and alternatives that work

Anytime a dog is walked by leash attached to a collar, there is a risk of physical damage, not to mention emotional and behavioral.

Even for dogs who do not tend to "pull" or owners who do not "jerk" the leash or collar, things can and do go wrong. For example, a person or a dog might panic over some unexpected stimulus and react before thinking.

Here are some good reasons to forego the collar and use a well-fitted walking harness, such as a spook harness, instead:

Injuries related to neck stress caused by tightening or sudden action to the collar can include whiplash, crushed or damaged trachea, larynx damage, and broken vertebrae.

Neck and spinal cord injuries may result in paralysis or neurological disorders.

Tightening of a collar can

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restrict lymphatic and blood flow to and from the head.

Tightening of a collar can increase intraocular pressure.

Eye prolapse, which is the eye slipping out of its place in the eye socket can be more or less severe. Some dogs will pull so much against a leash that their eyes begin to bulge out of the sockets; I myself had received phone calls about this from people seeking help for their dogs. Eye prolapse may result in vision loss and necessitates a veterinary visit. Per the Merck Manual, on severe eye prolapse, the eye should be "put back in place surgically" and the

eyeball can usually be saved, but recovery of sight isn't guaranteed. Rather, vision returns in about half of dogs.

Other risks include hypothyroidism and front limb nerve damage. Furthermore, collars are all too often slipped.

The above risks are present with all collars, flat and tightening, including martingales, which people tend to mistakenly believe are unslippable.

If you're wondering about how to ensure identification in case of dog loss, thank you! I prefer a simple cotton or nylon click-in closure collar with my phone number stitched on it, and tags attached. Never attach a leash to an identification collar. You also will need to microchip your dog in case the collar is lost, but the easily accessible, instant identification provided by a non-leashing collar is an extra protection that

means any member of the public can call you to retrieve your lost dog rather than taking the dog to a shelter for chip scan and stray dog hold, which would be upsetting for most pet dogs.

Some people don't like to collar their dogs at all, due to risks of injury during play. In that case, you might create your own stretchable collar of a wide elastic band and Velcro closure, and write your phone number on it with indelible ink. This is inexpensive and it's easy to make multiples. Supervise dogs playing in case one of them attempts to eat a torn off elastic collar. One of my dogs loved to pull off his playmate's elastic collar and prance around the yard with his stolen prize.

There are a few harnesses that, especially if not constructed or fitted properly, may tend to ride up and put pressure on a dog's throat. Obviously, you'll want to forego

those as well. Look also for a harness that does not lie on or put pressure on the shoulder and that does not loosen depending on the dog's position, or otherwise pose a risk of slipping out. I prefer a spook harness, which has a third band around the waist, just at the bottom of the rib cage. This band is not for control or direction of the dog. It simply makes backing out of the harness very unlikely if not impossible. These can now be found online in specialty shops or can be custom ordered for your dog.

If you'd like more information on spook harnesses, or source citations for collar risks, just drop me a note. Happy leash-to-harness walking!

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

Community Calendar

Friday, Feb. 7

Dance Fitness

6:30-7:30 a.m., dance workout using primarily Latin rhythms, hip-hop and other energetic music to create a party-like atmosphere, Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Wes Wahrmond

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

Richard T. and Friends

6:30-9:30 p.m., New Orleans gumbo of soul, blues and R&B; Sweet Basil, 271 N. Hemlock.

Smoked Salmon

6-8 p.m., tunes ranging from pop to blues to jazz, Seasons Deli, 255 N. Hemlock, Cannon Beach.

Saturday, Feb. 8

Dance Fitness

8:30-9:30 a.m., dance workout using primarily Latin rhythms, hip-hop and other energetic music to create a party-like atmosphere, Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Learn to Play Ukulele

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

Maker-Space Day

Noon-3 p.m., Seaside Public Library, 1131 Broadway.

Black in Oregon 1840-1870

3 p.m., featuring Layne Sawyer, reference manager of the Oregon State Archives, sponsored by the Nehalem Valley Historical Society; 225 Laneda Ave, Manzanita.

Wes Wahrmond

6-9 p.m., classical guitar, classical guitar, jazz and original tunes, The Bistro, 271 N. Hemlock, Cannon Beach.

Bill and Gary

6:30-9:30 p.m., mix of Americana and folk; Sweet Basil, 271 N. Hemlock.

Britnee Kellogg

7-9 p.m., originals and covers with country flair, Public Coast Brewing Co., 264 E. Third St, Cannon Beach; 503-436-0285.



