

# Man's social anxieties and lack of social skills prolong his loneliness

**DEAR ABBY:** When I was a teenager, there were many times when I made things awkward. It continues today. I try to have normal conversations with people, but when I do, I have nothing to say. My mind goes blank, so I keep quiet and walk away. I feel like the odd person out each time and like I'm not good enough, and it really sucks.

The only time I'm successful socially with people is at work because I'm kind of forced to be. I really want to make friends and possibly get a girl in my life, but it's almost impossible to do with my social skills. This is so depressing and disappointing that I'm almost ready to quit trying. I need some tips and guidance. Do you have any?

— **FRUSTRATED GUY IN FAIRBANKS**

**DEAR FRUSTRATED GUY:** I think so. If you think you are alone in having this problem, you are mistaken. The majority of people have the same insecurities you do. No one is born knowing how to be social. Social adeptness is a skill like any other. It can be learned and, with some practice and effort, polished until it becomes second nature.

You don't have to be handsome to be well-groomed. You don't have to be brilliant or witty, either. Part of being social is showing an interest in other people. Ask them about what they think and encourage them to share their interests and opinions. And when they tell you, be a good listener. Cultivate your own interests and you will have something to talk about with others.

My booklet "How to Be Popular" contains tips on how to approach others, and what to say and what not to say when trying to make conversation. It can be ordered by sending your name and address, plus check or money order for \$7 (U.S. funds), to Dear Abby, Popularity Booklet, P.O. Box 447, Mt. Morris, IL 61054-0447. Shipping and handling are included in the price. When you receive it, don't read it just once. Keep

it on hand for reference because it contains many helpful suggestions about how to be the kind of individual others find interesting and attractive. Be courteous and show kindness to others. If you do these things, you will find the results you're looking for.

**DEAR ABBY:** I was divorced three years ago after being married for 28 years. My ex-wife and I had spent the previous 10 years in counseling. I currently go to post-divorce counseling, and my counselor agrees that I was mistreated by my ex and our adult children, who treated me more like an employee.

I have begun seeing a much younger woman, and two of my kids say any relationship with them is predicated on my dating someone "my own age." I feel this is wrong, and that it's a continuation of them treating me as a servant/dad, versus as a person. My counselor suggests walking away for a bit, to establish new boundaries. Your thoughts?

— **BUTLER DAD IN TEXAS**

**DEAR DAD:** I think you should listen to your therapist.



**DEAR ABBY**

# Lava flow seen on restless Alaska volcano, 480 miles from Anchorage

Associated Press

**ANCHORAGE, Alaska** — A lava flow has been spotted on an Alaska volcano that recently became active again.

Alaska Volcano Observatory scientists say witnesses aboard the state ferry Tustumena saw the lava flow and fountaining on Mount Veniaminof Monday morning.

Scientists say satellite images obtained Sunday shows the lava flow is about one-half-mile long on the 8,225-foot (2,500-meter) volcano, one of Alaska's most active.

The observatory last week increased the threat level of Veniaminof from yellow to orange. That color designation indicates sudden explosions could send ash above 20,000 feet (6,100 meters) and threaten international

airplanes.

The volcano erupted for several months in 2013.

Other recent eruptions occurred in 2005 and between 1993 and 1995.

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# weather

	TONIGHT	THU	FRI	SAT	SUN
	Rather cloudy and chilly	A blend of sun and clouds	Times of sun and clouds	Clouds and sun; pleasant	Times of clouds and sun
<b>Baker City</b>	39	65 32	74 37	72 38	66 31
Comfort Index™	9	8	10	10	8
<b>La Grande</b>	41	63 36	70 39	69 40	66 35
Comfort Index™	9	6	10	8	8
<b>Enterprise</b>	39	60 36	70 40	67 40	65 37
Comfort Index™	10	5	10	9	9

Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

## ALMANAC

TEMPERATURES	Baker City	La Grande	Elgin
High Tuesday	64°	64°	65°
Low Tuesday	39°	43°	38°
<b>PRECIPITATION (inches)</b>			
Tuesday	0.00	0.00	0.00
Month to date	0.00	0.02	0.00
Normal month to date	0.22	0.23	0.27
Year to date	4.75	10.50	20.95
Normal year to date	7.29	11.10	15.30

