

Three tips for keeping your dog cool, calm and in control

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A friend of mine once was awakened at 3 a.m. by an explosion in her bedroom.

Two of her five dogs were lip-locked, and not in a good way. One was latched onto the other's face and would not let go. When her husband started yelling, it didn't end the fight; it led to the others joining in.

The biggest shock wasn't the fight itself, though certainly it must have been a surprising way to be hustled out of bed. The real surprise was that the dog implanted into the face of the other was the gentlest dog of their crew. It seemed their little lovebug had morphed into munitions.

Landmines work by being armed, trip-wired, and buried just beneath a surface, where they then lie silently in wait. The inner workings of dogs are not that simple, but a sufficiently set animal can be triggered to blow.

Sometimes it may be the result of something relatively natural, like tiny disputes between dogs over time. Other times, however, it can be the

eventual result of training and handling them in ways that suppress, i.e., bury, rather than change their feelings about things.

Here are some tips to help you encourage your darling dog to stay "lovebug."

1: Instead of threatening, enrich. After all, when is the last time a passing threat really worked on you? If your boss threatens that she'll downgrade you from an office to a cubicle if you don't stop sleeping at your desk, is that going to make you any less sleepy? It might make you find a way to hide your sleepiness, but sleepiness itself won't be changed by the threat. Only addressing the cause by, e.g., getting more or richer sleep at night — perhaps by resolving whatever worry is keeping you from good sleep — is likely to resolve day-sleepiness.

When we threaten a dog to get them to stop doing something we don't like, we might scare them into the inaction we desire at that moment, but it doesn't change the underlying feeling that led to the undesired behavior, so the scare tactic isn't a permanent solution. Though each dog may find different things enriching, there are many forms of enrichment for dogs in their daily lives:

Playing, digging, chewing, yard-hunting, and exploration such as sniff-mission walks, also known as "sniffari" are just a few of many possible options. An enriched dog is a happier, less stressed dog, and a happy dog's behavior tends to exemplify that happiness.

2: Instead of nagging, invite. Anyone who has ever been nagged knows that the more it happens, the less effective it is, because you learn to tune out the nagger. Anyone who has ever been the nagger knows how annoying it is to be tuned out, and how the nagger-naggee dynamic becomes an exhausting vicious cycle. Oftentimes we ignore a nagger because we think we already know what is being said or requested, and it's nothing new or worthwhile to us. It's the same for dogs. If the barking dog hears "Rover, stop it" 20 times a day and knows from experience that fulfilling that request will result in nothing but the end of fun or attention, what's in it for them? On the other hand, if you invite the dog to do something equally or more exciting, nagging soon falls away, and so does ignoring.

3: Instead of punishing, reward. So, your boss catches you sleeping in the office again. This time she docks your pay. Maybe she even throws a

pile of paperwork at you. That ticks you off, but you want to keep your job, so you just take it.

Because you are angry but have suppressed your feelings, that anger brews into long-lasting resentment, frustration, and a sort of tripwire tendency whenever anyone even mentions the boss or the situation. Now what if instead, your boss were to notice and reinforce the behavior she desires — your staying awake and working in your office — every single day? Perhaps she gives you a daily big smile, thumbs up, and "atta-boy" as she walks by.

Maybe after a month of noticing that you've not slept in your office at all, she calls you in for a performance review, tells you what a great job you did on your recent project, and then gives you a merit raise for increased productivity.

The following month you get more sleep at night so that you can continue this positive streak at work and save your work relationships. When a dog is punished for undesired behavior, whether by scolding, leash jerking, or other corporeal punishment, the punishment may once again stop the behavior temporarily, via suppression. Since punishment tends to scare or intimidate if not hurt,

most dogs will do what makes the discomfort stop. However, suppressing behavior does not solve it.

On the contrary, suppressed behavior tends to rise back to the surface eventually, exploding with even more energy, sometimes in baffling contexts or shocking ways.

