

Increasing forgetfulness in everyday life leads to anxiety

DEAR ABBY: While I am excited for new opportunities in my life, I cannot shake the feeling I am losing something. I am always losing something, whether it be my phone, my keys or my wallet. Once I lost my retainers and had to pay \$300 for new ones.



DEAR ABBY

even keep track of the \$5 in my pocket. I urgently need this bad habit to change. Is there anything that will help me?

— LOSING IT IN GEORGIA

DEAR LOSING IT: Your problem may not be as uncommon as you fear. Have you ever

heard the adage, “A place for everything and everything in its place”? It’s good advice. Choose one location to place your phone, your keys and your wallet when you come home. Once you form that habit, you will always know where your things are. (There is an app, Find My Device, that may

help you locate your electronic devices if you have a computer. There are also companies — like Tile — that can help you locate lost items such as your keys or wallet.)

Some people with attention deficit disorder lose track of items because they are easily distracted and focus on more than one task at once. When you are holding your phone, keys, etc., reminding yourself to stay in the present may help. If none of these techniques works for you, discuss your fears with a licensed psychotherapist, who can help you determine what’s at the root of your problem and help lessen your anxiety about the future.

DEAR ABBY: I have been with my boyfriend/best friend for about six years now. We moved in together a little over a year ago and have discussed marriage. The issue is, one of his sisters has an alcohol problem. She becomes rude and tries to bully others when she drinks. When she does that to me, I return the treatment, and she turns to her brother and attempts to make him side with her.

I know how important family is. Because I’m not related, I am left feeling vulnerable — like she may disrupt my relationship with her brother. I love him, and I really try with her. I think she would be happy if her brother

were more available to hang out with her. She’s a tomboy and often hung out with him prior to us moving in together. Please help me figure out a solution.

— COMPETING IN CALIFORNIA

DEAR COMPETING: One option might be for you and your boyfriend to leave when his sister starts drinking. Discuss this with your boyfriend/best friend. If you haven’t done that, please do. His sister may be trying to divide and conquer, but enlisting him to her side will be much more difficult if he simply responds by telling her, “I don’t want to be involved in this, Sis. Leave me out of it, and stop picking on my girlfriend.”

CHAMBER

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We revamped our look (check out the new website, www.VisitUnion-County.org, if you haven’t already) and updated our strategies to do what we do best — serve our members and our community. I can’t wait to dive back into our “Road Rally,” paused early in 2020, to get out and meet each and every one of our members to learn what drives them. This will culminate in a new “Chamber Connect” podcast and in a partnership with the city of La Grande Ignite Center and Eastern Oregon University’s Small Business Development Center, where we’ll be launching a video series, “Spotlighting Local.” The series aims to connect the community and showcase the wonderful businesses we are so lucky to have in Union County.

These two projects will allow us to host businesses to learn about their goals, their backgrounds and what makes them so special. The chamber is also pleased to announce the launch of a morning educational series coming later in the fall, where we’ll have industry and subject experts presenting a variety of information to help our businesses: everything

from human resources and bookkeeping to strategic planning and organizational change.

We partnered with La Grande Main Street Downtown to host a series of Shop Hop events and look forward to continuing this program and partnership with even more events and business promotional opportunities.

Our 2021 Official Adventure Guide is here and will be distributed throughout Union County — and beyond — along with the Union County map, with an expanded MERA section and trail descriptions. They’re filled with gorgeous imagery, thanks to great local photographers like Clay Berthelsen, James Stolen and many others. Stop by the office to grab a copy and see for yourself.

Things have been weird, for sure. But we are so proud to work and live in Union County, because it never stopped being a great place to be. We’re getting there, Union County, where we’ll soon be back in full swing. Thanks for hanging in there.

Suzannah Moore-Hemann is the executive director of the Union County Chamber of Commerce & Visitors Information Center

FIRES

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17 percentage points higher) compared to people 65 and older.

Oregonians have more faith in private landowners than governments when it comes to preventing wildfire. Around half of respondents (49%) think that private landowners are doing “very or somewhat well” at managing forests on their lands compared to 33% who say the state is doing “well,” and 27% who say the federal government is doing “well.”

Nearly two-thirds of Oregonians think that wildfires should be fought, even if they are far from homes and development (72%). This figure is 7% points higher than in August 2019, suggesting that the Labor Day fires in Oregon caused an increased urgency to fight fires.

The survey revealed that Oregonians are concerned about the unpredictable nature of fires, the air pollution caused by wildfire smoke, and the safety of wildlife.

Two-thirds of Oregonians (72-76%) said controlled burns, thinning of weak trees, and purchasing more fire fighting equipment are top strategies to prevent wildfire.

SEAFOOD

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Pier 303 will sell specialty retail items.

“(There will be) small, seafood kitchen items that you wouldn’t find at your local grocery store,” Zuly said.

These will include items with the Pier 303 logo, oyster shuckers, filet knives, seasonings, spices and canned fish.

While initially they’ll be selling fish to go, they also have other plans.

“Eventually, we’ll do special events, like a fish tacos night and an oysters-on-the-half-shell night and a grilled-oyster night with the thought that we’ll sell beer and wine,” Mac said.

