

Shy guy overcoming addiction flounders in the dating pool

DEAR ABBY: I'm a 28-year-old male who has never had a girlfriend or a meaningful relationship. I'm well-educated, nice-looking and have a good sense of humor. But I get shy and nervous around the opposite sex. Compounding that, I seem to have a serious "resting face." People assume I'm frustrated or angry/grumpy when it's just my normal expression. I'm worried it makes me unapproachable or appear to be unpleasant.

I have overcome addiction, attend daily support meetings and have almost a year of sobriety. I avoid bar/club scenes where a lot of people my age socialize. I'm beginning to feel very alone and empty. I asked out a temp at my job, but she had a boyfriend and offered to set me up with a friend of hers. I declined because I was embarrassed.

My friends tell me it's a game of numbers, but it hurts being rejected all the time. I see beautiful, nice women with men who treat them badly, and I obsess over what's wrong with me. My experience with women is limited. I'm not looking for a commitment, just some friends to share good times and laughter with. I'd love to have someone to spend time with before loneliness awakens previous bad habits.

— ABOUT TO GIVE UP IN CONNECTICUT

DEAR ABOUT TO GIVE UP: I doubt your "resting face" is what keeps women away. It's more likely the fact that you are afraid to interact with them.

Start by talking to some of the women in your support meetings. They already know something about you and the strides you have made in overcoming your addiction. And involve yourself in activities you enjoy that are more social. It may help you to develop your "people skills" so you will feel less anxious in other social situations. But do not allow yourself to use the fact that you are lonely to destroy your sobriety because it would be a poor excuse.

DEAR ABBY: I hate eating with my spouse because his table manners are awful. He sits with both elbows on the table, leans close to the dinner plate and uses his fingers to push his food onto his fork. He mashes ev-

erything on his plate together before he starts eating, smashes crackers in his soup, scrapes his spoon on the bottom of the bowl and slurps his liquids. He also licks his fingers.

He thinks he can modify these behaviors when he's with others, but he lapses into them even when he's with friends in a restaurant. Please help me. How can I get him to change? Must I tolerate it? I have tried constructive suggestions and gentle prodding with no success. Please respond in your column because he reads it daily — while he eats.

— DISTRAUGHT SPOUSE IN COLUMBUS, OHIO

DEAR DISTRAUGHT SPOUSE: Your husband must have many wonderful qualities if you married him knowing this is the way he consumes his food. Among them is an awareness that he should modify his eating habits when he's with friends. Let him know that YOU are his BEST friend and you would like him to practice his "party manners" when he eats with you. If he's reluctant, point out that he "lapses" when he's socializing with others, and it isn't pretty. It may motivate him to try harder.

DEAR ABBY: I have purchased season tickets for the local professional hockey team from a former co-worker for the last five years. We worked together for eight years and had a good relationship until this recent issue.

This year, when I called to ask about the tickets, she informed me that she had already sold them on Craigslist. I was upset because she didn't offer them to me first. I would have paid her the asking price without complaint.

I understand that they were her tickets and she could do what she wanted with them, but I feel she was inconsiderate and rude not to at least offer them to me before selling them to a total stranger. We are no longer speaking. Who's in the right?

— MAD IN MINNESOTA

DEAR MAD: She should have warned you — but if it ended the friendship, it couldn't have been much of one to begin with.

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Presented by:



*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.

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weather

TONIGHT	SAT	SUN	MON	TUE
Mainly clear	Low clouds, fog breaking	Times of clouds and sun	Cooler	Low clouds, fog breaking
Baker City Comfort Index™ 25	45 27	49 26	43 21	39 24
La Grande Comfort Index™ 27	49 33	52 26	41 23	41 28
Enterprise Comfort Index™ 27	47 32	49 22	40 20	39 24

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	46°	43°	48°
Low Thursday	26°	32°	30°

PRECIPITATION (inches)	Thursday	Friday	Saturday
Thursday	Trace	0.01	0.56
Month to date	0.54	1.61	3.38
Normal month to date	0.65	1.32	2.55
Year to date	0.54	1.61	3.38
Normal year to date	0.65	1.32	2.55

AGRICULTURAL INFO.

