

Impact of depression on family and friends is focus of survey

DEAR READERS: The departments of psychiatry and medicine at Tufts Medical Center want to learn more about the impact caregiving has on family members and friends of people who have been diagnosed with depression or other illnesses.

Because family members and friends play a large part in providing care while also balancing jobs and other responsibilities, the physicians and research scientists at Tufts are asking you, my readers, to share the impact caregiving has on different aspects of your life, including your ability to work and your health and well-being. This information will be used to improve services to caregivers and the people they support.

You may be eligible to participate if you are a:

- caregiver for a relative or friend with depression or other illnesses,
- person who has depression that has not improved with treatment,
- person who is employed and not involved in caregiving.

If you are interested in participating in this important study, please visit bewellatwork.org/NCS/. Participation in this study is voluntary and anonymous. It involves answering a brief set of questions and, if you are eligible to participate, completing an anonymous survey. The entire study is conducted on the internet and is completely private. In the past, readers have generously helped by sharing your experiences, and I hope you will do so again.

DEAR ABBY: I'm 7 1/2 months pregnant with my first child, and my husband and I are happily awaiting our baby's arrival. I am fretting over something I need some help figuring out. My mother-in-law is a serious smoker. She smokes in her home, in her car and right before getting into anyone's car or leaving home. She reeks of smoke all the time.

I do not want my baby around a smoker, but of course, I want our baby to bond with Grandma. She's oblivious to the dangers of second- and third-hand smoke and laughs it off. My husband says we can't make her

stop smoking, and he doesn't want to talk with her about it. I am adamant about our baby having a smoke-free environment. What do I do?

— PROTECTIVE FUTURE MOMMY

DEAR MOMMY: Your tobacco-addicted mother-in-law is not going to quit smoking. Your husband doesn't want to talk to his mother about it because he knows it will go nowhere. That leaves you.

Unfortunately, your child is going to have to live in a world in which there are people who smoke. While you may be able to minimize his/her exposure, you cannot guarantee that from childhood to adulthood your child's environment will be entirely smoke-free. Because you are adamant — for good reason — about your baby having a smoke-free environment, you will have to insist, with your husband present, that Grandma bond with her grandchild in your home or some other smoke-free environment. Period.

DEAR ABBY: My mother-in-law lives alone, but comes to our house every day to eat lunch and dinner. She has a son who lives in the same town as my wife and me, but she never goes to his house.

My wife doesn't like this arrangement either, but she doesn't know how to tactfully tell her mother to stay away once in a while. We're both in our late 40s; her mother is 82. We would like to spend some time alone.

When I say my mother-in-law is here every day, I mean EVERY DAY! Please tell me if this is normal, and how we can tell her we need some alone time.

— PAUL IN VIRGINIA

DEAR PAUL: No, it is not "normal." You have described a woman who appears to be isolated and friendless. Could she also have money problems or a physical disability that prevents her from shopping and preparing her own meals?

If you and your wife would like some time alone, then you both are going to have to find the backbone to say so. And, if necessary, you or your wife should prepare a dish that her mother can eat in her own home.



DEAR ABBY

Deep freeze grips Upper Midwest, more bitter cold to come

By Blake Nicholson

The Associated Press

BISMARCK, N.D. — An arctic wave has wrapped parts of the Midwest in numbing cold, sending temperatures plunging and prompting officials to close schools in several states on Friday, but forecasters say the worst may be yet to come.

Cold weather advisories were in effect from North Dakota to Ohio, with dangerously cold wind chills that could dip to as low as 45 below zero in northern Wisconsin and Minnesota and to 35 below in parts of northern Illinois and Iowa.

The bitter cold caused administrators in Wisconsin's largest school district to cancel classes, meaning nearly 78,000 students in Milwaukee Public Schools were told to stay home Friday. High temperatures in the area were expected to reach just 2 degrees with a wind chill of minus 23.

The wind chill, which describes the effect of wind and cold temperatures on exposed skin, is of more concern because frostbite can occur within minutes. Schools also closed because of the cold in western Michigan, northern Illinois, eastern Iowa and other parts of Wisconsin.

Ice fishing guide Bryan Lang acknowledged that extreme cold was part of his job in northern North Dakota, but he said he felt lucky to have taken Friday off work: the morning temperature was negative 21 degrees with a wind chill of minus 42.

"I'm glad to be in the house drinking coffee," he laughed.

