

Sister fears for young niece being raised in toxic home

DEAR ABBY: After many years, my sister and I finally have a decent relationship. I feel I can tell her about almost anything.

My brother-in-law, "Aaron," is an alcoholic, and my sister enables him. When he drinks, his already quick temper becomes worse and he "knows everything." To make things worse, they have a 3-year-old child I'll call "Casey." It infuriates me when I see Aaron's crude, foul-mouthed, "omnipotent" behavior in front of Casey.

There have been times he has used my presence (because I babysit Casey) to drink to the point of impairment. When Casey has a tantrum or is overtired and

acts her age, Aaron loses patience with her. He yells at her, slams things down in front of her and storms out of the room.

I'm well aware that children watch and learn behavior from their parents. Daughters will seek out boys, then men who behave like their father, thinking it is normal behavior. How do I approach my sister, who buys Aaron whiskey when he's feeling down, that there's a serious problem here?

My husband and I have a stable home and successfully raised five children. We would be willing to take in Casey until Aaron is truly well. My comments to my sister will be met with

fury or maybe hatred, but I will do whatever is best for Casey.

I love that little girl too much to see her raised in such a toxic environment.

— BETWEEN A DRUNK AND A HARD PLACE

DEAR BETWEEN: You say your sister slips her husband alcohol when he's down. To me that says he may be using it to self-medicate depression.

You DO need to talk with your sister. When you do, explain you are concerned about Aaron's change of behavior when he drinks and the effect it has — and will continue to have — on little Casey. Aaron does need help, but so does your sister. Enabling someone, as well-intentioned as it may be, is not helping the person.

Aaron needs to talk to a doctor about his episodes of depression, and your sister could gain a great deal of insight by attending some Al-Anon meetings. You can find one nearby by visiting al-anon.org. Offer to go with her if she's reluctant.

DEAR ABBY: I am in an interracial relationship (I'm black, and she's white/Hispanic). We have been together for a year.

She has met just about all my family and all of my friends, but I have only met four people in her life. She has a lot of friends on social media, but no one knows about me. She never posts pictures of us or even hints anything about me. She is friends with her ex-boyfriend, and she knows about his girlfriend, but he has no clue about me. No one does. I feel

like I'm her invisible man.

She comes from a "country" background, and I'm afraid she is embarrassed or ashamed of me. Am I reading too much into this, or should I be concerned that she may not be into me as much as I am into her? We were talking about getting married.

— INVISIBLE MAN IN TEXAS

DEAR INVISIBLE MAN: Something isn't right here. You say you "were" talking about getting married. Are you still talking about it? I find it peculiar that after being together for a year, you haven't met her family, you have met so few of her friends and she has posted nothing about you on social media. The time has come to ask her the reason and whether your romance may have run its course.

Pint-sized powerhouse: 11-year-old competes in rock climbing

By Jason Vondersmith
Portland Tribune via AP StoryShare

PORTLAND — Reeder Smith started climbing the walls at age 5.

Now 11, he has competed in rock climbing competitions throughout the country and is part of the Multnomah Athletic Club team. He's a veteran of the (indoors) scaling community. Been there, done that — it was time to try something new. Reeder wanted to be a ninja.

In the past couple years, the Sauvie Island resident has been part of the NBC Universal Kids show "American Ninja Warrior Junior," in which competitors tackle intricate, difficult obstacles en route to the finish line. It's a spinoff of the hugely popular NBC show "American Ninja Warrior."

Reeder has advanced to the finals in the current show, which aired at 6 p.m. Friday. It was taped last summer in Los Angeles, when Reeder was 10 and competed in the 9- to

10-year-old category.

Yep, Portland has a ninja warrior, and he's finishing up sixth grade at Valley Catholic School in Beaverton.

"I made it to the semi-finals last year, top 16," Reeder said. "It's really cool that I managed to get this opportunity to compete on 'American Ninja Warrior Junior.' A lot of people want to do it. I challenge myself and push myself to my limits."

Reeder lives with his parents and 10-year-old twin brothers, Colton and Slater, who also compete at ninja gym competitions, as well as compete in gymnastics at Multnomah Athletic Club. Portland's top gyms for ninja types are Skyhook Ninja Fitness in Tigard and Urban Warrior in Milwaukie.

It also helps that the Smiths have an ever-expanding course — monkey bars, salmon ladders, rock walls, etc., in the backyard of the family's property on Sauvie Island.

"We love watching him



Photo by PortlandTribune via AP StoryShare
Indoor rock climber Reeder Smith, 11, of Portland, is part of the NBC Universal Kids show "American Ninja Warrior Junior."

do something he loves and he's passionate about, and he works really hard," said Thao Smith, Reeder's mother. "We're not ninjas, but our kids love it."

