

# A normal life eludes victim of repeated childhood abuse

**DEAR ABBY:** I am a 53-year-old woman who is a sexual abuse survivor. This has consumed every aspect of my life. It started when I was around 2, I believe, and was a daily occurrence until I was 14. My abuser was my paternal grandfather, now deceased.

I've sought counseling and therapy groups — whatever I could — over the years, to no avail. I just can't shake it. I have dealt with flashbacks, nightmares, failed marriages, etc. I just want to be and feel normal, and I don't know how.

Am I searching for something that does not exist? I don't know if you can help me, but PLEASE, if you have any advice at all, I would be beyond grateful.

— LOST IN THE SOUTH

**DEAR LOST:** My heart goes out to you. You have experienced an atrocity. The groups you have been attending may not have been the right ones for you. One-on-one sessions with a licensed mental health professional, someone who specializes in working with victims of sexual abuse and/or PTSD, might be more appropriate.

A good place to start finding the help you're looking for would be the Rape, Abuse and Incest National Network (RAINN). It's the nation's largest anti-sexual violence network. You can find it online at rainn.org or by calling 800-656-4673. I wish you healing and success. Please let me hear from you again and tell me how you are doing.

**DEAR ABBY:** I'm a 29-year-old woman living on my own an hour away from my family. My parents were bitterly divorced 10 years ago, and a year ago I lost my father to cancer. At the time, my mother voiced her disapproval of my going to be with him on his deathbed. The day he passed, she told me not to be too sad because "he was thinking about suicide anyway." I have so much anger toward her for these and other things her emotional immaturity has led her to do or say.

On the one-year anniversary of Daddy's death, she tried to pick a fight with me for "obviously not wanting to talk" to her.

It prompted me to do exactly that, and I calmly discontinued speaking with her.

The past two weeks without my mother's voice in my life have been the longest stretch of peace and confidence I have experienced in a long time, but her birthday is coming up, and I worry that I am being a bad daughter by continuing not to talk to her. What's more important — healing the breach, or my own mental health?

— CONFLICTED DAUGHTER

**DEAR DAUGHTER:** For both your sakes, do both if you can manage it. Try this: Explain to your mother the reason for your sudden silence. Set some firm boundaries. If she cooperates, you will still be able to have a relationship with her. If she doesn't, at least you will know you tried.

**DEAR ABBY:** I have asked my husband to please not spit in the kitchen sink or to floss his teeth at the kitchen table. He responds by getting mad and huffing off like I am being a nag. Am I in the wrong? Does he have the right to gross me out this way?

— DISGUSTED IN MINNESOTA

**DEAR DISGUSTED:** Considerate spouses refrain from doing things they know will annoy their partner. I'm sure if your gem of a husband told you not to do something that bothers him, you would respect his wishes. Well, it's supposed to work both ways.

**DEAR ABBY:** My boyfriend and I have reached an impasse. He says that breakfast, brunch or lunch is an acceptable time to spend with my girlfriends, but dinner is "family time" and should be spent at home with him.

He also says that girlfriends who spend a weekend away together are "up to no good." I see no problem with it. What are your thoughts?

— UNSURE IN THE MIDWEST

**DEAR UNSURE:** Your boyfriend appears to be insecure, controlling and have a dim view of women. If you're smart, you will find someone who is less easily threatened by female bonding and let this one go.

# Climate change is shrinking winter snowpack harming forests

**By Andrew Reinmann**  
CUNY Graduate Center

Climate change often conjures up images of heat, drought and hurricanes. But according to the latest U.S. National Climate Assessment, released on Nov. 23, 2018, winters have warmed three times faster than summers in the Northeast in recent years. These changes are also producing significant effects.

Historically, over 50 percent of the northern hemisphere has had snow cover in winter. Now warmer temperatures are reducing the depth and duration of winter snow cover. Many people assume that winter is a dormant time for organisms in cold climates, but decades of research now show that winter climate conditions — particularly snowpack — are important regulators of the health of forest ecosystems and organisms that live in them.

