Need continues for self-help support for families in crisis

DEAR

ABBY

DEAR ABBY: It's been several years since you have mentioned Because I Love You (B.I.L.Y.) as a resource for parents in crisis. What is happening to our groups — as well as similar ones — is a decrease in attendance. Yet the problems today are worse than when I started B.I.L.Y. many years ago. The schools don't want a group such as ours on their campus because they're afraid it signals that there are

problems on their campus. Well, there are problems on ALL campuses today!

The legalization of recreational marijuana has sent

a message to our youth that it's safe to use. Parents of 10-year-olds have come to our group because their child is using. Kids are dving at a faster pace than ever before, and much of it is because of synthetic drugs on the streets. Parents can be a major part of the problem, and a group like B.I.L.Y. offers suggestions for solutions. It's not just drugs that we deal with but also mental health issues, gender ID, school dropouts, gang involvement and more.

We rely on the media to help us with referrals. Will you please consider mentioning B.I.L.Y. again as you so generously have in the past? Parents in the U.S. and Canada need to be aware that we are here for them. Thanks, Abby!

— DENNIS PONCHER, FOUNDER, B.I.L.Y.

DEAR DENNIS: I'm happy to mention Because I Love You again. Readers, the nonprofit B.I.L.Y. has been in existence for more than 35 years. This self-help group provides support for parents of children of all ages in coping with behavioral problems such as truancy, substance abuse and other forms of defiance of authority. I have received letters from readers thanking me for recommending this group. For more information, go to bily.org.

DEAR ABBY: My wife and I have been married for 13 years. It hasn't always been easy. She recently decided on her own that we needed a fresh start because of some financial problems we are having, so she applied for a job in a state six hours away from any of our family. She accepted the

job before telling me anything about it. Now she says our daughter and I should pack up and go with her.

Several issues complicate matters. Our daughter is 11 and just started middle school. I don't want to pull her out before school is out. Second, I have several health issues, and my doctors are within two hours of home. All my doctors coordinate

with each other. If we move, I'll be too far away from them. I don't want to start over with new ones.

I love my wife and want to be with her, but I'm worried

about the future if I move not only away from my doctors but also my family. Please

– NERVOUS IN NORTH CAROLINA DEAR NERVOUS: The decision your wife made should have been made jointly, not by her alone. Your reasons for wanting to remain where you are are valid, and I think you would be wise to discuss what's going on with an attorney before this goes any further.

DEAR ABBY: I am a 51-year-old woman dating a 39-year-old man. He is smart, funny, sexy, considerate and nice to me. I don't see much of my family anymore because they were abusive, and it's better if I don't. However, I am worried about what they and my other friends will think.

Is the age difference too great to make a lasting relationship? What do I say to people who ask his age? Isn't it rude for them to ask? I was raised to believe that it's rude to ask people how old they are. What about other rude comments people may make?

— LONELY AND LOOKING FOR

DEAR LONELY: As you've passed the half-century mark, the time has come to start living your own life and stop worrying about what other people "might" think. You and this man are both adults. If you like each other and want to spend some time -- or even lifetime -- together, it's strictly up to you. Should anyone ask how old he is, tell them to ask him. It's really nobody's business.

"I don't feel real": Mental stress mounting after Michael

By Jay Reeves Associated Press

PANAMA CITY, Fla. — Amy Cross has a hard time explaining the stress of living in a city that was splintered by Hurricane Michael. She's fearful after hearing gunshots at night, and she's confused because she no longer recognizes the place where she's spent her entire 45 years.

"I just know I don't feel real, and home doesn't feel like home at all," Cross said.

Health workers say they are seeing signs of mental problems in residents more than a week after Michael, and the issues could continue as a short-term disaster turns into a long-term recovery that will take years.

Tony Averbuch, who leads a disaster medical assistance team that is seeing 80 to 100 patients daily in tents set up in a parking lot of the badly damaged Bay Medical Sacred Heart hospital, said some people are showing signs of fraying.

It's not hard to imagine: Just getting to the treatment site involves navigating streets with roadblocks and fallen utility lines, and the hospital building itself was ripped open by Michael's powerful winds.

"In any kind of disaster what we find is that people have been exposed to circumstances that are well beyond what they normally deal with day to day," said Averbuch, of Bloomfield Hills, Michigan.

For Cross, that meant getting new prescriptions for medicine she takes for depression.

