

Adult daughter still has to check in with parents



DEAR ABBY
ADVICE

Dear Abby: I am a 30-year-old married woman. My job requires a lot of domestic travel, which I love. My parents continue to ask that I “check in” whenever I fly, and often text or call asking me where I am, even though I provide them my schedule. I feel this indicates a lack of confidence that I can take care of myself. They frame it as “they love me” or “they care,” but, to me, it feels like a constant putdown. I know it doesn’t take long to respond, but every time I

do I feel like a child. It’s not as though they are in a position to help me if something did go awry. I would be forced to handle it myself, regardless. I have tried reasoning with them, but it hasn’t worked. Can you please help me explain to them what a normal adult-child relationship looks like, so we can stop arguing and I can feel like the capable woman I am? — Capable Adult in Pennsylvania

Dear Capable Adult: Your parents appear to be having trouble letting go of their parental role. If you are providing them with your schedule and itinerary, you are doing enough. One way to win an “argument” is simply not to argue. If you do

not wish to check in, don’t do it.

Dear Abby: A relative has recently, through no fault of his own, lost a significant amount of money. I would like to help him out with a gift of money, with no expectation that he would repay the money. However, he’s very proud, and I’m afraid he would be insulted if I offer him the money. It could also damage our relationship, which has always been very good. Can you offer any words that could persuade him to accept this gift? You often have a tactful approach that can help to maintain a positive relationship but still allow a person to accomplish their desired goal. — Proud in New York

Dear Proud: If it were my relative, this is the approach I would take:

“Uncle Charlie, you have been wonderfully supportive of me over the years. (Be specific about a couple of instances; they do not have to have anything to do with money — in fact, it’s better if they don’t.) You would be doing me a great favor if you would please accept this because this past year has been so difficult for so many people, and I have been concerned about you.” Then I’d cross my fingers.

Dear Abby: I am an RN with a bachelor’s degree in nursing. My question is, when is it appropriate to put BSN, RN behind my name? For

example, I have only my name on my checks. When I sign for things at work I always add RN to the end of my signature. The rest of the time I do not, which brings me to my next question: When should I put the BSN part in there? I tend to never use it. It is on my name tag for work, but when sending faxes to doctors or clinics, I have been leaving it off. — Nurse Needs To Know

Dear Nurse: Because you have earned both degrees, you should use them. In the world of academia, the college degree is used first. However, since you are not in that environment, whichever one you prefer to use first will be all right.

TROUT

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(And a Band-Aid container stuffed with red wigglers in my canvas creel as backup.) Unfortunately, I’m stuck with a pair of wet hackle flies that trout show no interest in.

A half-mile hike warms my bones and leads me to a 50-yard-long, low-gradient pool that grandson Liam favors because it’s always good for a brace of keepers. My latent casting skills improve. Trout usually look up for something to eat, but not today with dark clouds overhead and a smattering of rain. Grandpa Harry was a smart man. “Let me know when the river comes down,” he always said, as an excuse to not bring his fly rod out until an insect hatch was on the water.

Much has changed since I first wet a fly from streams that flow from the western flanks of the Blue Mountains. What was once a 10-trout harvest limit is down

to two, where take is allowed. Opening day shifted forward from late April to late May and the minimum catch size of rainbow trout was increased from 6 to 8 inches. Both measures help increase the survival of steelhead smolts tardy in their seaward migration. Although these conservation practices have been in effect for more than 20 years, trout and steelhead populations remain low.

Two hours later I find myself 50 yards up a nearby tributary creek, on my hands and knees to maneuver past a majestic fir uprooted by the force of raging flow. Rainbow trout often seek temporary refuge in headwater or “feeder” creeks when mainstem discharge is high. I hooked a dozen small trout dabbling a fly in a quarter-mile stretch of the creek’s stairstep pools one spring. Washtub-size boulders now stand on end. Shoreline vegetation is laid bare, leaving a path of loose cobble 20 yards wide. Lacking recent rainfall, the creek runs low in a

newly carved channel. There’s not enough water to hold a trout longer than 4 inches.