## TUESDAY EXTREMES

**NATION** (for the 48 contiguous states)  
High: 111° El Centro, Calif.  
Low: 25° Yellowstone Nat'l Park, Wyo.  
Wettest: 4.42" Falfurrias, Texas

**OREGON**  
High: 78° Rome  
Low: 32° Klamath Falls  
Wettest: 1.29" Tillamook

## WEATHER HISTORY

On Sept. 13, 1857, a hurricane off the Florida coast was blamed for sinking a passenger steamer. More than 200 aboard lost their lives. Over \$2 million in gold went down with the ship.

## SUN & MOON

	WED.	THU.
Sunrise	6:27 a.m.	6:28 a.m.
Sunset	7:09 p.m.	7:08 p.m.
Moonrise	9:47 a.m.	10:56 a.m.
Moonset	9:08 p.m.	9:39 p.m.

## MOON PHASES

First	Full	Last	New
Sep 16	Sep 24	Oct 2	Oct 8

## AGRICULTURAL INFO.

### HAY INFORMATION THURSDAY

Lowest relative humidity	40%
Afternoon wind	W at 4 to 8 mph
Hours of sunshine	2.9
Evapotranspiration	0.10

### RESERVOIR STORAGE (through midnight Tuesday)

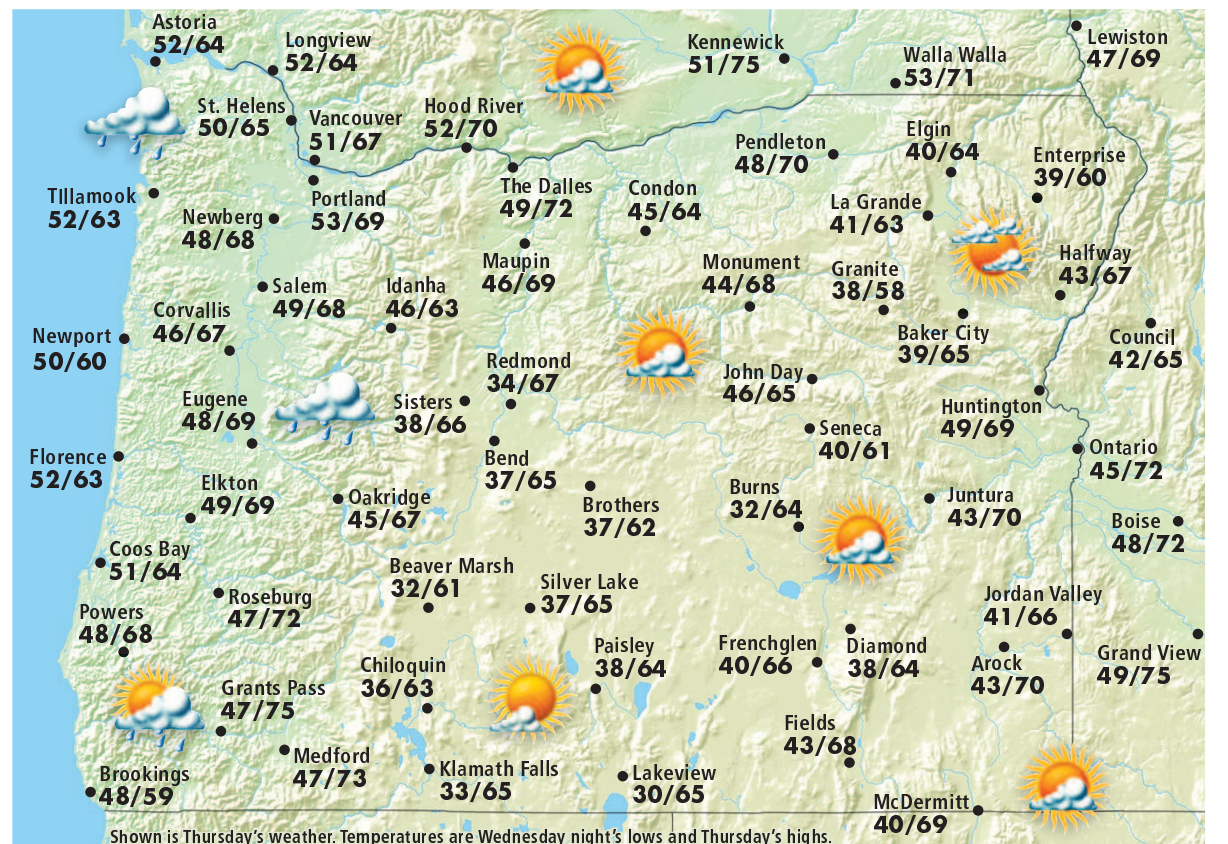
Phillips Reservoir	10% of capacity
Unity Reservoir	15% of capacity
Owyhee Reservoir	35% of capacity
McKay Reservoir	36% of capacity
Wallowa Lake	7% of capacity
Thief Valley Reservoir	0% of capacity

