

Son is still mired in grief long after father's death

DEAR ABBY: It has been a little over two years since I lost my father to leukemia. The progression of his illness and death was rapid and unforeseen. It has been a tremendous emotional strain on the family, but I seem to be having a hard time "ending" my grieving and finding even simple happiness in things I used to enjoy. I know the death of a loved one can change a person's perspective forever, but I'm wondering if my process has turned into something else.



DEAR ABBY

feel awful. I have hinted to Jim about him staying with his son, but he says "no." The other siblings don't offer because he is so critical. Everything we do has to be his way. I really need to tell him he must stay elsewhere, but I can't seem to find the right words. My siblings say just tell him. What should I do?
— **NEEDS MY SLEEP**
DEAR NEEDS SLEEP: Just tell him! Permit me to suggest a few phrases: "Jim, you will have to make other arrangements when you come to town because you can no longer stay with us. Going without sleep for a week while you use my bed is affecting my health, so please return our house key. We love you and would like to visit with you while you're here, and we hope you understand."

Do not feel guilty for saying any of it because you have been more than generous to your brother.

DEAR ABBY: Your column on forgiveness some months ago was very moving. It reminded me of something I clipped from your column about seven years ago:

FORGIVENESS
The friend who ran off with your wife
Forgive him for his lust;
The chum who sold you phony stocks,
Forgive his breach of trust;
The pal who schemed behind your back,
Forgive his evil work;
And when you're done, forgive yourself
For being such a jerk.

— **LONGTIME READER**

DEAR LONGTIME: The poem carries a worthwhile message. Who among us, at one time or another, did not need forgiveness?

DEAR READERS: Today, we remember the birthday of Rev. Martin Luther King Jr., who in 1968 was martyred in the cause of civil rights. His philosophy still rings true: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

I am somewhat prone to depression (especially around the winter months), but have stuck with my doctor's orders about medication and exercise on a regular basis. I was in counseling, but that seemed to reach its conclusion about a year ago.

I'm married with three wonderful children, and I feel like I could be a better husband and father if I could figure out how to move on. Abby, please help.

— **TRYING TO MOVE ON**

DEAR TRYING TO MOVE ON: Please accept my sympathy for the loss of your father. The inability to find happiness in things that used to bring you joy is one of the symptoms of clinical depression. After two years, you should be doing better than you are. For that reason I'm suggesting you discuss what's going on with you with a psychiatrist, a doctor who has the training and certification to give you a definite diagnosis and medicate you, if necessary. Please don't wait to ask your doctor or your insurance company for a referral.

DEAR ABBY: My brother lives in a different state, and every year he comes "home" for a week. I'm one of six siblings who live in the area, but "Jim" always stays with us. After the first time he stayed here he said, "I'll just keep your key for next year."

I love my brother, but this means giving him my bedroom for a week or more. We have no other bedrooms, so I have to share with my husband and get no sleep. I'm in my 70s, and after a week with no sleep I

Subscriber ONLY Presale Only \$6 Each

(reg price \$8.00 ea.)*

Featuring the EOU Chamber Choir & EOU Music Department



McKenzie Theatre
Fri., Feb. 1 - 7:30 p.m.
Sat., Feb. 2 - 4 and 8 p.m.

Presented by:



Adults \$8.00 Seniors/Students \$7.00
Group tickets are \$6 each when you purchase 10 or more.

Tickets available at Red Cross Drug, The EOU Bookstore and online at eou.edu/music
Advanced ticket purchase is highly recommended.

