

New mother can't let go of story of another baby's death

DEAR ABBY: I recently had a baby, and I have been diagnosed as having postpartum depression. I have tried all of the prescribed medications but took myself off them because of the side effects.

The issue I'm having is I read a news story about a tiny baby who was scalded to death years ago by his mother. I think about that precious baby all day long. I cry, I scream and I have anxiety about hot water.

I started following the case closely (it's in another state) and have been spending my hard-earned vacation money ordering depositions and other documents from the case. I want some kind of closure on this, but I can't seem to let this poor baby go. My money is limited, which is why I can't/don't see a therapist. Any advice?



DEAR ABBY

interesting.
As destructive as the hardships of being constantly on the road have been for performers in the music and entertainment business, EGO can be equally so. Your bandmate may be trying his best to upstage the rest of you or may think a gimmick could excite your audience. Try talking to him about it, but accept that you may have to replace him. If that's the case, be sure the person you hire has the same vision for the band that you do, so this won't happen again.

DEAR ABBY: What is the best way to approach a co-worker regarding body odor? A number of people in my office have noticed it, and it's creating a problem when someone has to sit near him during a meeting. We don't want to cause hurt feelings, but we really need him to be aware.

—KEEPING OUR DISTANCE IN PENNSYLVANIA

DEAR KEEPING: This could be a medical problem rather than poor hygiene. Because it's a delicate subject, one that could be embarrassing for everyone concerned, this should be discussed with HR, the person's supervisor or the boss — depending upon the size of the company.

DEAR ABBY: Our group has a problem. One of the women takes out her dental floss and uses it at the table regardless of where we are — a restaurant, banquet, anyplace. We have all asked her please not to, but she's the type who, if you tell her she's wrong, insists she's always right. According to her, flossing one's teeth at the table is acceptable.

She's in her 60s and she's a representative for our AARP group, which means she attends a great many functions. There has been a lot of talk about this, and it has made a lot of people uncomfortable.

She reads your column as we all do. So please address this subject. Thank you.

—GROSSED OUT IN MASSACHUSETTS

DEAR GROSSED OUT: With pleasure! Flossing one's teeth should be done in private, in the powder room. Under no circumstances is it proper to do it at the dinner table. For her to insist upon doing it in spite of being told it makes others uncomfortable is extremely rude, so tell her to chew on that!

DEAR OVERWHELMED: Have you informed the doctor who prescribed those medications that you stopped taking them, and why? If you haven't, you should.

It is important that you talk with a mental health professional about your obsession over the death of that baby and how it is affecting your life. Because money is limited, contact your county department of mental health and ask what services are available on a sliding financial scale.

Please don't wait to reach out. Your own baby needs love and care, and that should be your focus.

DEAR ABBY: I recently started a band with some close friends. At the beginning, everything was going great because we all have similar tastes in music. However, recently the lead singer has gotten more and more attention-seeking.

It started out small where he would make jokes on stage and try and get a laugh out of people. But now he's getting really outlandish, wearing crazy outfits and overall just acting ridiculous. How can I help him get back to just caring about the music and leaving the antics behind?

—EAST COAST MUSICIAN

DEAR MUSICIAN: You have my sympathy. Tom Hanks wrote and directed a movie about this subject in 1996. It is called "That Thing You Do!" If you can locate it, I am sure you will find it

Storm-lashed South Carolina reassesses global warming's role

By Jeffrey Collins

Associated Press

COLUMBIA, S.C. — When he took the job 15 years ago, Horry County Emergency Manager Randy Webster figured his biggest disasters would be wind and surge rolling over his county's beaches, South Carolina's top tourist destination.

Instead, his worries have shifted inland, where rivers overflowing their banks have caused two massive floods in three years.

"We're getting into this sort of unknown territory," Webster said. "We typically in emergency management have some point of reference to work with. Two floods like this — it's unheard of."

Scientists say the Earth's warming climate means more heavy rainfall over short periods of time, and that translates to larger, more ferocious storms on the scale of 2017's Hurricane Harvey in Texas or 2018's Hurricane Florence in the Carolinas. Florence dumped six months' worth of rain on the Carolinas in the course of just a few days.

The growing realization that such events are going to become more common as the result of global warming is forcing Webster and other state officials to revisit how they prepare for and respond to natural disasters.

Late last year, Republican Gov. Henry McMaster created the South Carolina Floodwater Commission to figure out how to better combat flooding unleashed by hurricanes, rising ocean levels and other rain systems upstream that send rivers and creeks over

their banks on the way to the Atlantic Ocean.

One thing that local governments must do is use forecast tools that predict several different scenarios based on possible temperature rise, rather than relying on flood maps of the past, when severe inundations were rare, said Larry Larson, a former director and senior policy adviser for the Association of State Floodplain Managers.

They also should be prepared to alter landscapes, divert runoff, and to buy up houses and other private properties that frequently end up under water, and to elevate those buildings if necessary, Larson said.

"These owners won't sell after the first flood; they think they have another 99 years to go," he said. "But they will sell after the second flood."

Property owners are resistant because of the cues they get from weather forecasters and government officials, who still employ such terminology as "100-year" floods.

