

Teen lets her temper spoil fun with family and friends

DEAR ABBY: I'm a 15-year-old girl. I'm a fun person to be with, and I love spending time with my friends and family. But one thing sometimes ruins it. I have a bit of a temper and some anger problems. I'm wondering if you have anything that could help me control my temper and be nicer to people? I get into disagreements with people I care about because of my attitude. Can you give me some guidance?

— TESTY TEEN IN WISCONSIN

DEAR TEEN: If you think you are the only person with anger issues, you are mistaken. We are living in increasingly stressful times that have affected most of us in one way or another.

It takes self-control — and maturity — to react calmly instead of spouting off angrily. Before you can deal with your anger problem you need to be able to pinpoint what makes you lose control. The problem with a hair-trigger temper is that those who fly off the handle sometimes shoot themselves in the foot.

While anger is a normal emotion we all experience at one time or another, most people start learning to control it during childhood. Uncontrolled anger is destructive because it drives others away, making it impossible to maintain healthy, successful relationships. The trick is learning to express anger in constructive rather than destructive ways. My booklet “The Anger in All of Us and How to Deal With It” offers suggestions on how to recognize you are angry before you lose control and how to channel it appropriately. It can be ordered by sending your name and mailing address, plus a check or money order for \$8 (U.S. funds), to Dear Abby Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. I hope it will be helpful for you. It takes maturity to identify and verbalize negative emotions rather than lash out at others. Being able to calmly say, “I’m having a bad day today,” or, “When you say (or do) that, it makes me angry” will earn you the respect of others. And it is the key to defusing anger before you lose control.

DEAR ABBY: I just finished building my dream home. My dilemma is, now that I have a wonderful home gym, my in-laws want to

use it. I feel selfish saying no. But I'm a very private and somewhat introverted person, and I really like my space. I'm afraid if I agree, it may become inconvenient for me when I want to use it. Where do I draw the line?

Am I being selfish? If not, how do I refuse without disrupting the family dynamics? I have a feeling it wouldn't sit well, and so far, I've been coming up with excuses to avoid the situation. Please help.

— RUNNING OUT OF EXCUSES

DEAR RUNNING OUT: A tactful solution might be to “remind” your in-laws that you want the gym to be available for your private use when you need it, and suggest some hours or days when there wouldn't be a conflict. And hold a good thought. Interest in working out in gyms is notoriously short-lived, so your problem may disappear in quick time.

DEAR ABBY: My fiancée, “Tara,” has a problem with social boundaries. She was home-schooled most of her education and missed out on a social life.

Recently, a male friend of mine quit talking to both of us because of her behavior. When I talked with him about it, he said Tara makes him uncomfortable. She doesn't understand where friendly joking stops and serious flirting starts. She gave him the impression she wanted to start an affair, so he walked away.

Tara has been open and upfront about everything. She doesn't lie. It's like she doesn't know any other way to interact with the opposite sex, and it's spooking me before our wedding. I don't want to have to be my fiancée's constant social monitor.

What can I do to help her with this? Are there social classes for late bloomers?

— FREAKED-OUT FIANCEE IN OHIO

DEAR FREAKED-OUT FIANCEE: I don't blame you for being “freaked out” because Tara's behavior must have been blatant for your friend to avoid both of you. My advice is to put your wedding on hold until you, a female relative (or two) whom Tara respects and will listen to, or a counselor is able to make her understand the boundaries of socially appropriate behavior. If you proceed as things are, the next letter I receive from you may be from “Freaked-Out Husband.”

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weather

TONIGHT	THU	FRI	SAT	SUN
A bit of snow and rain	Cloudy with a little rain	Cloudy	Occasional rain	Occasional rain
Baker City 35 Comfort Index™ 0	45 32 2	45 34 4	41 33 0	42 27 1
La Grande 37 Comfort Index™ 2	46 36 1	45 36 4	43 38 0	43 31 1
Enterprise 33 Comfort Index™ 3	43 33 2	41 34 4	43 37 1	42 29 3

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	34°	39°	39°
Low Tuesday	19°	20°	18°
PRECIPITATION (inches)			
Tuesday	0.00	0.00	0.00
Month to date	0.02	0.03	0.33
Normal month to date	0.43	0.86	1.62
Year to date	0.02	0.03	0.33
Normal year to date	0.43	0.86	1.62

AGRICULTURAL INFO.

HAY INFORMATION THURSDAY

Lowest relative humidity	60%
Afternoon wind	SSE at 7 to 14 mph
Hours of sunshine	0.3
Evapotranspiration	0.05

RESERVOIR STORAGE (through midnight Tuesday)

Phillips Reservoir	8% of capacity
Unity Reservoir	28% of capacity
Owyhee Reservoir	37% of capacity
McKay Reservoir	25% of capacity
Wallowa Lake	20% of capacity
Thief Valley Reservoir	59% of capacity

STREAM FLOWS (through midnight Tuesday)

Grande Ronde at Troy	888 cfs
Thief Valley Reservoir near North Powder	N.A.
Burnt River near Unity	8 cfs
Umatilla River near Gibbon	161 cfs
Minam River at Minam	406 cfs
Powder River near Richland	55 cfs

TUESDAY EXTREMES

NATION (for the 48 contiguous states)
High: 72° Tampa, Fla.
Low: -39° Antero Reservoir, Colo.
Wettest: 1.58" Vacaville, Calif.