In particular, our work over the last decade shows that declining snow cover may impair tree health and reduce forests' ability to filter air and water. Our latest study finds that continued winter warming could greatly reduce snow cover across the northeastern United States, causing large declines in tree growth and forest carbon storage.

## Snow as a blanket

We study northern hardwood forests, which are dominated by sugar maple, yellow birch and American beech trees and span 85,000 square miles, from Minnesota and south-central Canada east to the Canadian Maritime Provinces and the

northeastern United States. These forests are famed for their vibrant fall colors. They generate revenue by drawing tourists, hikers, hunters and campers, and support timber and maple syrup industries. They also provide important ecological services, such as storing carbon and maintaining water and air quality.

When winter encroaches on this region, with temperatures often dipping well below freezing, every species needs insulation to cope. Tree roots and soil organisms like insects rely on deep snowpack for protection from cold — a literal blanket of snow. Even in sub-zero temperatures, if snow is sufficiently deep, soils can remain unfrozen.

Six decades of research from the Hubbard Brook Experimental Forest in New Hampshire — one of the longest-running studies anywhere — show that winter snowpack is declining. Research conducted by other scholars indicates that if this trend continues, it will increase the likelihood of soil freeze-thaw cycles, with harmful effects on forest health.

## Why northern forests need snow

For more than 10 years we have manipulated winter snowpack at Hubbard Brook to study the effects of projected climate change on northern hardwood forests. In early winter, we head outdoors after each snowfall to remove snow from our experimental plots. Then we analyze how losing this insulating layer affects trees and soil.

We have found that in plots

where we remove snow, frost penetrates a foot or more down into the soil, while it rarely extends more than two inches deep in nearby reference plots with unaltered snowpack. And just as freeze-thaw cycles create potholes in city streets, soil freezing abrades and kills tree roots and damages those that survive.

This root damage triggers a cascade of ecological responses. Dead roots decompose and stimulate losses of carbon dioxide from the soil. Trees take up fewer nutrients from soil, accumulate the toxic element aluminum in their leaves and produce less branch growth. Nitrogen, a key nutrient, can wash out of soils. Soil insect communities become less abundant and diverse.

## Declining snowpack affects tree growth

In our most recent paper, our climate and hydrological models show that the area of forests across the northeastern United States that receives insulating midwinter snowpack could decline by 95 percent by the year 2100. Today, 33,000 square miles of forests across northern New York and New England typically have snowpack for several months in winter. By the year 2100, this area could shrink to a patch smaller than 2,000 square miles — about one-fifth the size of Vermont.

This decline will undoubtedly harm the skiing and snowmobiling industries and expose Northeast roads to more freeze-thaw cycles. It also will significantly affect tree growth.

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# weather

<b>TONIGHT</b> A starlit sky and frigid	<b>THU</b> Sunny, but chilly	<b>FRI</b> Mostly sunny and chilly	<b>SAT</b> A thick cloud cover	<b>SUN</b> Cloudy
<b>Baker City</b> Comfort Index™ 2	<b>30 8</b>	<b>32 15</b>	<b>34 18</b>	<b>36 23</b>
<b>La Grande</b> Comfort Index™ 2	<b>30 15</b>	<b>31 18</b>	<b>34 23</b>	<b>35 28</b>
<b>Enterprise</b> Comfort Index™ 2	<b>28 11</b>	<b>30 18</b>	<b>34 21</b>	<b>37 27</b>

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

<b>TEMPERATURES</b>	<b>Baker City</b>	<b>La Grande</b>	<b>Elgin</b>
High Tuesday	33°	35°	37°
Low Tuesday	16°	20°	16°
<b>PRECIPITATION</b> (inches)			
Tuesday	0.00	0.00	0.00
Month to date	Trace	Trace	0.26
Normal month to date	0.13	0.26	0.46
Year to date	5.24	13.57	26.73
Normal year to date	9.28	15.12	21.13