Despite its name, a 100-year flood doesn't mean once-in-a-lifetime. Instead, it means a level of flooding that has a 1 percent chance of happening in any particular year, said Susan L. Cutter, director of the Hazards and Vulnerability Research Institute at the University of South Carolina.

"People are not really good at understanding probability," Cutter said.

Dealing with the consequences of natural disasters is daunting even when residents receive advance notice. Emergency officials in Conway, a city of 23,000 about

15 miles from the beach, took the map of Hurricane Matthew's flooding in 2016 and — based on forecasts — drew the lines out a little farther, accurately predicting nearly to a home which ones would flood during Hurricane Florence in September. That gave residents a week or more to get whatever they could out their homes.

Kevin Tovornik was one of them. Tovornik lost his air conditioner and duct work in the 2016 flood. In 2018, he saved his furniture, but still ended up losing the house. For a while, he paid two mortgages: this one and one on a townhome he had to move into 30 miles away. To save money, he now lives in an RV in his yard in Conway. He hasn't been able to start repairs on the house because too much rain has fallen over the past few months for anything to dry out.

Tovornik and his wife don't want to rebuild. He said he would now have to elevate the house with no guarantee there isn't another record flood to come on the Waccamaw River, which crested 3.5 feet above the level it reached during Matthew. But at the moment, he can only get back 75 percent of the appraised value of the house through the federal government's buyback program.

"Where else in South Carolina right now is your house losing that kind of value?" Tovornik said. "It's hard to get your feet back on the ground. You have so many strikes against you. You have a mortgage on a house that is uninhabitable."

weather

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TONIGHT	TUE	WED	THU	FRI
Mainly clear and cold	Snow in the afternoon	Cloudy with a bit of snow	Areas of low clouds; cold	Partly sunny and chilly
Baker City 10 Comfort Index™ 0	32 24 0	34 16 0	32 11 0	34 20 0
La Grande 11 Comfort Index™ 0	32 27 0	33 19 0	31 13 0	36 27 2
Enterprise 8 Comfort Index™ 0	29 23 0	30 16 0	29 11 0	33 24 1

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 Saturday	38°	36°	38°
Low Saturday	23°	24°	28°

PRECIPITATION (inches)

	Baker City	La Grande	Elgin
Saturday	0.04	0.11	0.25
Month to date	1.15	1.74	3.92
Normal month to date	0.33	0.63	1.35
Year to date	1.69	3.35	7.32
Normal year to date	1.13	2.26	4.52

SATURDAY EXTREMES

NATION (for the 48 contiguous states)
High: 91° Zapata, Texas
Low: -28° Cotton, Minn.
Wettest: 1.02" Smithfield, N.C.

OREGON
High: 49° North Bend
Low: 18° Crater Lake
Wettest: 0.59" Salem

AGRICULTURAL INFO.

HAY INFORMATION TUESDAY

Lowest relative humidity	45%
Afternoon Wind	WSW at 6 to 12 mph
Hours of sunshine	3.1
Evapotranspiration	0.03

RESERVOIR STORAGE (through midnight Sunday)

Phillips Reservoir	9% of capacity
Unity Reservoir	35% of capacity
Owyhee Reservoir	41% of capacity
McKay Reservoir	52% of capacity
Wallowa Lake	28% of capacity
Thief Valley Reservoir	104% of capacity

STREAM FLOWS (through midnight Saturday)

Grande Ronde at Troy	2410 cfs
Thief Valley Reservoir near North Powder	N.A.
Burnt River near Unity	N.A.
Umatilla River near Gibbon	232 cfs
Minam River at Minam	182 cfs
Powder River near Richland	N.A.

WEATHER HISTORY

Severe thunderstorms roared across north-eastern Indiana and northwestern Ohio late in the day on Feb. 18, 1992. The storm produced hail and funnel clouds.