The deep freeze caused organizers of the Winter Carnival in Minnesota to cancel several events, including Thursday night's parade through downtown St. Paul. In South Dakota, the city of Sioux Falls has closed its six outdoor skating rinks because of the cold weather.

Even harsher weather is expected next week. Bitter cold as bad — if not worse — than the 2014 polar vortex outbreak is expected, as frigid air escapes the Arctic in two icy excursions into Canada and the continental U.S., according to Ryan Maue, a meteorologist for weather-models.com.

The first bout of cold air will strike northern Michigan and bring extreme cold to Ontario, while the second will spin south over the Midwest and through the Great Lakes, Maue said.

"It's going to be some insult after injury," Maue said. "Any hope in sight for a warm-up? No."

Some forecasters are calling the frigid invasions of cold air "Barney" because computer forecast models show them as chubby purple blobs, Maue said.

The National Weather Service notes that "potentially historic cold" is possible in northern Illinois starting Tuesday, following several inches of snow, with daytime temperatures below zero and wind

chills frequently falling below negative 30.

In northern Michigan, the U.S. Coast Guard warned residents of islands in the river connecting Lake Superior and Lake Huron that they could be cut off from ferry service during next week's deep freeze. The guard urged residents to stock up on supplies including food and heating fuel. Ice-breaking operations were working to keep ferry routes open.

In Minnesota, Kenny Blumenfeld, a senior climatologist with the Department of Natural Resources' State Climatology Office, said winter cold snaps on average are an annual occurrence in Minnesota, but extreme cold happens once every three to five years.

"It's Minnesota. We're supposed to go below zero and spend a lot of time not coming above zero. It's part of our winter," Blumenfeld said.

The University of Maine's Climate Reanalyzer notes that the temporary icy cold doesn't disprove global warming, despite what some non-scientists may claim. On Friday, the globe as a whole was 1.08 degrees warmer than the 1979 to 2000 average.

"In a warming world you're still going to have unusually hot and unusually cold events happening in a particular part of the world," Berkeley Earth climate scientist Zeke Hausfather said. "Weather is not going away."

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weather

	TONIGHT	TUE	WED	THU	FRI
	Clear to partly cloudy	Times of clouds and sun	Mostly cloudy	A blend of sun and clouds	Cloudy with a little rain
Baker City	21	41 20	40 23	43 29	42 32
Comfort Index™	3	3	3	3	0
La Grande	23	41 25	43 28	46 33	43 33
Comfort Index™	3	3	3	3	1
Enterprise	21	40 21	43 24	45 31	44 31
Comfort Index™	4	4	4	4	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	LaGrande	Elgin
High Sunday	50°	55°	52°
Low Sunday	25°	26°	26°
PRECIPITATION (inches)			
Sunday	0.00	0.00	0.00
Month to date	0.54	1.61	3.40
Normal month to date	0.71	1.46	2.82
Year to date	0.54	1.61	3.40
Normal year to date	0.71	1.46	2.82

SUNDAY EXTREMES

NATION (for the 48 contiguous states)
High: 84° Marathon, Fla.
Low: -49° Kabetogama, Minn.
Wettest: 4.54" Fort Myers, Fla.
OREGON
High: 67° Redmond
Low: 21° Lakeview
Wettest: none

WEATHER HISTORY

On Jan. 29, 1966, the "Blizzard of '66" dumped 12 to 20 inches of wind-whipped snow from central Virginia through Pennsylvania into southern New England. The storm caused more than 50 deaths.

SUN & MOON

	MON.	TUE.
Sunrise	7:18 a.m.	7:17 a.m.
Sunset	4:53 p.m.	4:55 p.m.
Moonrise	1:03 a.m.	2:09 a.m.
Moonset	11:42 a.m.	12:14 p.m.

MOON PHASES

	New	First	Full	Last
	Feb 4	Feb 12	Feb 19	Feb 26

AGRICULTURAL INFO.