## TUESDAY EXTREMES

<b>NATION</b> (for the 48 contiguous states)	
High: 88°	Marathon, Fla.
Low: -20°	Daniel, Wyo.
Wettest: 1.93"	Homestead, Fla.
<b>OREGON</b>	
High: 56°	Brookings
Low: -2°	Burns
Wettest: none	

## AGRICULTURAL INFO.

<b>HAY INFORMATION THURSDAY</b>	
Lowest relative humidity	45%
Afternoon wind	SSE at 6 to 12 mph
Hours of sunshine	7.9
Evapotranspiration	0.03

## RESERVOIR STORAGE

Phillips Reservoir	8% of capacity
Unity Reservoir	18% of capacity
Owyhee Reservoir	33% of capacity
McKay Reservoir	12% of capacity
Wallowa Lake	13% of capacity
Thief Valley Reservoir	28% of capacity
<b>STREAM FLOWS</b> (through midnight Tuesday)	
Grande Ronde at Troy	719 cfs
Thief Valley Reservoir near North Powder	N.A.
Burnt River near Unity	7 cfs
Umatilla River near Gibbon	98 cfs
Minam River at Minam	N.A.
Powder River near Richland	10 cfs

## WEATHER HISTORY

On Dec. 6, 1964, almost 15 inches of rain fell on Little Port Walter Ark., in 24 hours. This is the greatest 24-hour rainfall event in the state's history.

## SUN & MOON

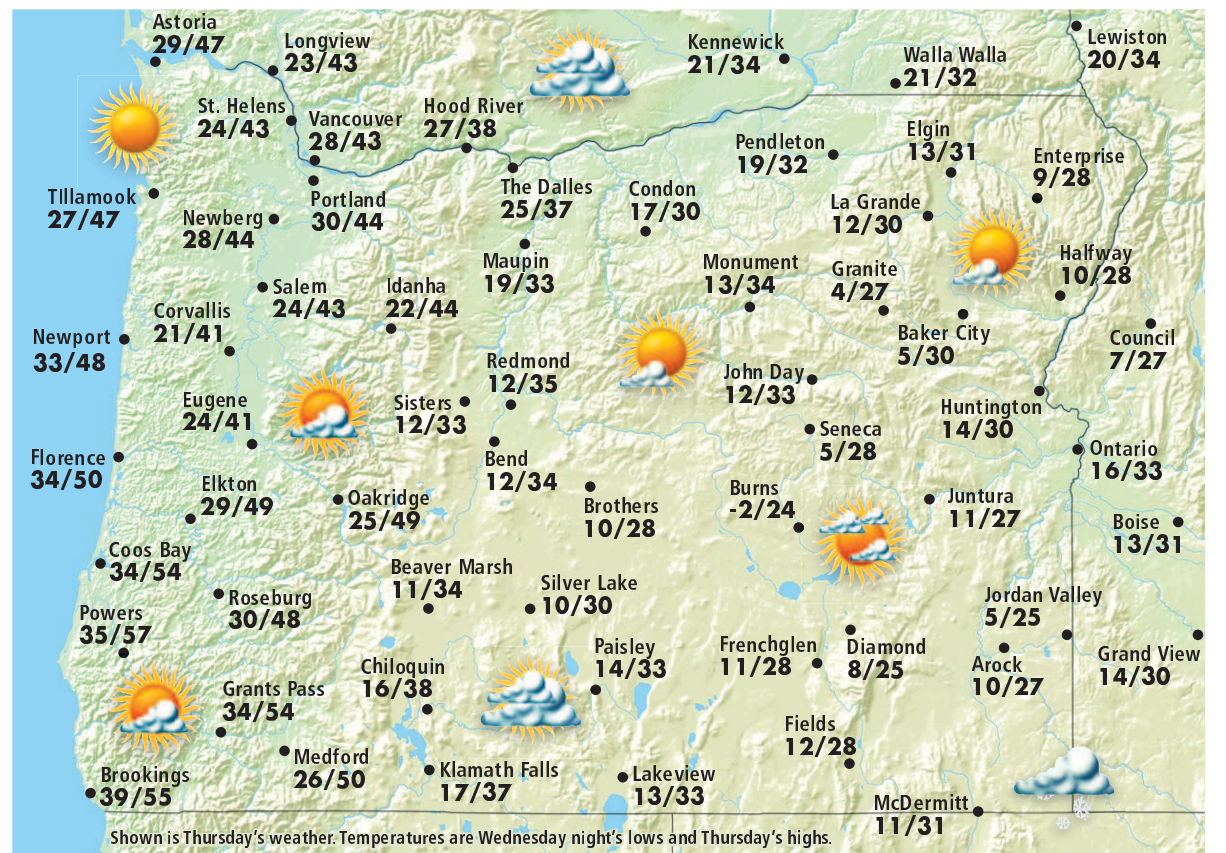
	<b>WED.</b>	<b>THU.</b>
Sunrise	7:16 a.m.	7:17 a.m.
Sunset	4:10 p.m.	4:10 p.m.
Moonrise	5:20 a.m.	6:25 a.m.
Moonset	3:36 p.m.	4:11 p.m.