I come up empty but vow to return on a summer afternoon when the river has settled down and wild trout eagerly rise to the fly. The pleasure of opening day is not so much measured by the number of trout put in the creel as it’s a welcome reminder the best days are yet to come.

Dennis Dauble is a retired fishery scientist, outdoor writer, presenter and educator who lives in Richland, Washington. For more stories about outdoor adventure, including fish and fishing in area waters, see DennisDaubleBooks.com.



Dennis Dauble/Contributed Photo
Long, wide shallows and bare cobble shorelines remain in Blue Mountain streams as evidence of the massive February 2020 flood.

GIFTS

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- Compass.
 - GPS.
 - Ruger 10/22 rifle. The 10/22 is the most popular .22 rifle ever made.
 - MYTOPO Maps.
 - Riton 10x42 binoculars.
- FISHING**
- Fishing equipment can be very specific, according to what species that he likes to fish for, where he fishes and what time of year. So ask him what he desires or inquire what is popular at a local outdoor store.
- Jigs.
 - Plastics (Mr. Twister makes good ones).
 - Flies (I get mine cheap from flydealfies.com).
 - Fishing rod/reel or a fly rod/reel. Ask him what kind he prefers or he might not like it.
 - Dip net.

- Rattlin Traps.
 - Frogg Togg rain gear.
- CLOTHING**
- Outdoor clothing is a big market and there are some good products on the market.
- HAELEUM Shirts: They offer a multitude of T-shirts that repel ticks and mosquitoes. About to start testing them.
 - 5.11 tactical pants. They offer a lot of models
 - Heybo fishing shirts. They have cool ones.
 - Irish Setter boots. Irish Setter offers light weight hiking boots on up to tall heavy duty leather winter boots. They also have some nice offerings for wearing in town.
 - Hiking socks.
 - Kryptek: I’ve just started testing their gear but love it. I’ve got a couple of their Sonora Hoodies. They’re like a base layer with a hood.

- XGO base layers.
- BACKPACKING**
- Backpacks. Alps Mountaineering offers a big line of packs.
 - Alps backpacking tents.
 - Alps sleeping bags and pads.
 - Fire-starting gear.
 - Aquamira filtered straws and filtered water bottles.
 - Hiking socks.
 - Benchmade Claymore folding knife
 - Backpacking chair like the Alps Dash.
 - Bushnell solar panels.
 - Backpacking meals.
 - Adventure medical kits.
- And if you don’t have any money (or even if you do) the all-time best gift that you could ever give him is three free passes that you will go fishing, hunting, camping or backpacking with him. I guarantee you, that would be the best gift that you could ever give him!

FISHING

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Hang out in a fly shop

Wander around, buy a fly box and a few trout flies, look at the recommendations of where to fish that are usually posted on the wall. Listen to other anglers. You need to pick up a few buzz words to know what they’re talking about. Lines, line weights, rod actions, leaders, tippets, wet flies, dry flies, nymphs. There is a lot to learn, but it is easy to pick up.

Read a comic book

This is important. “Curtis Creek Manifesto” was written in a style that appeals to the 11-year-old in all of us. Pick it up and read it cover to cover. Other options: “The Secrets of St. Anthony’s Creek” by Michael Rahtz or “Get Started Fly-fishing” by Craig Schuhmann. All are available from Frank Amato Publications and can be found in any fly shop. Either book will help to lay a foundation for a fly-fishing future.

Buy a funny hat

Stick a fly in it. Stick another fly in it. You need a hat anyway, to shade the eyes while

you watch for fish. If you have flies in your hat it implies you have fished before and rejected those patterns for something better.

Get a fishing license

And not just a day license. Don’t wait for Free Fishing Weekend. Get a license for the whole year. You’re either a fisherman or you’re not.

Last summer my youngest daughter bought her fishing license and we packed the canoe in the back of the Ford. At the lake, I made her leave her spinning rod in the truck.

“It’s time to continue your flyfishing education,” I said.

She frowned when I handed her a 3-weight fly rod. But she remembered what she knew about flyfishing and caught and released nine trout.