HAY INFORMATION SATURDAY

Lowest relative humidity	45%
Afternoon wind	SSE at 6 to 12 mph
Hours of sunshine	1.8
Evapotranspiration	0.04

RESERVOIR STORAGE (through midnight Thursday)

	9% of capacity	30% of capacity	37% of capacity	31% of capacity	22% of capacity	70% of capacity
Phillips Reservoir						
Unity Reservoir						
Owyhee Reservoir						
McKay Reservoir						
Wallowa Lake						
Thief Valley Reservoir						

STREAM FLOWS (through midnight Thursday)

	2010 cfs	N.A.	9 cfs	667 cfs	168 cfs	45 cfs
Grande Ronde at Troy						
Thief Valley Reservoir near North Powder						
Burnt River near Unity						
Umatilla River near Gibbon						
Minam River at Minam						
Powder River near Richland						

THURSDAY EXTREMES

NATION (for the 48 contiguous states)
High: 85° Marathon, Fla.
Low: -28° International Falls, Minn.
Wettest: 3.26" Meriden, Conn.

OREGON
High: 62° Brookings
Low: 19° Lakeview
Wettest: 0.12" Meacham

WEATHER HISTORY

Record warmth spread along the East Coast on Jan. 26, 1950, with highs of 74 at Philadelphia and 80 at Richmond, Va. During the winter of 1949-1950, no measurable snow fell in Philadelphia.

SUN & MOON

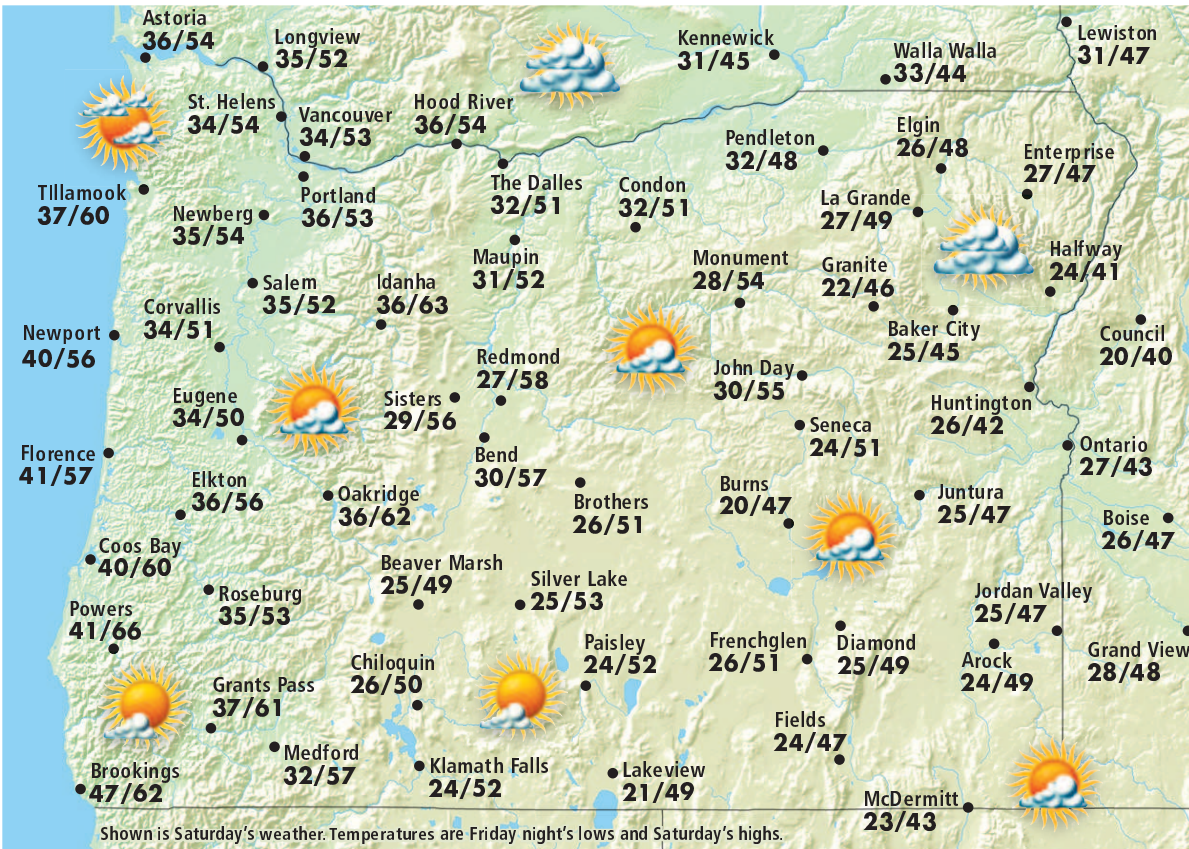
	FRI.	SAT.
Sunrise	7:21 a.m.	7:20 a.m.
Sunset	4:49 p.m.	4:50 p.m.
Moonrise	10:44 p.m.	11:55 p.m.
Moonset	10:17 a.m.	10:45 a.m.