The young Reeder "climbed on everything

at home, everywhere. I call him, 'my monkey,'" his mother added. Reeder attended a recreational climbing class, and the coach said he climbed well and wanted him to join the MAC team. Reeder started

MORE INFORMATION

- For more: univer-salkids.com/shows/american-ninja-warrior-junior.
- Another informative website: ninjaguide.com.

rock climbing competitively at age 7.

He trains 10 months out of the year, competing locally, regionally and nationally in such places as Seattle, Utah and Georgia.

"I saw a lot of people on the ('Ninja Warrior') show were talented rock climbers," he said. "I thought I could try it out, and be good at it."

The "American Ninja Warrior Junior" obstacle course includes the Shrinking and Floating Steps, the Little Dipper, Spider Wall, Double Tilt Ladders, Crazy Cliffhanger, the Block Run, Flying Squirrel, Wingnuts and Skyhooks.

"It's pretty difficult. Some obstacles are hard on the upper body, some target your lower body," Reeder said.

His favorites are the Little Dipper, "where you have to hold this bar and ride down this moving net and jump to a cargo net," and Flying Squirrel, "where you hang from a set of handles and jump from one to one."

The Block Run "is challenging for me. It's this long beam, and you have to run across these swinging blocks. My balance isn't one of my strengths; I've been working on it, I want to become more balanced," he added.

Reeder wants to continue competing in ninja competitions "as a hobby," and perhaps eventually compete on "American Ninja Warrior" as an adult. He watches "American Ninja Warrior" and dreams big.

"Some of my friends do it recreationally," he said, "but I'm one of the only ones who does it competitively."

Said Thao Smith: "He always talks about that it's his focus in life and he wanted to be on the show — 'Now I'm a kid, and I get to do what I love.'"

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weather

	TONIGHT	SUN	MON	TUE	WED
	A couple of showers	A few morning showers	Rain, mainly early	Mostly cloudy and cool	Mostly sunny
Baker City	40	63 42	62 44	61 37	68 41
Comfort Index™	0	3	6	4	10
La Grande	43	62 42	57 45	59 39	68 45
Comfort Index™	0	8	0	3	10
Enterprise	38	58 40	55 42	56 36	64 42
Comfort Index™	0	3	3	4	10

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	87°	83°	87°
Low Thursday	45°	49°	51°
PRECIPITATION (inches)			
Thursday	0.00	0.00	0.00
Month to date	0.21	0.75	0.75
Normal month to date	0.51	0.66	0.76
Year to date	2.31	11.71	23.63
Normal year to date	5.06	8.50	12.76

THURSDAY EXTREMES

NATION (for the 48 contiguous states)	Death Valley, Calif.
High: 115°	Angel Fire, N.M.
Low: 23°	Quinton, Va.
OREGON	
High: 91°	Ontario
Low: 40°	Crater Lake
Wettest: 3.47"	Bend
Wettest: 0.19"	

AGRICULTURAL INFO.

HAY INFORMATION SUNDAY	
Lowest relative humidity	45%
Afternoon wind	W at 6 to 12 mph
Hours of sunshine	0.7
Evapotranspiration	0.12

RESERVOIR STORAGE (through midnight Friday)

Phillips Reservoir	57% of capacity
Unity Reservoir	95% of capacity
Owyhee Reservoir	78% of capacity
McKay Reservoir	100% of capacity
Wallowa Lake	76% of capacity
Thief Valley Reservoir	103% of capacity

STREAM FLOWS (through midnight Thursday)

Grande Ronde at Troy	6270 cfs
Thief Valley Reservoir near North Powder	367 cfs
Burnt River near Unity	100 cfs
Umatilla River near Gibbon	136 cfs
Minam River at Minam	1620 cfs
Powder River near Richland	365 cfs

WEATHER HISTORY

On June 13, 1985, unseasonably cool air moved into the eastern United States, causing record lows from Illinois and Ohio to Arkansas and Alabama.