***If you are a subscriber to The Observer you can purchase your discounted tickets at The Observer office from Monday, Jan. 14 through Friday, Jan. 31, 2019. Advance ticket purchase is highly recommended.**

AccuWeather DOWNLOAD THE FREE APP

weather

	TONIGHT	TUE	WED	THU	FRI
	Partly to mostly cloudy	A thick cloud cover	Cloudy with a few showers	Times of sun and clouds	Partly sunny
Baker City	17	38 28	42 28	43 25	45 24
Comfort Index™	1	2	0	4	4
La Grande	22	39 34	43 33	45 28	47 26
Comfort Index™	1	1	0	5	6
Enterprise	17	36 31	42 29	42 27	43 24
Comfort Index™	1	2	1	6	5

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 Sunday	48°	45°	41°
Low Sunday	31°	32°	32°
PRECIPITATION (inches)			
Sunday	0.08	0.07	0.02
Month to date	0.39	0.71	1.12
Normal month to date	0.55	1.13	2.15
Year to date	0.39	0.71	1.12
Normal year to date	0.55	1.13	2.15

SUNDAY EXTREMES

NATION (for the 48 contiguous states)	OREGON
High: 82° Tucson, Ariz.	High: 53° Seaside
Low: -46° Cotton, Minn.	Low: 24° Pelton Dam
Wettest: 2.96" New Bedford, Mass.	Wettest: 1.53" North Bend

AGRICULTURAL INFO.

HAY INFORMATION TUESDAY	RESERVOIR STORAGE (through midnight Sunday)
Lowest relative humidity	Phillips Reservoir 9% of capacity
Afternoon wind	Unity Reservoir 29% of capacity
Hours of sunshine	Owyhee Reservoir 37% of capacity
Evapotranspiration	McKay Reservoir 26% of capacity
	Wallowa Lake 22% of capacity
	Thief Valley Reservoir 64% of capacity

WEATHER HISTORY

A record 17.4-inch snowfall on Jan. 22, 1902, in Buffalo, N.Y., was dwarfed by 30 inches in Philadelphia, Pa., on Jan. 8, 1996.

SUN & MOON

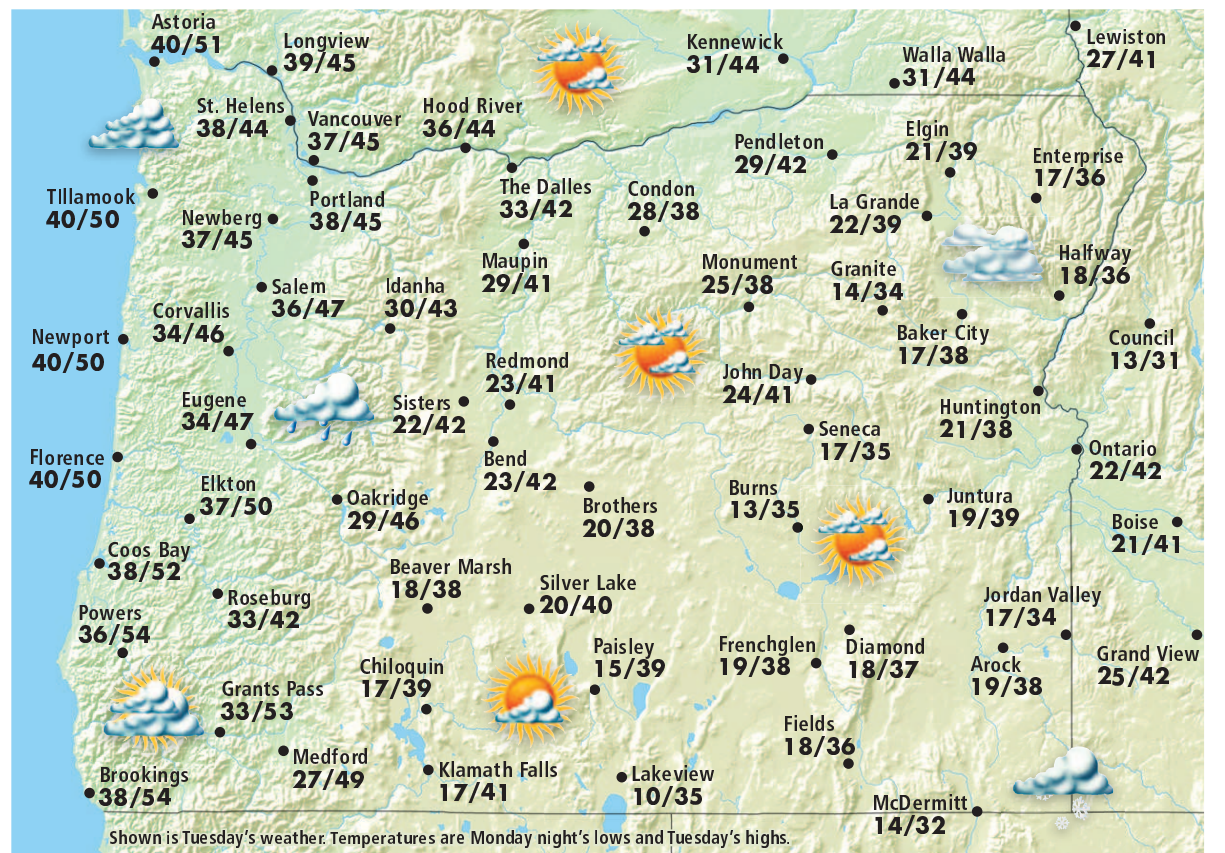
	MON.	TUE.
Sunrise	7:24 a.m.	7:24 a.m.
Sunset	4:43 p.m.	4:45 p.m.
Moonrise	5:39 p.m.	6:57 p.m.
Moonset	7:53 a.m.	8:38 a.m.