This is why sticking with positive reinforcement training is so important. Reinforcing desired behavior, by responding with a paycheck of something that the dog really loves and needs, will result in an increase in that desired behavior. And voila! Through rewarding the dog for good behavior in this way, the desired behavior becomes a replacement for the undesired behavior you thought you had to punish.

My friend will never know what tripped the wire to her lovebug's fight. Perhaps the dog had been living in a suppressed or agitated state in regard to the other dog, who had been a bit of a bully, however infrequently, over the years. Since the tools our beloved pet dogs are armed with aren't thumbs, but teeth, and since they do not have the luxury of their preferred means of conflict avoidance — leaving when they feel threatened — we need to avoid loading them with potentially explosive emotional material.

Santa: Toys for Tots one of three holiday programs put on by Rotary

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families. "I can't say enough about Toys for Tots," McDowall said.

The project itself has evolved somewhat over the past couple decades. When McDowall joined Rotary in 1997, it was a small event organized by Tom and Ginger Maltman but financially supported by another group.

"It kind of grew from there," McDowall said, adding it was eventually put entirely under the purview of Seaside Rotary.

Although the program is designed to support families experiencing need



Volunteer Jenny Knight, with the Seaside Rotary Club, prepares to distribute toys to community families for the organization's Santa's Workshop program.

during the holidays, there is no vetting process based on income restrictions. However, Rotary does enforce

that all participants show proof of residing in either Seaside or Gearhart, since there are other similar pro-

grams run in other cities.

In light of the coronavirus pandemic, McDowall expected there would be a bit more demand for Santa's Workshop this year than in years past. She said they set up for 20 extra families this year. Last year, they served 85 families, or approximately 300 children.

Rotary also had to change day-of procedures for health and safety reasons this winter. Normally, they let families line up as they arrive and walk through the toy area to make their selections when it's their turn. This year, they could only allow 20 parents in at a time. As people arrived in the morning,

they were given an appointment, or time to return, later in the day.

The program is just one of three that Seaside Rotary coordinates during the holiday season. In addition to Santa's Workshop, the service organization also does Shop with a Cop and Adopt a Family. For Shop with a Cop, 15 school-aged children are given the opportunity to do breakfast with Seaside police officers and Rotary volunteers. Then, the participants are taken to Fred Meyer and given an opportunity to pick out gifts for their families using a gift card. During the shopping trip, they also are given

money to purchase presents for themselves.

Finally, Rotary adopts 10 community families, based on recommendations from the Seaside School District, and purchases gifts and food for each of them. During the week of Santa's Workshop, the organization was finishing up its deliveries to this year's adopted families.

"My entire schedule this week has been filled with all Rotary activities," volunteer Leah Griffith said as she sorted through toys at the convention center before families arrived last Wednesday. "It's been a lot of fun getting everything ready."

School: District continuing with distance learning

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point, the leadership team — comprised of Penrod, school principals and administrative staff — will review whether the case count is declining and "determine if we're within the range to move to a hybrid model, or if we would need to continue with comprehensive distance learning," Penrod said.

If the county is within the safe range, the district can begin a two-week preparation period to bring students back on campus for learning.

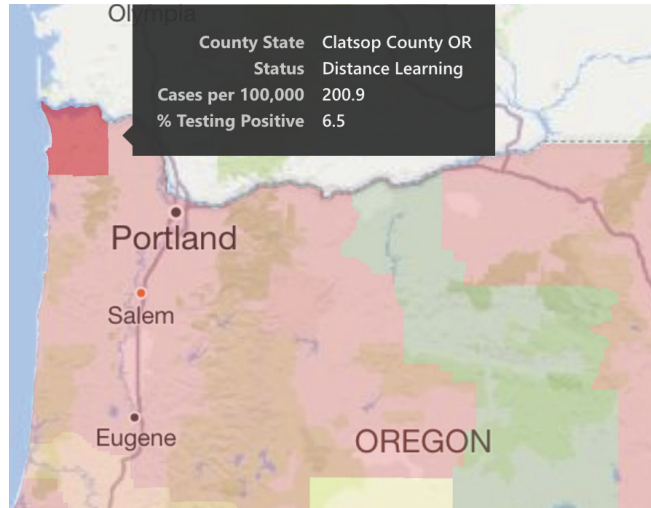
The two-week preparation is necessary for two reasons, Penrod said. First, the district

has made an agreement with the Seaside Education Association to give them adequate time to transition. It allows all departments to make arrangements to safely and effectively serve students in-person.