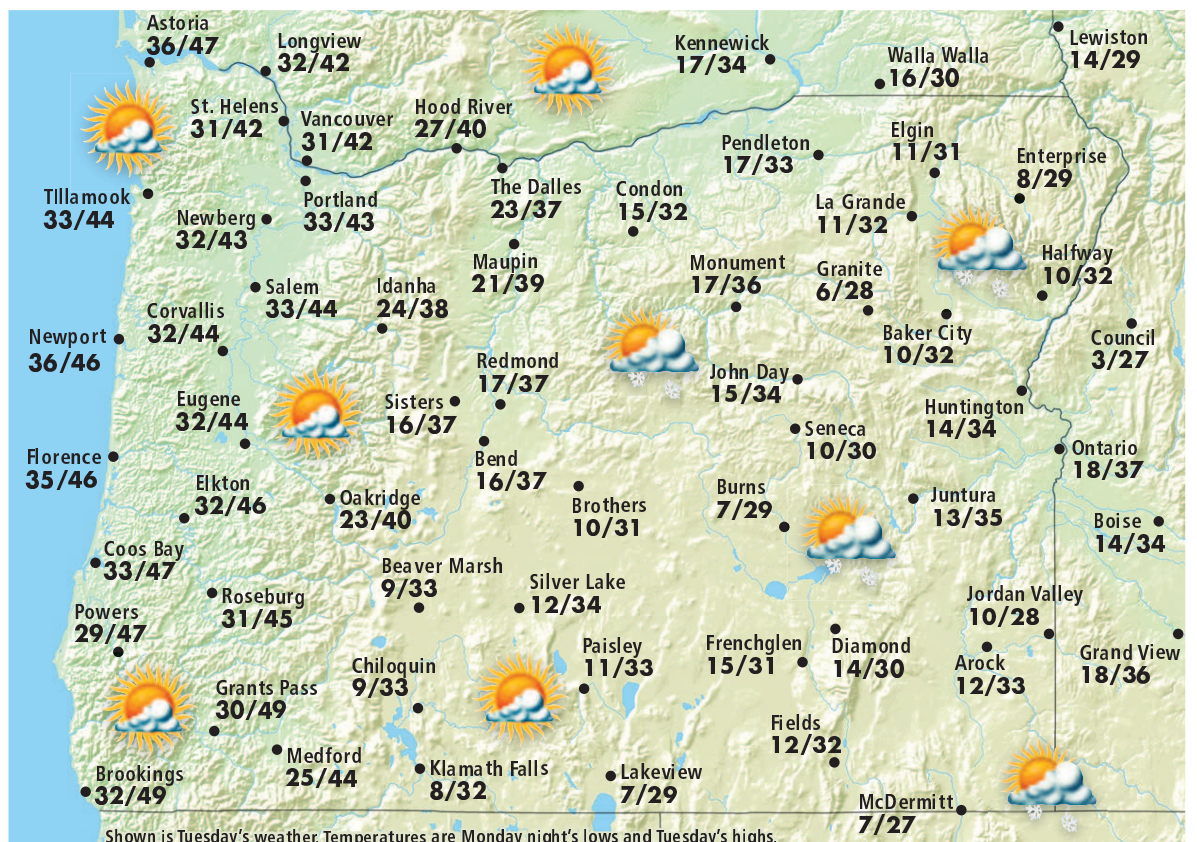
SUN & MOON

	MON.	TUE.
Sunrise	6:50 a.m.	6:48 a.m.
Sunset	5:24 p.m.	5:25 p.m.
Moonrise	4:26 p.m.	5:46 p.m.
Moonset	6:26 a.m.	7:07 a.m.

MOON PHASES

Phase	Feb 19	Feb 26	Mar 6	Mar 14
Full				
Last				
New				
First				

AROUND OREGON AND THE REGION



REGIONAL CITIES

City	TUE. HI/Lo/W	WED. HI/Lo/W	City	TUE. HI/Lo/W	WED. HI/Lo/W
Astoria	47/39/pc	45/31/sh	Lewiston	29/26/sn	34/25/sn
Bend	37/27/sf	34/19/sn	Longview	42/35/pc	45/28/sh
Boise	34/26/pc	37/20/sn	Meacham	30/26/sn	30/17/sn
Brookings	49/39/c	46/35/r	Medford	44/34/sf	44/32/r
Burns	29/23/pc	31/12/sn	Newport	46/39/pc	46/33/r
Coos Bay	47/40/sh	45/35/r	Olympia	43/33/pc	43/24/sn
Corvallis	44/37/pc	45/29/r	Ontario	37/26/pc	40/25/sn
Council	27/19/pc	30/13/sn	Pasco	28/21/sn	29/15/sn
Elgin	31/26/sn	33/19/sn	Pendleton	33/30/sn	32/18/sn
Eugene	44/37/c	45/33/r	Portland	43/36/pc	44/30/sh
Hermiston	36/30/sn	33/20/sn	Powers	47/39/sh	43/33/r
Hood River	40/37/pc	42/27/sn	Redmond	37/28/sf	37/21/sn
Imnaha	36/27/sf	36/21/sn	Roseburg	45/39/sh	44/35/r
John Day	34/28/sn	32/18/sn	Salem	44/37/pc	46/30/r
Joseph	29/22/sn	30/16/sn	Spokane	22/14/pc	27/16/sn
Kennewick	34/24/sn	31/19/sn	The Dalles	37/34/sn	38/26/sn
Klamath Falls	32/24/pc	34/19/sn	Ukiah	30/25/sn	29/14/sn
Lakeview	29/21/pc	32/16/sn	Walla Walla	30/25/sn	29/19/rn

RECREATION FORECAST TUESDAY

ANTHONY LAKES A little p.m. snow	14	7	PHILLIPS LAKE A little p.m. snow	29	21
MT. EMILY REC. Snow, up to 1"	23	20	BROWNLEE RES. Partly sunny	34	24
EAGLE CAP WILD. A little p.m. snow	19	13	EMIGRANT ST. PARK Afternoon snow	27	23
WALLOWA LAKE A little p.m. snow	29	22	MCKAY RESERVOIR A little p.m. snow	34	30
THIEF VALLEY RES. A little p.m. snow	32	24	RED BRIDGE ST. PARK Snow, up to 1"	32	27

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

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