

# Lighthearted wedding invitation rubs recipient the wrong way

**DEAR ABBY:** We received a wedding invitation in the mail today from my husband's nephew. First of all, we are to RSVP by tomorrow. (WHAT?)

Here are our options in responding:

- Gladly attend
- Regretfully decline
- Resentfully attend
- Enthusiastically decline
- I'll surprise you
- The invitation also asked which song we'd like "blasted over our awkward small talk." Granted, there is some animosity among the groom's father's siblings, but I think this is rude, sarcastic and inappropriate. I have a sense of humor but do not find this funny. Am I off the mark?

— **INSULTED GUEST IN THE MIDWEST**



**DEAR ABBY**

is so bold as to ask why they weren't included, I think you should tell the person the truth.

**DEAR ABBY:** I'm a boy in sixth grade. Recently, my best friend has been hitting me. I try to get her to stop. I've done everything I can think of, but she keeps doing it.

Today in math class, she pinched me or something — I can't remember — so I did it back. Afterward she beat on me with a ruler. I could really use some of your advice.

— **TIRED OF IT**

**DEAR TIRED OF IT:** The person you call your best friend isn't acting like one. She may do it to get attention because she has a crush on you, or because she's a bully. Tell her to stop touching you because you don't like it, but do NOT retaliate by hitting her back. If she persists, tell your teacher what she has been doing because it's creating a distraction when you need to be concentrating in class.

**DEAR ABBY:** My 23-year-old son does not want to work and spends all his time playing video games. He's obsessed with them. He disrespects my house — and me — by not cleaning his room.

I don't know what to do. He's my son, but he is a user and feels he's entitled to live here. He pays no bills and blows all his money on gaming. He quits every job he has. I love him and kicked him out once, but he got on Facebook and told people what bad parents we are.

All he says is he wants to be happy. I think he's out of touch with reality. He has no place to go if I kick him out. What do I do?

— **DAD WHO'S HAD IT IN OHIO**

**DEAR DAD:** Your son is an adult, even if he doesn't act like one. Give him a deadline to find another place to crash — perhaps with a roommate — and be out of there. If he says he has no money, remember that he comes up with money to "blow."

It will take backbone to stand your ground, but you must not make your decisions and live your life based on what your son will post about you on Facebook. People often vent and exaggerate on social media. Your son is living in an altered reality because you have allowed it. If he isn't forced to stand on his own two feet, he never will.

# Wildfire smoke is becoming a nationwide health threat

**By Richard E. Peltier**

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The impacts of recent forest fires in California reach well beyond the burned areas. Smoke from the Camp Fire created hazardous air quality conditions in San Francisco, more than 170 miles to the southwest — but it didn't stop there. Cross-country winds carried it across the United States, creating hazy conditions in locations as far east as Philadelphia.

As an air pollution exposure scientist, I worry about the extreme levels of air pollution that rise from these fires and affect many people across great distances. They can create unhealthy conditions in far-flung locations where residents probably never think about wildfires. But since major wildfires are becoming increasingly common, I believe it is important for all Americans to know some basics about smoke hazards.

## A complex and unpredictable threat

Forest fires do not discriminate about what they burn. Along with woody materials from forests and homes, they consume homes' contents, which may contain plastics, petroleum products, chemicals and metals. This produces thick plumes of smoke that contains very large quantities of particles and gases. Many of these airborne chemicals are known to be quite toxic to humans.

Smoke plumes travel great distances, affecting communities hundreds of miles away. Winds tend to move from west to east across North America and carry these pollutants

with them. Sometimes, depending on local weather conditions, the pollutants can be lifted up to high altitudes where wind speeds are faster and transported very quickly across the country. The pollutants can then descend back to the ground in locations far away from the fires, affecting everyone in their path.

Relatively few studies have analyzed broad public health impacts from wood smoke. Agencies such as the National Institute of Environmental Health Sciences are funding some research on this issue, but it can take a long time to produce convincing science, especially on subjects that are so unpredictable.

We do know that this kind of smoke contains chemicals that are toxic, including polycyclic aromatic hydrocarbons, heavy metals, black carbon (soot), acids and oxidizing compounds. Exposure to some of these compounds can lead to lung irritation, cancer, hypertension, cardiovascular disease and even death. We know this because researchers have studied smoke exposure in firefighters for many years, and it's likely that the risks also apply to people who aren't firefighters.