### STREAM FLOWS (through midnight Tuesday)

Grande Ronde at Troy	496 cfs
Thief Valley Reservoir near North Powder	2 cfs
Burnt River near Unity	90 cfs
Umatilla River near Gibbon	48 cfs
Minam River at Minam	53 cfs
Powder River near Richland	9 cfs

## AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2018



## REGIONAL CITIES

City	THU. Hi/Lo/W	FRI. Hi/Lo/W	City	THU. Hi/Lo/W	FRI. Hi/Lo/W
Astoria	64/51/sh	64/51/r	Lewiston	69/44/pc	76/49/pc
Bend	65/35/pc	67/36/pc	Longview	64/52/c	64/52/sh
Boise	72/45/pc	79/49/s	Meacham	61/35/c	68/37/pc
Brookings	59/47/pc	58/48/pc	Medford	73/45/s	74/44/pc
Burns	64/27/pc	70/27/pc	Newport	60/49/pc	59/50/c
Coos Bay	64/50/pc	62/50/c	Olympia	64/46/sh	64/46/sh
Corvallis	67/47/pc	68/47/c	Ontario	72/39/pc	79/44/s
Council	65/38/pc	74/41/pc	Pasco	74/47/pc	75/48/pc
Elgin	64/38/pc	71/40/pc	Pendleton	70/45/pc	72/46/pc
Eugene	69/49/pc	70/48/c	Portland	69/54/pc	69/54/sh
Hermiston	74/47/pc	75/51/pc	Powers	68/48/pc	66/47/c
Hood River	70/49/pc	70/51/c	Redmond	67/30/pc	70/31/pc
Imnaha	66/41/pc	75/46/pc	Roseburg	72/49/pc	72/47/pc
John Day	65/39/pc	73/43/pc	Salem	68/50/pc	68/51/c
Joseph	60/36/pc	70/40/pc	Spokane	65/45/pc	68/47/c
Kennewick	75/48/pc	76/52/pc	The Dalles	72/47/pc	72/50/c
Klamath Falls	65/30/pc	67/31/pc	Ukiah	61/35/pc	68/37/pc
Lakeview	65/26/pc	68/26/pc	Walla Walla	71/49/pc	73/52/pc

Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow-1 ice

## RECREATION FORECAST THURSDAY

<b>ANTHONY LAKES</b> Partly sunny	42 27		<b>PHILLIPS LAKE</b> Partly sunny	63 38	
<b>MT. EMILY REC.</b> Partly sunny; cool	53 36		<b>BROWNLEE RES.</b> Partly sunny	71 44	
<b>EAGLE CAP WILD.</b> A passing shower	51 31		<b>EMIGRANT ST. PARK</b> Partly sunny	60 34	
<b>WALLOWA LAKE</b> A passing shower	63 40		<b>MCKAY RESERVOIR</b> Partly sunny	70 48	
<b>THIEF VALLEY RES.</b> Partial sunshine	68 39		<b>RED BRIDGE ST. PARK</b> Clouds and sun	67 41	



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