## MOON PHASES



## AROUND OREGON AND THE REGION

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## REGIONAL CITIES

City	THU. HI/LO/W	FRI. HI/LO/W	City	THU. HI/LO/W	FRI. HI/LO/W
Astoria	47/30/s	48/39/s	Lewiston	34/18/s	35/22/s
Bend	34/15/s	38/24/s	Longview	43/25/s	43/35/s
Boise	31/15/pc	33/12/pc	Meacham	29/12/s	32/17/s
Brookings	55/40/s	53/47/pc	Medford	50/25/s	49/33/pc
Burns	24/2/s	27/8/pc	Newport	48/34/s	50/43/s
Coos Bay	54/39/s	53/45/s	Olympia	41/19/s	42/33/s
Corvallis	41/20/s	40/30/s	Ontario	33/17/s	34/12/pc
Council	27/8/s	28/14/s	Pasco	33/20/c	32/24/pc
Elgin	31/14/s	33/19/s	Pendleton	32/17/c	33/22/pc
Eugene	41/26/s	43/33/s	Portland	44/29/s	44/35/s
Hermiston	35/22/c	34/24/pc	Powers	57/35/s	54/43/pc
Hood River	38/26/s	39/31/s	Redmond	35/13/s	40/16/s
Imnaha	37/17/s	38/22/s	Roseburg	48/31/s	46/38/pc
John Day	33/16/s	35/22/pc	Salem	43/24/s	43/32/s
Joseph	27/9/s	30/16/pc	Spokane	31/18/c	32/19/pc
Kennewick	34/21/c	33/24/pc	The Dalles	37/23/s	36/27/s
Klamath Falls	37/16/s	37/20/pc	Ukiah	32/11/s	34/18/s
Lakeview	33/13/pc	34/13/pc	Walla Walla	32/22/c	32/23/pc

## RECREATION FORECAST THURSDAY

<b>ANTHONY LAKES</b> Mostly sunny; cold	<b>19 3</b>	<b>PHILLIPS LAKE</b> Mostly sunny	<b>29 7</b>
<b>MT. EMILY REC.</b> Mostly sunny; cold	<b>25 11</b>	<b>BROWNLEE RES.</b> Mostly sunny	<b>34 10</b>
<b>EAGLE CAP WLD.</b> Mostly sunny; cold	<b>22 -2</b>	<b>EMIGRANT ST. PARK</b> Mostly sunny	<b>29 8</b>
<b>WALLOWA LAKE</b> Mostly sunny	<b>29 7</b>	<b>MCKAY RESERVOIR</b> Mostly cloudy	<b>33 17</b>
<b>THIEF VALLEY RES.</b> Mostly sunny	<b>32 5</b>	<b>RED BRIDGE ST. PARK</b> Mostly sunny	<b>31 12</b>

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