## When the smoke moves in

Research has shown that many health effects from air pollution occur well after exposure has occurred. Sometimes these problems occur within a few hours, but in other cases it can be days or weeks later. This means that people may not feel the impacts of smoke inhalation until well after the smoke clears.

The most effective strategy is to limit exposure to poor-quality air through steps such as avoiding the outdoors when possible, closing windows and doors, and running central heat or air conditioning systems, which for the most part recirculate indoor air. For outdoor protection, the best option is an N95 facemask, which is designed to fit snugly and filter out very small particles. Inexpensive cloth masks do not provide effective protection.

However, it can be difficult to achieve a good fit with N95 masks, and these masks are not very effective at removing toxic gases from smoke, which easily pass through the filter material. Avoiding exposure in the first place is the best strategy.

Communities that are frequently exposed to wildfire smoke should consider creating locations where they can provide high-quality air filtration, such as a school or community center. These sites could offer safer conditions for people who are especially vulnerable to air pollution, such as children, the elderly and people with respiratory ailments, in the same way that cities set up heating and cooling centers during extreme weather conditions.

Many factors appear to be increasing the number and scale of wildfires, including development patterns and forest management practices. But the biggest driver is likely to be climate change, which is making ecosystems hotter and drier. This suggests that all Americans, wherever they live, will need to become more aware of wildfires and their long-range health effects.

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# weather

	TONIGHT	SAT	SUN	MON	TUE
	Overcast, snow showers	Partly sunny	Mostly cloudy	Considerable cloudiness	Rain and drizzle
<b>Baker City</b>	26	42 16	39 18	39 24	39 22
Comfort Index™	1	3	2	1	0
<b>La Grande</b>	32	41 22	40 25	41 34	41 35
Comfort Index™	1	3	2	1	0
<b>Enterprise</b>	28	39 20	39 23	41 34	42 33
Comfort Index™	0	3	3	3	0

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 Thursday	53°	49°	51°
Low Thursday	36°	37°	37°
PRECIPITATION (inches)			
Thursday	Trace	0.00	0.06
Month to date	Trace	0.65	1.64
Normal month to date	0.65	1.49	2.22
Year to date	5.24	13.57	24.71
Normal year to date	8.90	14.32	19.77

## THURSDAY EXTREMES

NATION (for the 48 contiguous states)	
High: 83°	Pompano Beach, Fla.
Low: -21°	Raco, Mich.
Wettest: 2.47"	Emigrant Gap, Calif.
OREGON	
High: 55°	Aurora
Low: 16°	Odell Lake
Wettest: 1.40"	Tillamook

## WEATHER HISTORY

On Nov. 24, 1989, a band of heavy lake-effect snow contributed to an accident involving 60 cars on I-81 north of Rome, N.Y. Abrupt weather changes in a short distance can surprise drivers.