SUN & MOON

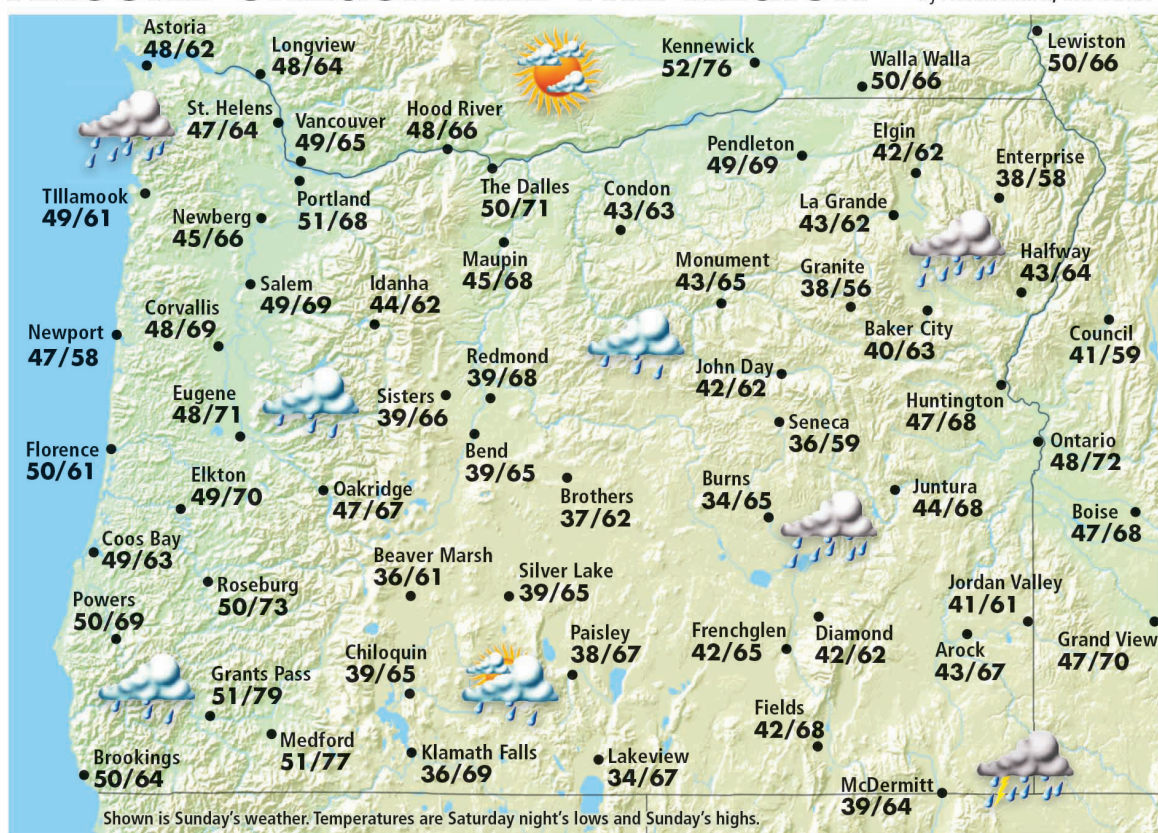
	SAT.	SUN.
Sunrise	5:04 a.m.	5:04 a.m.
Sunset	8:41 p.m.	8:42 p.m.
Moonrise	1:40 a.m.	2:00 a.m.
Moonset	1:08 p.m.	2:10 p.m.

MOON PHASES

	New	First	Full	Last
	Jun 20	Jun 28	Jul 4	Jul 12

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	SUN. Hi/Lo/W	MON. Hi/Lo/W	City	SUN. Hi/Lo/W	MON. Hi/Lo/W
Astoria	62/52/c	60/49/sh	Lewiston	66/49/sh	61/52/r
Bend	65/46/pc	61/39/c	Longview	64/50/sh	60/47/sh
Boise	68/51/pc	70/51/c	Meacham	60/42/pc	55/44/r
Brookings	64/52/pc	61/49/sh	Medford	77/56/s	70/51/c
Burns	65/42/pc	65/39/c	Newport	58/51/c	58/48/sh
Coos Bay	63/53/pc	63/46/c	Olympia	64/49/c	59/47/sh
Corvallis	69/52/c	64/48/c	Ontario	72/48/pc	72/52/c
Council	59/40/t	61/44/r	Pasco	74/54/pc	70/51/r
Elgin	62/42/sh	56/45/r	Pendleton	69/50/pc	66/50/sh
Eugene	71/53/pc	65/47/c	Portland	68/55/pc	63/52/sh
Hermiston	73/55/pc	71/53/pc	Powers	69/53/pc	65/47/sh
Hood River	66/51/pc	62/48/sh	Redmond	68/47/pc	64/40/c
Imnaha	60/41/sh	60/47/r	Roseburg	73/56/pc	68/52/c
John Day	62/43/sh	63/43/c	Salem	69/53/c	62/49/sh
Joseph	57/41/sh	54/41/r	Spokane	61/47/pc	57/47/r
Kennewick	76/55/pc	72/51/pc	The Dalles	71/54/pc	63/51/r
Klamath Falls	69/42/s	67/38/pc	Ukiah	59/40/pc	57/40/r
Lakeview	67/39/s	67/37/pc	Walla Walla	66/52/pc	63/50/c

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

RECREATION FORECAST SUNDAY

ANTHONY LAKES	PHILLIPS LAKE
Mostly cloudy	A shower
41 32	57 38
MT. EMILY REC.	BROWNLEE RES.
Showers around	A shower
50 39	65 43
EAGLE CAP WILD.	EMIGRANT ST. PARK
A little a.m. snow	Showers around
44 31	56 37
WALLOWA LAKE	MCKAY RESERVOIR
Morning showers	A passing shower
57 41	67 48
THIEF VALLEY RES.	RED BRIDGE ST. PARK
Brief a.m. showers	Showers around
63 42	62 42

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