

OUT & ABOUT



Harvey Turner

Turner leads local club

Harvey Turner has been elected president of the Cosmopolitan Club. Mr. Turner has been a member since 2003 and has served as vice president, board member at large and chair of the club's newsletter. Other officers include Albert Mercado, vice president; Chuck Curtis, secretary; and George Surmeier, treasurer. Board members at large are Dan Creasey and Bob Weber. The Cosmopolitan Club is a bi-monthly luncheon group comprised of 200 retired professionals and business people that began in 1949.

—Charlotte Boechler

OUR TOWN

Fiesta on the Gaviota Train

The Gaviota Coast Conservancy is sponsoring a Fiesta escapade on vintage railcars to San Luis Obispo and back on Aug. 5. The trains will depart at 10:22 a.m. (check-in at 10 a.m.) from the Santa Barbara train depot and return at 4:32 p.m. Passengers will view Hollister Ranch, Point Conception and launch facilities at Vandenberg Air Force Base. General tickets are \$175 and include lunch and wine, with an annual GCC membership. Sponsor tickets are available. For more information, call Janet Koed at 683-6631.

Carpinteria marketplace

The Carpinteria Valley Museum of History will sponsor its monthly Museum Marketplace benefit from 8 a.m. to 3 p.m. Saturday on the museum grounds at 956 Maple Ave. in Carpinteria. Seventy-five vendors will be selling antiques and collectibles, handcrafted gifts, plants, jewelry, furniture, clothing, books, tools, toys and more. For more information, call 684-3112.

—Marilyn McMahon

ON STAGE

Music Academy concert, fireworks

The Music Academy of the West will present its 70th Anniversary Community Concert at 7:30 p.m. Monday at Santa Barbara City College's La Playa Stadium, 721 Cliff Drive. The Academy Festival Orchestra will play Gabriela Lena Frank's Three Latin American Dances. Then the New York Philharmonic, the Los Angeles Master Chorale and vocal soloists, who include academy alumni, will perform Beethoven's Ninth Symphony ("Ode to Joy"). The concert will close with fireworks over the Pacific Ocean. Tickets cost \$10 for adults but are free for youths ages 7 to 17 when accompanied by an adult. To purchase, call the Montecito academy at 969-8787 or go to www.musicacademy.org.

—Dave Mason



ERICK MADRID / NEWS-PRESS PHOTOS

Dr. Dalton's Premium Treats for dogs are made from high-quality, low-fat meat loaded with healthy protein. The line, which is available locally and online, was founded by Goleta resident Dr. Susan Dalton.

DOGGONE DELICIOUS

Dr. Dalton's Premium Treats are tasty and nutritious

By **MARILYN MCMAHON**
NEWS-PRESS STAFF WRITER

A career as a dog trainer and creator of a business called Dr. Dalton's Premium Treats for dogs was not something Dr. Susan Dalton envisioned after she retired as a university professor and researcher in 2002.

Then Cassie, a 10-week-old border collie, came into her life.

"I got her from a friend who found Cassie tied up to a van with no food or water. She was traumatized, fearful and aggressive. When I consulted three local 'experts' on how to best to rehabilitate Cassie, all labeled the pup unworkable, a hopeless case. They told me to put her down," said Dr. Dalton, 56.

Instead, she began reading everything she could about dog training and trying different techniques to rehabilitate Cassie.

"I taught her to listen to my tone of voice — no screaming or yelling, and no choke collars. I emphasized what I wanted her to do, not what I didn't want her to do," said Dr. Dalton.

When her philosophy of positive reinforcement began

working and Cassie became a happy and healthy dog, Dr. Dalton began the California School for Dogs in 2009, training dogs in people's homes or other appropriate locations such as parks, beaches or shopping areas.

In 2012, the Goleta resident, who is also the owner of Mia, a black Lab, launched Dr. Dalton's Premium Treats.

"Healthy treats are an important part of my training program. I wasn't satisfied with the options available to me. I wanted them to be healthy, nongreasy so I could carry them in my pockets, not crumbly and in a universal size that could be fed to any size dog. So I started making my own, using simple ingredients like chicken, beef and pork," said Dr. Dalton.

"They are made from high-quality, low-fat meat loaded with healthy protein. They contain no additives and are free from sugar, salt, coloring, flavoring, sweeteners, gluten, grain, chemicals or preservatives."

They are sourced and made in the United States.

The 3-ounce packages come in three flavors — Meat Medley, Simply Chicken and Simply Beef

Please see **TREATS** on **A7**



The 3-ounce packages come in three flavors — Meat Medley, Simply Chicken and Simply Beef — and cost \$14.99 each.