"We're in shock. This is a lot. It's heartbreaking," she said.

Signs of trauma aren't a surprise for those who studied people after Hurricane Katrina in 2005. Damage in Mexico Beach was similar to that in southern Mississippi, where entire communities were flattened by wind and storm surge, and Panama City could take years to rebuild, as did parts of New Orleans after the metro area flooded.

Dr. Irwin Redlener of the National Center for Disaster Preparedness at Columbia University observed widespread, long-lasting psychological effects after Katrina. One study found that, five years after the storm, parents reported more than 37 percent of children had been clinically diagnosed with depression, anxiety, or a behavior disorder.

Redlener says that's in part because parents are overwhelmed and are less able to buffer their children from bad experiences.

"They survived a major catastrophic event, which is good. But everything they knew is gone," he said.

Research scientist David Murphey said children look to their parents for cues as how to respond to completely new and frightening situations.

"If they see parents kind of falling apart at the seams, that's going to create anxiety for the children as well," said Murphey.

Dr. Emily Harville, an associate professor at Tulane University's School of Public Health and Tropical Medicine in New Orleans, said most people will be back to where they were within a year or so, but others will have difficulty

for a longer period.

"There will be a small group that continues to have longterm mental health issues," she said.

Panama City Mayor Greg Brudnicki said a high school football game played Saturday afternoon was part of an effort to re-establish the familiar patterns of life, to "create normalcy" in a way that would help people feel more at ease in a town devastated by the hurricane.

"People have been stressed. They've had no means of communication, no utilities. It's been hard. But we've worked very, very hard to create an environment that makes it as good as possible," said Brudnicki.

The game was a pick-meup for many. Missy Guynn, an English teacher at Moslev High School, got to hug students she hadn't seen or heard from since before Michael.

"I was worried about them. It was kind of good to see them, to connect with them today and see that they're all right," she said.

Jessyka Bartice, 34, of Panama City is worried about both her hometown and caring for her child. But she also is looking for the good in a horrible situation. Perhaps problems like crime, drugs and racial strife will improve as people who were forced to work together during and after the storm forge new bonds going forward, she said.

"It's a really sad thing for this to happen, but it's brought everybody together," she said. "It's going to make this town a bigger and better place."

			771	7-1	
TONIGHT	TUE	WED	THU	FRI	
Partly cloudy	Mostly sunny and mild	Beautiful with some sun	Spotty afternoon showers	A couple of showers	
Baker City 39	72 37	66 31	66 39	64 31	
Comfort Index™ 10	10	10	9	8	
La Grande 43	69 41	62 36	63 43	61 37	
Comfort Index™ 10	10	9	8	6	
Enterprise 44 Comfort Index™ 10	67 41 10	61 37	62 42	61 36	
Enterprise 44 Comfort Index TM 10	67 41	61 37	62 42	7	

very comfortable while a rating of 0 feels very uncomfortable

TEMPERATURES Paker City La Co

IEWIPENAIUNES	Daker Gily	La Grande	Eigi			
High Sunday	75°	74°	75			
Low Sunday	24°	29°	30			
PRECIPITATION (inches)						
Sun day	0.00	0.00	0.0			
Month to date	0.49	1.17	1.5			
Normal month to date	e 0.39	0.76	0.9			
Year to date	5.24	11.69	22.6			
Normal year to date	8.01	12.30	16.8			
•						
ACDICILITIE	DAI IN	IEΩ				

AGRICULTURAL INFO.

Powder River near Richland

HAY INFORMATION TUES	DAY
Lowest relative humidity	40%
Afternoon wind	SSE at 6 to 12 mph
Hours of sunshine	6.8
Evapotranspiration	0.10
RESERVOIR STORAGE (thro	ough midnight Sunday)
Phillips Reservoir	8% of capacity
Unity Reservoir	11% of capacity
Owyhee Reservoir	31% of capacity
McKay Reservoir	21% of capacity
Wallowa Lake	6% of capacity
Thief Valley Reservoir	5% of capacity
STREAM FLOWS (through mi	dnight Sunday)
Grande Ronde at Troy	677 cfs
Thief Valley Reservoir near No	
Burnt River near Unity	10 cfs
Umatilla River near Gibbon	45 cfs
Minam River at Minam	57 cfs

SUNDAY EXTREMES

High: 105°	Hebbronville, Texas
Low: -12°	Burlington, Wis
Wettest: 0.46"	Chatham, Mass
OREGON	
High: 80°	Me dford
Low: 20°	Lakeview
Wettest: none	

WEATHER HISTORY

On Oct. 23, 1991, northerly winds sent cold air into the Dakotas Bismarck had 7 inches of snow. Simultaneously, south winds sent record warmth into the East; Buffalo, N.Y., had a record high of 77.