## SUN & MOON

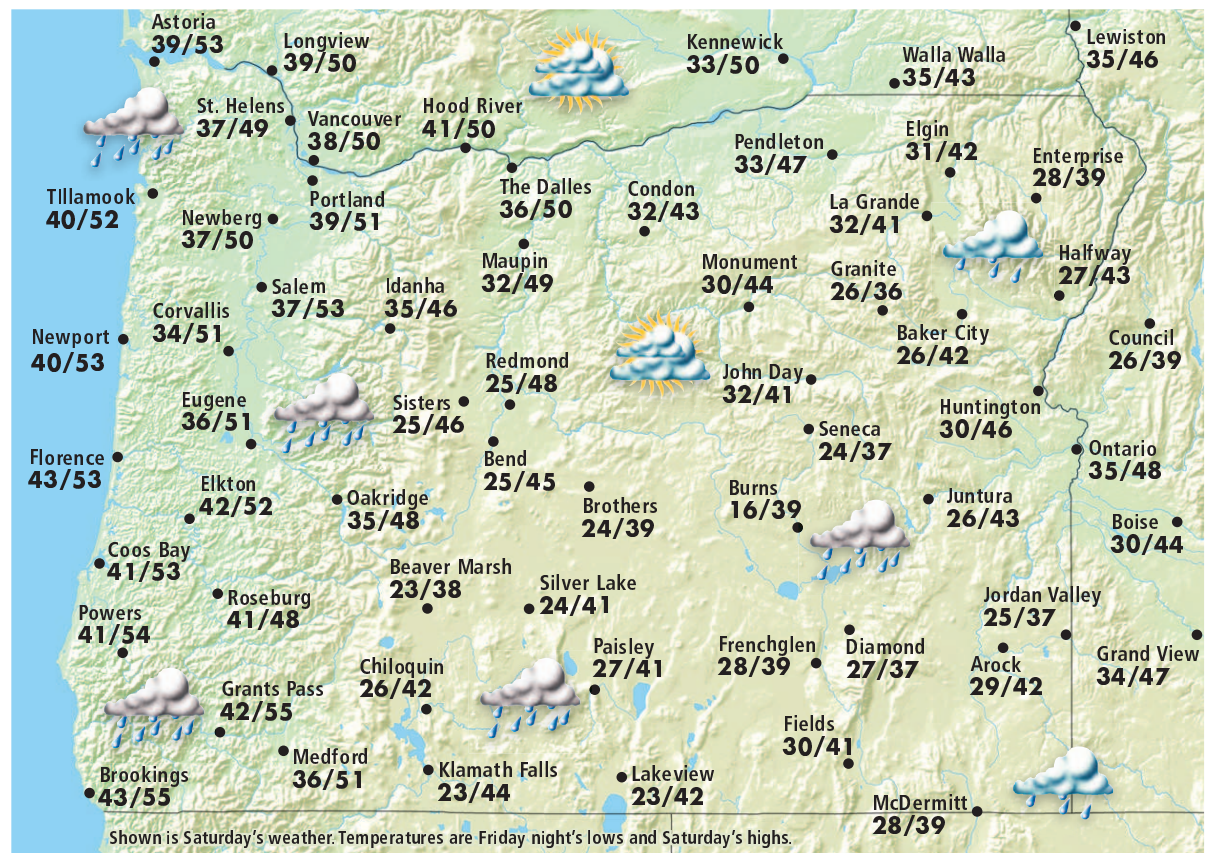
	FRI.	SAT.
Sunrise	7:01 a.m.	7:03 a.m.
Sunset	4:16 p.m.	4:15 p.m.
Moonrise	5:07 p.m.	5:54 p.m.
Moonset	7:16 a.m.	8:27 a.m.

## MOON PHASES



## AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2018



## REGIONAL CITIES

City	SAT.		SUN.		City	SAT.		SUN.	
	Hi/Low	W	Hi/Low	W		Hi/Low	W	Hi/Low	W
Astoria	53/40	c	55/44	r	Lewiston	46/28	pc	42/30	c
Bend	45/24	c	49/30	c	Longview	50/36	c	51/41	c
Boise	44/23	s	42/22	c	Meacham	39/19	pc	40/23	c
Brookings	55/43	c	57/47	c	Medford	51/32	pc	56/36	c
Burns	39/5	pc	37/8	c	Newport	53/41	c	56/46	r
Coos Bay	53/40	c	57/47	c	Olympia	49/35	c	49/37	c
Corvallis	51/34	c	51/42	c	Ontario	48/19	s	42/21	c
Council	39/1	pc	38/1	pc	Pasco	47/26	s	40/29	c
Elgin	42/21	pc	41/24	c	Pendleton	47/28	pc	43/28	c
Eugene	51/36	c	52/43	c	Portland	51/38	c	52/43	c
Hermiston	50/28	c	43/30	c	Powers	54/40	c	61/47	c
Hood River	50/34	c	47/38	c	Redmond	48/21	c	51/27	c
Imnaha	44/25	c	46/28	c	Roseburg	48/39	c	54/46	c
John Day	41/24	c	45/29	c	Salem	53/37	c	53/43	c
Joseph	38/19	pc	39/22	c	Spokane	37/26	s	37/27	c
Kennewick	50/29	s	43/29	c	The Dalles	50/30	pc	44/34	c
Klamath Falls	44/18	pc	47/21	pc	Ukiah	39/20	c	42/24	c
Lakeview	42/12	pc	44/17	pc	Walla Walla	43/29	pc	39/31	c

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

## RECREATION FORECAST SATURDAY

Location	Forecast	High	Low
ANTHONY LAKES	A snow shower	27	14
PHILLIPS LAKE	A passing shower	40	25
MT. EMILY REC.	A shower	36	26
BROWNLEE RES.	Showers	45	29
EAGLE CAP WILD.	A snow shower	31	19
EMIGRANT ST. PARK	A shower	40	28
WALLOWA LAKE	A shower	43	27
MCKAY RESERVOIR	Afternoon showers	50	35
THIEF VALLEY RES.	Spotty showers	44	26
RED BRIDGE ST. PARK	Showers around	46	32



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