How family members cope with estrangement

By **LESLIE MANN**
TRIBUNE NEWS SERVICE

Even though she became a widow young, Cynthia Gross said she gave her daughter, now grown, everything she wanted, from dance and piano lessons to family vacations at Disneyland. Together with Ms. Gross' son, they had a happy little family. That is, until her daughter got married.

Then, in 2015, a lead curtain fell between Ms. Gross and her daughter, who quit calling and visiting. They eventually became estranged.

"Never, ever did I think this would happen to us," said Ms. Gross, who lives in California. No one keeps an official tally, but therapists, including Joshua Coleman, a San Francisco psychologist, say estrangement is "epidemic" for many reasons.

Most often, it is between a parent and an adult child, though it also occurs in other relationships such as sibling-sibling.

"Parenting has changed more in the last 40 years than it did in the few centuries before that," said Mr. Coleman, author of "When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along."

As a result, today's adult children don't view their relationships with their parents the way their folks did with their parents, said Mr. Coleman. "The principles of obligation, duty and respect that baby boomers and generations before them had for their elders aren't necessarily there anymore," he said.

Many of today's parents strive to become their grown child's friend, said Mr. Coleman. "When that works, it really works," he said.

"But when it doesn't work, it really doesn't."

For a host of reasons, some adult children distance themselves from their parents.

WHAT ABOUT GRANDKIDS?

Sometimes estrangement creates a wall between grandparents and grandchildren. Donna, who lives in Georgia and asked that her full name not be used to protect her privacy, is estranged from her grown son, who has a year-old baby with his new wife. "I haven't seen the baby since he was 3 months old," said Donna, who has filed a lawsuit to gain the right to visit the baby. "But it's not just me; he also is being deprived of a big, loving family with aunts, uncles, cousins and a great-grandmother (my mother)."

Please see **COPING** on **A7**



TRIBUNE NEWS SERVICE

A survey conducted by the website Estranged Stories gauged estrangement between parents and their adult children.

Pets

Dogs and cats face many summer dangers

Among them: Heat stroke, burned paws and limber tail

By LEAH MOORE
TRIBUNE NEWS SERVICE

Many summer activities we all enjoy can be dangerous for our furry friends, largely due to the intense heat.

Here are some things to watch out for, to keep our pets safe.

DANGERS OUTDOORS

- Heat stroke or heat stress.

Leaving your pet outside or in the car for too long can lead to heat stroke or stress. Tara Lynn, communications manager at the SPCA of Wake County, said the temperature inside a car can get to the point of extreme danger in less than 15 minutes.

Page Wages, a veterinarian at Care First Animal Hospital, said she's seen two dogs die of heat stroke, both Labrador Retrievers. She said dogs will pant and not be able to stop, which usually they would after eight or so minutes. "Cats will breathe with their mouth open, which is not good. They just basically can't cool off. They'll be unsettled or they'll pace a lot. Bulldogs and dogs with smushed heads, smaller dogs or the ones that are really, really, really active, like a young Lab, are more prone to having it," she said.

"Their faces around their eyes will get red, their tongues will get red as well. Their gums will be bright red. Sometimes they'll vomit or have diarrhea. So when those are happening, we are in dire straits."

Ms. Lynn also recommends making sure your pets always have access to plenty of cool, fresh water.

- Hot pavement or hot sand. Hot pavement or hot sand can burn the pads of your pets' feet, which is very painful. "A good general rule is if you put the back of your hand down on the sidewalk or the street and leave it there for about five seconds, if it's too hot for you, it's definitely going to be too hot for them," Ms. Lynn said.

- Sunburn. "Some pets, particularly dogs that have particularly thin hair or some dogs who don't have much hair at all on their bellies, they can potentially get sunburned. So talking to your vet about some safe options for sunscreen is important," Ms. Lynn said. Dr. Wages said Neutrogena pediatric sunscreen is safe to use on dogs.

- Snake bites. Snakes come out at dusk and dawn, and have an increased presence at the beginning and end of the summer or after a big rain. Dr. Wages said. "Stay away from high grass areas around where there's water.



TRIBUNE NEWS SERVICE

Cooling off in the pool is one way to beat the summer heat for your canine friend.

Those are usually where those guys will lurk and wait," she said. "Just generally, the snakes put up a bit of a smell, so dogs and cats will be interested and might go investigate and get bit. So if the dog or cat seems to be interested in something in the grass or bush area, try and get them away as quick as you can. If they do get bit, they need to be seen by a veterinarian as soon as they can."