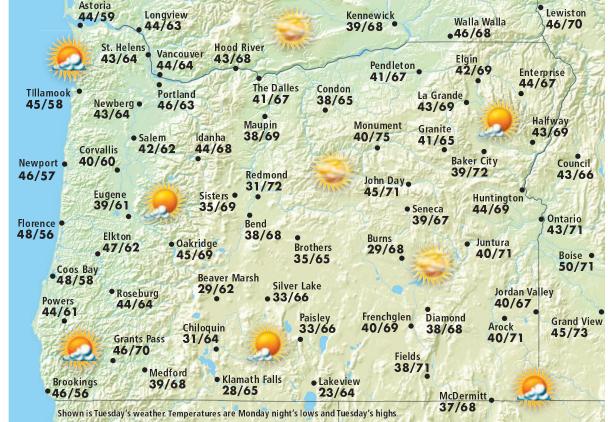
SUN & MOON

Sumse	,	.I/a.III.	7.19 d.III.
Sunset	5	:55 p.m.	5:54 p.m.
Moonrise	5	:31 p.m.	5:57 p.m.
Moonset	4	.52 a.m.	5:57 a.m.
MOON PH	IASES		
Full	Last	New	First
	Lust	INCAA	11131
	Control	New	

MON.

TUE.

Forecasts and graphics provided by AccuWeather, Inc. ©2018



REGIONAL CITIES

TUE.

City	Hi/Lo/W	Hi/Lo/W	City	Hi/Lo/W	Hi/Lo/W
Astoria	59/44/r	60/46/c	Lewiston	70/49/s	64/42/pc
Bend	68/37/s	63/37/pc	Longview	63/50/pc	61/48/c
Boise	71/48/s	68/45/pc	Meacham	67/38/s	60/35/pc
Brookings	56/50/r	59/47/c	Medford	68/43/pc	67/42/pc
Burns	68/26/s	64/25/pc	Newport	57/46/r	58/46/c
Coos Bay	58/48/r	59/47/c	Olympia	59/44/pc	59/41/c
Corvallis	60/42/pc	62/39/c	Ontario	71/43/s	68/38/pc
Council	66/41/pc	65/39/pc	Pasco	67/41/s	66/38/pc
Elgin	69/42/s	63/37/pc	Pendleton	67/46/s	64/43/pc
Eugene	61/43/pc	63/40/c	Portl and	63/49/pc	63/47/c
Hermiston	68/47/s	67/42/pc	Powers	61/47/pc	63/46/c
Hood River	68/47/s	65/45/c	Redmond	72/34/s	64/32/pc
lmnaha	71/45/s	64/43/pc	Roseburg	64/47/pc	65/44/c
John Day	71/43/s	64/42/pc	Salem	62/46/pc	64/44/ c
Joseph	66/41/s	61/36/pc	Spokane	66/44/s	59/40/pc
Kennewick	68/46/s	67/42/pc	The Dalles	67/45/s	65/41/c
Klamath Falls	65/31/s	62/31/pc	Ukiah	69/39/s	61/36/pc
Lakeview	64/28/s	63/30/pc	Walla Walla	68/49/s	64/46/pc
Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice					

RECREATION FORECAST TUESDAY

PHILLIPS LAKE ANTHONY LAKES Cooler Lots of sun; mild 30 48 67 38 MT. EMILY REC. **BROWNLEE RES.** Hazy sunshine Mostly sunny **59 72 EAGLE CAP WILD. EMIGRANT ST. PARK** Mostly sunny Hazy sun and mild 55 65 38 **WALLOWA LAKE** MCKAY RESERVOIR Lots of sun: mild Hazy sunshine 69 66 THIEF VALLEY RES. **RED BRIDGE ST. PARK** Mild with sunshine Mostly sunny

Northeast

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Sunday, November 11th Noon-4 pm at Anthony Lakes Season Pass Photos & Pickup

Live Music • Chili Feed Anthony Lakes operates under a special use permit in Wallowa Whitman National Forest and is an equal opportunity employer and a 501(c)3 non-profit