Some of the prepared



Bill Bradshaw/Wallowa County Chieftain
Mac and Zuly Freeborn stand with their dog, Coda, in what will become Pier 303 Seafood Market on Garfield Street in Enterprise on Thursday, May 20, 2021. They hope to open by mid- to late-summer and bring fresh seafood to Wallowa County from the coast.

items they plan include halibut and ceviche — a raw fish dish cooked in lemon or lime with spices and some vegetables. Some recipes call for cocktail sauce, some just lemon or lime, Mac said.

“Zuly makes a great one with mangoes and cilantro,” he said.

They’re eager to get the doors open to the public, Mac said.

“We want everyone to come in,” he said.

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weather

TONIGHT	FRI	SAT	SUN	MON
Partly cloudy	Cooler; a p.m. shower	Partly sunny and pleasant	Partly sunny and nice	Partly sunny and warm
Baker City 38 Comfort Index™ 10	65 32	71 38	78 40	82 47
La Grande 43 Comfort Index™ 10	63 36	73 42	78 46	85 51
Enterprise 37 Comfort Index™ 10	60 35	71 42	75 46	81 50

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	58°	60°	68°	
Low Tuesday	36°	41°	42°	
PRECIPITATION (inches)	Tuesday	0.38	0.03	Trace
Month to date	0.57	0.06	0.23	
Normal month to date	1.16	1.58	1.78	
Year to date	2.23	5.90	13.94	
Normal year to date	4.21	7.39	11.47	

AGRICULTURAL INFO.

HAY INFORMATION FRIDAY

Lowest relative humidity	35%
Afternoon wind	WNW at 6 to 12 mph
Hours of sunshine	6.8
Evapotranspiration	0.16

RESERVOIR STORAGE (through midnight Wednesday)

Phillips Reservoir	17% of capacity
Unity Reservoir	91% of capacity
Owyhee Reservoir	50% of capacity
McKay Reservoir	98% of capacity
Wallowa Lake	58% of capacity
Thief Valley Reservoir	89% of capacity

STREAM FLOWS (through midnight Tuesday)

Grande Ronde at Troy	3900 cfs
Thief Valley Reservoir near North Powder	118 cfs
Burnt River near Unity	92 cfs
Umatilla River near Gibbon	201 cfs
Minam River at Minam	907 cfs
Powder River near Richland	44 cfs

TUESDAY EXTREMES

NATION (for the 48 contiguous states)
High: 106° Death Valley, Calif.
Low: 21° Crested Butte, Colo.
Wettest: 3.29" Russellville, Ark.

OREGON
High: 78° Hermiston
Low: 32° Crater Lake
Wettest: 0.67" Troutdale

WEATHER HISTORY

A tomato struck the passenger train “Empire Builder” near Moorhead, Minn., on May 27, 1931. Of the 117 passengers, one died and 57 were injured. Five 70-ton coaches were lifted from the track.

SUN & MOON

	THU.	FRI.
Sunrise	5:11 a.m.	5:10 a.m.
Sunset	8:29 p.m.	8:30 p.m.
Moonrise	10:34 p.m.	11:38 p.m.
Moonset	6:07 a.m.	7:03 a.m.

MOON PHASES

Last	First	Full
Jun 2	Jun 10	Jun 17
Jun 24		

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021

Shown is Friday's weather. Temperatures are Thursday night's lows and Friday's highs.

REGIONAL CITIES			
City	FRI. HI/Lo/W	SAT. HI/Lo/W	City
Astoria	59/45/pc	67/47/pc	Lewiston
Bend	66/43/pc	74/46/pc	Longview
Boise	67/45/s	74/48/c	Meacham
Brookings	69/48/pc	64/48/s	Medford
Burns	67/38/s	71/41/c	Newport
Coos Bay	62/50/pc	62/46/s	Olympia
Corvallis	68/44/pc	77/46/pc	Ontario
Council	65/37/sh	72/42/c	Pasco
Elgin	62/35/c	73/41/pc	Pendleton
Eugene	68/44/pc	77/46/pc	Portland
Hermiston	73/43/pc	83/46/pc	Powers
Hood River	68/46/pc	82/49/pc	Redmond
Imnaha	65/39/sh	72/47/pc	Roseburg
John Day	65/37/s	74/45/pc	Salem
Joseph	59/35/pc	70/42/pc	Spokane
Kennewick	77/46/pc	83/49/pc	The Dalles
Klamath Falls	72/42/pc	78/41/c	Ukiah
Lakeview	69/40/s	75/40/c	Walla Walla

RECREATION FORECAST FRIDAY			
ANTHONY LAKES	PHILLIPS LAKE		
A p.m. shower	Cooler	57	33
37 28			
MT. EMILY REC.	BROWNLEE RES.		
A p.m. shower	Spotty showers	67	40
49 35			
EAGLE CAP WILD.	EMIGRANT ST. PARK		
A p.m. shower	A p.m. shower	56	30
46 23			
WALLOWA LAKE	MCKAY RESERVOIR		
Cooler	Periods of sun	67	41
59 35			
THIEF VALLEY RES.	RED BRIDGE ST. PARK		
A p.m. shower	Cooler	63	36
65 32			

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