- Bee stings. Some dogs and cats, just like people, are allergic to bee stings. Their faces will swell up. Dr. Wages recommends Benadryl for bee stings, but some pets may need something stronger, like steroids.

- Fire ant bites. Dr. Wages said pets will get a rash or a very swollen area around the bites, which are often concentrated around legs and feet.

- Hot spots. Found on dogs, these are irritated, red lesions, similar to eczema in people. "They usually start with a bug bite they chewed on or an area they got wet from playing with another dog that just stayed moist. Bacteria will grow on any moist skin, and they'll get infections," Dr. Wages said.

- COOKOUTS OR PARTIES
 - Burns from grills. "I think one of the main things is a hot grill, and dogs smelling whatever's cooking on the grill and getting really close to the grill, and depending on what kind of grill,

if they get under it, they run the risk of being burned or hot grease dropping on them and burning them," Ms. Lynn said. "We actually just took in three puppies from Johnston County who had burn marks on their back. We'll probably never know exactly how that happened, but the way it looks, it very well could have been a situation where they either walked under a grill or walked under some sort of piece of equipment and some hot liquid dropped on them."

- Certain foods and plants. Raisins, grapes, garlic, onions and chocolate are toxic to dogs, and lilies are toxic to cats. Ms. Lynn pointed out that raw meat can upset the stomachs of pets that aren't accustomed to such a diet. So keep a close eye on what they eat.

- Alcoholic beverages. Dogs and cats can get drunk just like people, but they shouldn't. Do not give beer or liquor (or marijuana, in any form) to your pets.

- IN THE WATER
 - Ear infections. Ear infections are more common in the summer months, when dogs are swimming more. "Cleaning their ears routinely (with an appropriate ear cleaner) will help prevent them from getting an infection," Dr. Wages said.

- Limber tail. This is when a dog has a sprained tail. It happens

when dogs are playing in the surf at the beach and get turned over the wrong way, or if they've had a very active day.

- When a dog's tail is sprained, they're injured but they don't know how to act. So they'll sit there and shake sometimes, they don't want to stand up because when they stand up, something hurts but they don't know what, so they sit down," Dr. Wages said. "Or they'll walk along and it's just kind of limp behind them instead of wagging." With treatment such as pain medication, a muscle relaxer and sometimes laser therapy, dogs are usually better in three or four days.

- Drowning. While most dogs know how to swim, it's a good idea to put a life jacket on your dog, Dr. Wages said.

- Labs and breeds that are always in the water are fine, unless they're going to be swimming for a while, in which case I'd put a life jacket on them. If you're out on a boat in the ocean, I would put a life jacket on them, because if something happens to the boat and the boat goes over, the dog's going to get tired of swimming," she said. "Any older dog or dog that has an injury of some sort — had an amputation or one of their legs doesn't work as well — I'd put them in a life jacket regardless. So I'd highly recommend life jackets."

She surrounds herself with loving, fun people

■ COPING

Continued from Page A6

Not letting Donna see her grandchild is her son's way of "punishing me for not allowing him in my house at this stage in his life," she said. "His lifestyle includes doing drugs, and I have to protect my other son who is 10 years younger than his brother is. And, I've got to show my younger son that mama's no pushover."

A sibling-sibling estrangement, on the other hand, is more often fueled by a marriage by one sibling to a spouse who believes three is a crowd, said Mark Sichel, a New York City-based psychotherapist and author of "Healing From Family Rifts: Ten Steps to Finding Peace After Being Cut Off From a Family Member."

"It starts with the new in-law saying, 'You have to go here' or 'You have to go there' for a holiday dinner," said Mr. Sichel.

LINGERING STIGMAS

Although it's tough for outsiders to understand estrangement, it's easier to justify the adult child's split from his parent(s) if he suffered an abusive childhood.

Growing up, Cari, now in her 30s and from the San Diego area, watched her mother go in and out of drug and alcohol rehab, while she was the target of her verbal abuse.

"I reached the point where I just couldn't do it anymore," said Cari, who also asked that her full name not be used for privacy. "The last straw was when she got out of jail — again — from another DUI. She said she was so happy to no longer be in jail with 'those people.' I told her she is one of 'those people.'"

As more people talk openly about estrangement in their families, those in the trenches hope education will help dispel myths.

It is not true, for example, that child abuse always precedes estrangement, said Mr. Coleman.

Also, "there's still a widespread belief that the parent did something wrong (before a grown child became estranged),"

said Susan Cifaldi of Williamson, N.Y., an estranged parent and co-administrator of website Estranged Parents Speak Up.