“You have a fly rod of your own,” I reminded her as we put the boat back on the truck.

“Yes, I should use it more.”

That’s what I was thinking.

Gary Lewis is the author of “Bob Nosler Born Ballistic,” “Fishing Central Oregon” and other titles. To contact Gary, visit www.garylewisoutdoors.com

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weather

	TONIGHT	SUN	MON	TUE	WED
	Partly cloudy	Mostly sunny and warmer	Mostly sunny and warm	Mostly sunny; not as warm	Plenty of sunshine
Baker City	52	89 53	88 52	83 46	79 44
Comfort Index™	10	6	4	6	9
La Grande	56	87 56	88 55	77 46	81 49
Comfort Index™	9	4	4	10	8
Enterprise	56	88 55	91 54	78 43	75 48
Comfort Index™	8	4	4	9	8

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	65°	68°	70°
Low Thursday	47°	43°	45°

PRECIPITATION (inches)

	Baker City	La Grande	Elgin
Thursday	Trace	0.00	Trace
Month to date	Trace	Trace	Trace
Normal month to date	0.47	0.61	0.70
Year to date	2.23	5.90	14.21
Normal year to date	5.00	8.41	12.62

THURSDAY EXTREMES

NATION (for the 48 contiguous states)

High: 111° Roswell, N.M.
Low: 13° Bodie State Park, Calif.
Wettest: 7.81" Greenwood, Miss.

OREGON

High: 74° Hermiston
Low: 28° Crater Lake
Wettest: 0.48" Rome

AGRICULTURAL INFO.

HAY INFORMATION SUNDAY

Lowest relative humidity	35%
Afternoon wind	E at 6 to 12 mph
Hours of sunshine	6.9
Evapotranspiration	0.26

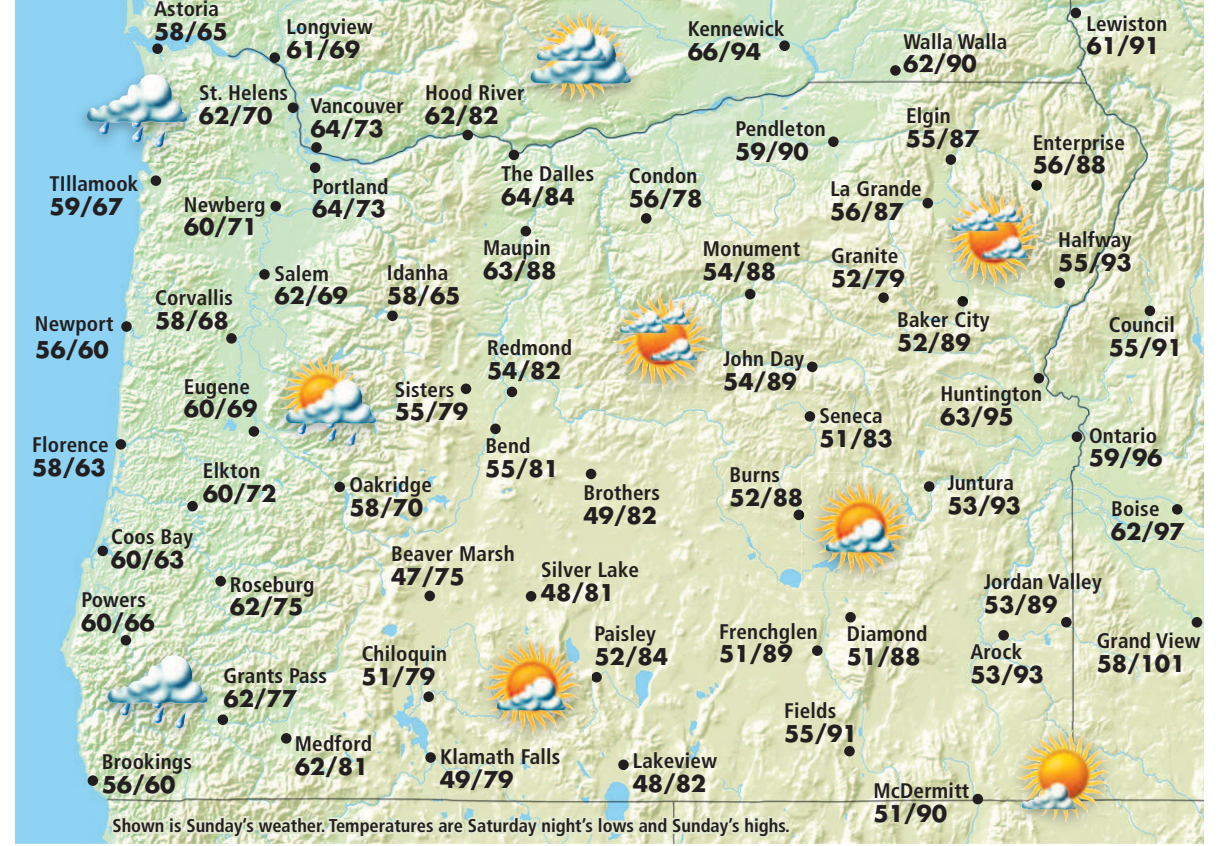
RESERVOIR STORAGE (through midnight Friday)