It also establishes a buffer period. If the data changes within the two-week period, the leadership team has an opportunity to adjust as needed, Penrod said.

Taylor asked whether the recent rollout of the COVID-19 vaccine has any impact on the state's metrics for reopening.

"It gives us hope, I think," Penrod said. "But no, it doesn't affect the metrics at this time."



Oregon Department of Education
Data for Dec. 6 through 19. Clatsop County with just over 200 cases per 100,000 people and is among the districts required to provide distance learning.

Rental: 'A ridiculous nightmare that they have created'

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fund a compliance officer, designed to inspect vacation rentals and enforce local codes related to items like noise, litter and parking.

But while Barber and council members applauded his efforts, more than 100 vacation rental homeowners were left cold. They say their burden is way out of proportion.

"If you take any other business in the city of Seaside, they're not being targeted like we are," Mike Meyer, a co-organizer of the 100-member Seaside Vacation Rental Owners Association, said after the meeting. "We're an easy target, an easy mark with no voting rights, and no voice. I want to be part of the community, but I feel like I'm an outsider and I'm not a part of it."

A single rental of his, he said, contributed almost \$7,200 in lodging tax revenue to the city in 2020 in addition to more than \$9,500 in property taxes and the permit fee cost.

Property owner Darren Karr blasted the permit increase in a letter to the council this month.

"You've raised taxes, changed rules, added rules, and quintupled our business fee without so much as one single word being said to us," Karr wrote. "I've been renting my house in Seaside for 12 years and you guys have never, not even once reached out to me unless it was with an open hand, and a gun at my head."

Permit fee hike

Flory documented 51 vacation rental dwelling complaints, with parking being the biggest issue. Twenty-two properties marketing themselves as vacation rental properties had not been granted conditional use permits.

Local contacts, property managers and property owners are given an opportunity to respond to every complaint on their vacation rental, he said.

"I wanted to make sure to document what their responses were and what they are doing to resolve any neighborhood issues that may result from the operation of their VRD," Flory said.

Flory also tracked land use applications for the past five years, comparing numbers of vacation

rental dwellings to total applications. At their peak in 2018, 56 transient lodging applications comprised two-thirds of the application. This year, 30 short-term rental requests made up about half of the total 58 land use applications.

Flory said he wants to make a vacation rental contact list as accessible as possible to the public with 24-hour access for the public via the city's web page.

City Councilor Steve Wright joined others impressed by the results.

"We've had a lot of complaints by a subset of the vacation homeowners, and hopefully by the end of the night you'll show them what their money is going for," Wright said.

'Under protest'

After the meeting, some homeowners said the position of code compliance officer doesn't justify even being close to full time, if at all.

Joe Foss, a co-organizer of the vacation rental owners association, said the city hasn't followed up on their concerns since they last went before the City Council.

"It's a ridiculous night-

mare that they have created there and there is not sufficient justification," Foss said. "If you look at the numbers he presented, 33% of them were basically unjustified and another 30% of them we're basically already handled by the property manager. So 60% of those 51 didn't even require his input at all. And no, we have not had additional contact with the mayor or City Council officials."

Barber said fees will be reviewed in coming months after the city assesses expenses.

"That's still to be reviewed and we'll be doing that," he said.

In the meantime, property owners say they will continue to pay their permit fees in a timely manner.

"Paying or not paying is not really an option," Meyer said. "If you look at our bill, it says anything paid after Feb. 1 faces a 50% penalty. Me, I don't want to take a chance on having to pay another \$275 on top of the \$550 business license fee on three rentals."

Foss also intends to pay his 2021 permit fee. "I haven't yet, but I'm going to I'll put a note there: 'Under protest.'"

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