SURVIVAL 101

If estrangement isolates you, Mr. Sichel suggests surrounding yourself with a "second-chance family who will love and support you." They won't share your 23andme.com Ancestry Report, but they will share your values and interests.

That worked for Jeff, who planted new roots in the Minneapolis metro area — far enough from his hometown that it's not likely his birth family will drop by. "My new family includes a former friend's mom, who became my adoptive mom, and the man I plan to marry," said Jeff, who is an advocate for others who find peace through estrangement. Jeff also asked that his full name not be used for privacy.

Ms. Gross said she surrounds herself with "loving, fun people who appreciate me." Along with her son and grandson, she spends time with members of her theater group, book club and a nonprofit she writes grant proposals for.

Surviving estrangement can be difficult. There are several online support groups. Google "estrangement" and the type of relationship, for example, sibling-sibling or parent-child, to connect with others in a similar situation.

Donna survives by thinking about the estrangement of her son like a death in the family. "He's alive, but I no longer have the ability to check on him to make sure he's safe," she said.

Cari advises other estranged adult children to step back and "see your parent the way the community sees him. Decide if you want to continue to be treated the way you've been treated," she said. "If not, don't worry; you're not alone. There are a lot of us 'kids' out there."

Jeff says brace yourself for the holidays, when well-meaning partygoers ask about your plans to break bread with your family. "Good friends just know: Yes, I have siblings. No, I won't be seeing them," he said. "To others, I just say, 'My family doesn't live around here.'"

Pot-Shots BY ASHLEIGH BRILLIANT

Classic (827-82025) 40.9482.

IT'S GETTING EASIER TO COMMUNICATE

BUT IT'S JUST AS HARD AS EVER TO KNOW WHAT TO SAY.

7-26-17

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'I used the snacks in training dogs'

■ TREATS

Continued from Page A6

— and cost \$14.99 each. They are sold locally at Healthy Pet and Montecito Pet Shop in Santa Barbara; Pet House and Island Seed & Feed in Goleta; and Pierre Lafond Market & Deli in Montecito.

If purchased by subscription online at www.drDaltons.com, the cost is \$11.99 each.

"The reason I chose to sell them in 3-ounce packages is so people can try them out with their dogs. In the near future, I will offer a 6-ounce package for those who become addicted," said Dr. Dalton, who started the business because "I used the snacks in training dogs, and my clients would ask where they could buy them after the training was over."

A native of Gainesville,

Fla., she earned a bachelor's degree in psychology at San Francisco State University, a master's degree in sociology from the University of Florida in Gainesville and a Ph.D. from UCSB, where she taught for 10 years after which she became a researcher at the UC San Francisco School of Medicine.

"I translated medical findings into language that legislators could understand when they needed to vote on medical issues," said Dr. Dalton, who is married to Beth Schneider. The couple are parents of Noah Dalton-Schneider, 21.

"Dogs show us love through tail wagging, snuggling and play. We can show our love for them by providing proper nutrition, training and health care," she said.

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ERICK MADRID / NEWS-PRESS

Cassie, a border collie, inspired Dr. Susan Dalton to start a new career as a dog trainer and create her business, Dr. Dalton's Premium Treats.

FYI

Dr. Dalton's Premium Treats for dogs are available in Santa Barbara at Healthy Pet, 3018 State St., and Montecito Pet Shop, 2020 Cliff Drive; in Goleta at Pet House, 5781 Calle Real, and Island Seed & Feed, 29 S. Fairview Ave.; and in Montecito at Pierre Lafond Market & Deli, 516 San Ysidro Road. They are also available online at www.drDaltons.com.

PET OF THE WEEK

Lights, camera, action!

Hunter's ready for his close-up at Volunteers for Inter Valley Animals in Lompoc.

The friendly and playful tabby wants to star in the role of his life — as your pet. He's about 2 years old, but you know, it's hard to get actors to admit their age.

He would do best in a home without any other pets. But he's worthy of being your home's sole animal star and doesn't demand a dressing room.

He might even give you an autograph.

"This handsome, debonair fellow is one of a kind!" according to VIVA.

To meet Hunter or other cats and kittens, call VIVA at 735-6741 or stop by the adoption center, 133 N. D St., Lompoc. The shelter is open 10 a.m. to 4 p.m. Saturdays. To visit at other times, call for an appointment.

For more information, go to www.vivashelter.org.

— Dave Mason



VOLUNTEERS FOR INTER VALLEY ANIMALS PHOTO