Phillips Reservoir	17% of capacity
Unity Reservoir	82% of capacity
Owyhee Reservoir	47% of capacity
McKay Reservoir	91% of capacity
Wallowa Lake	50% of capacity
Thief Valley Reservoir	86% of capacity

STREAM FLOWS (through midnight Thursday)

Grande Ronde at Troy	3350 cfs
Thief Valley Reservoir near North Powder	72 cfs
Burnt River near Unity	97 cfs
Umatilla River near Gibbon	87 cfs
Minam River at Minam	1070 cfs
Powder River near Richland	48 cfs

AROUND OREGON AND THE REGION



REGIONAL CITIES

City	SUN.		MON.	
	HI/Lo/W	HI/Lo/W	HI/Lo/W	HI/Lo/W
Astoria	65/54/sh	67/51/pc	Lewiston	91/66/s
Bend	81/53/sh	72/51/pc	Longview	69/58/sh
Boise	97/63/s	94/64/s	Meacham	86/55/s
Brookings	60/52/sh	60/49/c	Medford	81/62/sh
Burns	88/50/s	88/50/s	Newport	60/53/sh
Coos Bay	63/55/sh	67/50/pc	Olympia	66/55/sh
Corvallis	68/55/sh	72/51/c	Ontario	96/65/s
Council	91/55/s	93/56/s	Pasco	92/63/pc
Elgin	87/55/pc	88/55/s	Pendleton	90/59/s
Eugene	69/57/sh	73/53/c	Portland	73/60/sh
Hermiston	94/63/pc	91/61/pc	Powers	66/56/sh
Hood River	82/62/sh	77/58/sh	Redmond	82/53/sh
Imnaha	90/56/s	89/59/s	Roseburg	75/58/sh
John Day	89/52/s	85/54/s	Salem	69/58/sh
Joseph	89/54/s	90/54/s	Spokane	82/60/pc
Kennewick	94/64/pc	94/64/pc	The Dalles	84/62/sh
Klamath Falls	79/51/pc	76/47/pc	Ukiah	82/50/pc
Lakeview	82/48/s	80/46/s	Walla Walla	90/61/pc

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

RECREATION FORECAST SUNDAY

ANTHONY LAKES	Warmer	62	44	
MT. EMILY REC.	Sunshine; warmer	82	48	
EAGLE CAP WILD.	Mostly sunny	71	46	
WALLOWA LAKE	Warmer	89	54	
THIEF VALLEY RES.	Warmer	89	53	
PHILLIPS LAKE	Sunshine; warmer	82	48	
BROWNLEE RES.	Warmer	92	61	
EMIGRANT ST. PARK	Mostly sunny; warm	76	47	
MCKAY RESERVOIR	Mostly sunny	86	56	
RED BRIDGE ST. PARK	Warmer	87	56	