MOON PHASES

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

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	SAT. HI/Lo/W	SUN. HI/Lo/W
Astoria	54/37/s	52/39/pc
Bend	57/33/s	60/26/pc
Boise	47/29/s	49/27/pc
Brookings	62/45/s	60/46/pc
Burns	47/23/s	53/21/pc
Coos Bay	60/41/s	60/44/pc
Corvallis	51/34/s	53/36/pc
Council	40/25/pc	41/19/pc
Elgin	48/33/c	51/26/pc
Eugene	50/35/s	54/36/pc
Hermiston	47/33/c	51/29/c
Hood River	54/38/c	59/36/pc
Imnaha	53/34/c	55/26/pc
John Day	55/33/s	56/25/c
Joseph	46/31/c	48/21/pc
Kennewick	45/34/c	48/29/c
Klamath Falls	52/25/pc	56/30/pc
Lakeview	49/23/pc	51/25/pc

City	SAT. HI/Lo/W	SUN. HI/Lo/W
Lewiston	47/33/c	47/31/c
Longview	52/36/s	51/34/pc
Meacham	48/32/c	52/22/pc
Medford	57/34/s	60/35/pc
Newport	56/41/s	56/44/pc
Olympia	49/34/s	49/34/pc
Ontario	43/28/pc	45/27/pc
Pasco	44/30/c	46/27/pc
Pendleton	48/35/c	50/28/c
Portland	53/37/s	53/38/pc
Powers	66/43/s	66/42/pc
Redmond	58/31/s	59/27/pc
Roseburg	53/38/s	55/37/pc
Salem	52/34/s	53/36/pc
Spokane	38/28/c	39/23/c
The Dalles	51/35/s	56/34/c
Ukiah	50/31/c	53/21/c
Walla Walla	44/35/c	44/28/c

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

RECREATION FORECAST SATURDAY

ANTHONY LAKES
Mostly cloudy

30 17

MT. EMILY REC.
Mostly cloudy

38 28

EAGLE CAP WILD.
Mostly cloudy

31 17

WALLOWA LAKE
Mostly cloudy

41 26

THIEF VALLEY RES.
Mostly cloudy

44 25

PHILLIPS LAKE
Mostly cloudy

43 23

BROWNLEE RES.
Periods of sun

44 26

EMIGRANT ST. PARK
Mostly cloudy

40 25

MCKAY RESERVOIR
Mostly cloudy

48 33

RED BRIDGE ST. PARK
Mostly cloudy

45 27



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