OREGON
High: 59° Medford
Low: 17° Burns
Wettest: 0.08" Brookings

WEATHER HISTORY

On Jan. 17, 1817, St. Elmo's Fire flashed during a storm in Vermont and Massachusetts. Static electricity creates the startling flashes of light called St. Elmo's Fire during snowstorms.

SUN & MOON

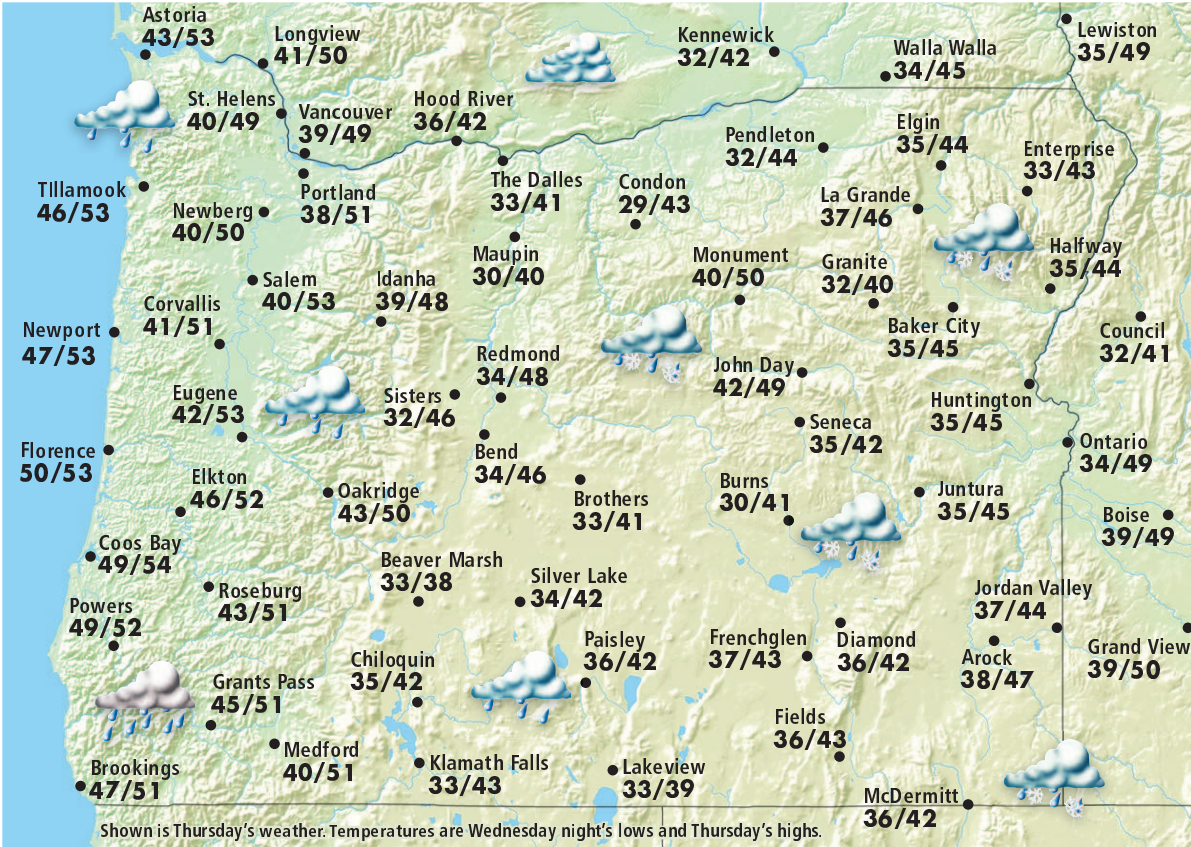
	WED.	THU.
Sunrise	7:28 a.m.	7:27 a.m.
Sunset	4:37 p.m.	4:38 p.m.
Moonrise	12:51 p.m.	1:30 p.m.
Moonset	2:29 a.m.	3:39 a.m.

MOON PHASES

Full	Last	New	First
Jan 20	Jan 27	Feb 4	Feb 12

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	THU. Hi/Lo/W	FRI. Hi/Lo/W
Astoria	53/47/r	53/44/r
Bend	46/33/c	43/38/c
Boise	49/34/r	47/33/c
Brookings	51/46/r	53/46/r
Burns	41/27/r	40/28/c
Coos Bay	54/47/r	53/50/r
Corvallis	51/44/r	50/45/r
Council	41/32/sn	38/31/c
Elgin	44/36/r	45/36/c
Eugene	53/43/r	52/44/r
Hermiston	42/36/r	53/41/c
Hood River	42/39/sn	48/41/c
Imnaha	49/38/r	47/41/c
John Day	49/35/r	45/40/c
Joseph	43/32/r	40/32/c
Kennewick	42/37/r	53/41/c
Klamath Falls	43/30/sn	42/31/c
Lakeview	39/27/c	37/29/sf

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

RECREATION FORECAST THURSDAY

ANTHONY LAKES	PHILLIPS LAKE
A bit of p.m. snow	Rain/snow shower
27 23	36 32
MT. EMILY REC.	BROWNLEE RES.
A p.m. snow shower	Rain/snow shower
35 32	41 37
EAGLE CAP WILD.	EMIGRANT ST. PARK
Mostly cloudy	Rain/snow shower
28 25	37 32
WALLOWA LAKE	MCKAY RESERVOIR
Inc. clouds	Rain/snow shower
39 33	39 34
THIEF VALLEY RES.	RED BRIDGE ST. PARK
Rain/snow shower	Rain/snow shower
39 35	41 37



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