"Rising Star" classical pianist Baron Fenwick will perform Haydn, Rachmaninov, Chopin, and Prokofiev, on Friday, Feb. 21, at 7 p.m., at Cannon Beach Community Church, located at 132 E. Washington St. in downtown Cannon Beach.

Sunday, Feb. 9

Buffet Breakfast

8:30-11 a.m., waffles, omelets and more; American Legion, 1315 Broadway, Seaside.

Free Sunday Supper

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

Richard T. and Friends

5-8:30 p.m., New Orleans gumbo of soul, blues and R&B; The Bistro, 263 N. Hemlock.

Seaside Museum and Historical Society

5:30 p.m., board meeting, Helen Gaston Building, 570 Necanicum Dr.

Muddy Souls

7:30-9:30 p.m., live music, Seaside Brewing Co., 851 Broadway.

Monday, Feb. 10

Coffee, crafts and conversation

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

Pinochle

1 p.m., 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, Feb. 11

Advanced QuickBooks Desktop

8:30-10:30 a.m., Clatsop Community College South County, Room 2; <https://bizcenter.org/centers/clatsop-sbdc/our-classes>; email sbdc@clatsopcc.edu; 503-338-2402.

TOPS

9:15 a.m., Take Off Pounds Sensibly focuses on healthy lifestyle changes for weight loss, meets weekly, North Coast Family Fellowship, 2245 N Wahanna Road, Seaside; ncffchurch.org or 503-738-7453.

Teen Tuesday

3:30 p.m., Lego day, Seaside Library, 1131 Broadway.

Thistle & Rose

5-7 p.m., folk, Americana and original tunes, The Bistro, 263 N. Hemlock, Cannon Beach.

Taco Tuesday

5-7:30 p.m., American Legion Post 99, 1315 Broadway Street, Seaside.

Wednesday, Feb. 12

Good Morning Seaside

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

Thistle & Rose

5-7 p.m., folk, Americana and original tunes, The Bistro, 263 N. Hemlock, Cannon Beach.

Adult Trivia Night

6 p.m., Seaside Public Library, 1131 Broadway.

Tae Kwon Do

6-7 p.m., ages 8 to adult; Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Awana Youth Group

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

Orcas of the Oregon Coast

7 p.m., presented by Haystack Rock Awareness Program, featuring Colleen Weiler; Cannon Beach Library, 131 N. Hemlock.

Open gym basketball

7:45-9:30 p.m., pick-up games, \$3 drop-in; Broadway Middle School Gym, 1120 Broadway, Seaside.

Thursday, Feb. 13

SDDA Breakfast

8:30 a.m., Pig 'N Pancake, weekly speakers, discussions and a no-host breakfast; 323 Broadway, Seaside, 503-717-1914, www.seasidedowntown.com.

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.

Sugar Thistles

5:30-7:30 p.m., blend of voices and original tunes, The Bistro, 263 N. Hemlock, Cannon Beach.

Celebrate Recovery

6-8 p.m., Faith-based 12 step recovery from hurts, habits and hang-ups, North Coast Family Fellowship, 503-738-7453.

'Love' Story Slam

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

Beaver Dam Analogues

7 p.m., Lower Nehalem Watershed Council speaker series, featuring Steve Trask; Pine Grove Community House, 225 Laneda Ave., Manzanita.

Floating Glass Balls

7-9 p.m., folk, Americana and beachgrass; Bill's Tavern, 188 N. Hemlock, Cannon Beach.

HAPPENINGS IN BRIEF

Night of trivia at Seaside Library

The Seaside Public Library hosts its monthly Team Trivia Tournament at 6 p.m. Wednesday, Feb. 12. Teams can have up to six people.

For more information on this event call 503-738-6742 or visit www.seasidelibrary.org.

Get tourism grant applications now

Seaside is now accepting tourism grant applications for the 2020-2021 fiscal cycle.

Up to \$50,000 in grant funds are expected to be available. Those with a project or event promoting overnight stays in Seaside between July 1, 2020 and Dec. 31, 2021 are encouraged to apply.

The application deadline is May 8, 2020.

Morse named to director position

Robert Morse, D.O., F.A.C.C., has accepted the position of specialty medical director for Providence Seaside Hospital and clinics.

Morse will continue to see patients for their cardiovascular needs at Providence



Robert Morse

Heart Clinics in Seaside and Astoria, as well as the newly opened cardiology clinic at Ocean Beach Hospital in Ilwaco, Washington.

He will also continue to service in his roles as president of the medical executive committee and medical director of respiratory therapy and the anti-coagulation clinic.

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