MOON PHASES

MOON PHASES	Jan 27	Feb 4	Feb 12	Feb 19
Last				
New				
First				
Full				

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2019



REGIONAL CITIES

City	TUE. HI/Lo/W	WED. HI/Lo/W	City	TUE. HI/Lo/W	WED. HI/Lo/W
Astoria	51/47/r	52/41/r	Lewiston	41/38/c	49/35/sh
Bend	42/35/c	50/28/c	Longview	45/43/r	52/41/r
Boise	41/30/c	46/28/pc	Meacham	38/33/c	42/31/c
Brookings	54/42/pc	54/43/c	Medford	49/33/pc	52/31/c
Burns	35/23/c	45/20/c	Newport	50/47/r	53/41/sh
Coos Bay	52/46/c	54/43/r	Olympia	46/43/r	51/39/sh
Corvallis	46/42/r	54/38/r	Ontario	42/28/c	43/28/c
Council	31/25/c	36/23/c	Pasco	43/40/c	55/33/pc
Elgin	39/34/c	44/34/r	Pendleton	42/39/c	50/37/pc
Eugene	47/42/r	54/39/c	Portland	45/43/r	53/39/sh
Hermiston	44/40/c	56/36/pc	Powers	54/44/c	54/41/c
Hood River	44/41/r	52/39/r	Redmond	41/32/c	50/27/c
Imnaha	41/37/c	46/33/sh	Roseburg	42/38/c	51/36/c
John Day	41/35/c	46/36/c	Salem	47/43/r	55/39/c
Joseph	35/31/c	41/27/c	Spokane	35/33/c	39/27/sh
Kennewick	44/41/c	57/35/pc	The Dalles	42/38/r	54/36/pc
Klamath Falls	41/24/pc	46/26/pc	Ukiah	37/33/c	43/30/c
Lakeview	35/21/pc	42/23/pc	Walla Walla	44/42/c	53/38/pc

RECREATION FORECAST TUESDAY

Location	Forecast	Temp
ANTHONY LAKES	Colder	19 7
MT. EMILY REC.	Cloudy and chilly	28 20
EAGLE CAP WILD.	Partly sunny	22 6
WALLOWA LAKE	Low clouds	34 16
THIEF VALLEY RES.	Partly sunny	40 17
PHILLIPS LAKE	Mostly cloudy	34 14
BROWNLEE RES.	Partly sunny	41 18
EMIGRANT ST. PARK	Cloudy and chilly	30 18
MCKAY RESERVOIR	Partly sunny	41 29
RED BRIDGE ST. PARK	Low clouds	38 22



Download & Explore Everything in NE Oregon

it's free and available at