HAY INFORMATION TUESDAY

Lowest relative humidity	45%
Afternoon wind	SSE at 6 to 12 mph
Hours of sunshine	4.7
Evapotranspiration	0.04

RESERVOIR STORAGE (through midnight Sunday)

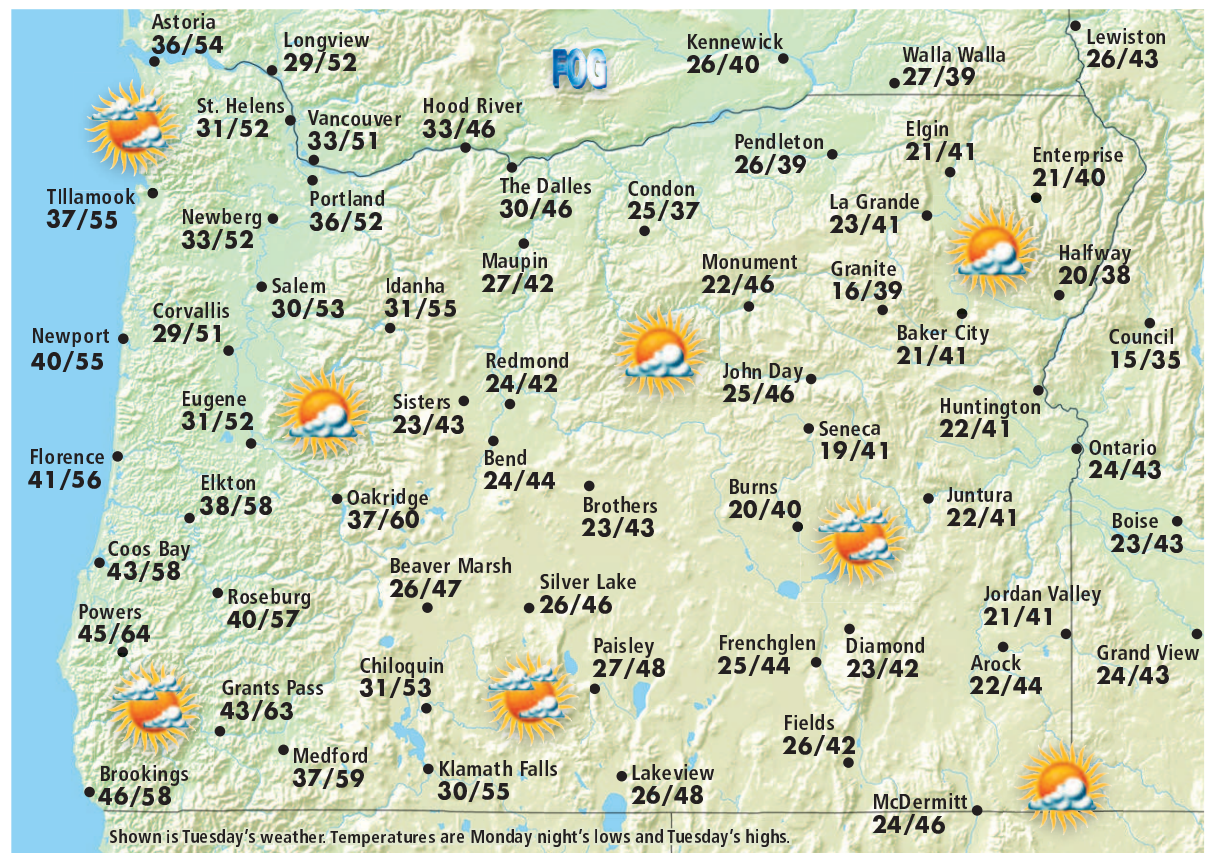
Phillips Reservoir	9% of capacity
Unity Reservoir	31% of capacity
Owyhee Reservoir	38% of capacity
McKay Reservoir	37% of capacity
Wallowa Lake	23% of capacity
Thief Valley Reservoir	74% of capacity

STREAM FLOWS (through midnight Sunday)

Grande Ronde at Troy	1890 cfs
Thief Valley Reservoir near North Powder	N.A.
Burnt River near Unity	10 cfs
Umatilla River near Gibbon	355 cfs
Minam River at Minam	138 cfs
Powder River near Richland	43 cfs

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	TUE. HI/Lo/W	WED. HI/Lo/W	City	TUE. HI/Lo/W	WED. HI/Lo/W
Astoria	54/36/pc	54/41/c	Lewiston	43/27/pc	44/31/c
Bend	44/27/pc	53/30/c	Longview	52/32/pc	52/38/c
Boise	43/22/pc	45/26/c	Meacham	40/23/pc	42/26/c
Brookings	58/46/pc	55/45/r	Medford	59/40/pc	55/38/r
Burns	40/16/pc	41/20/c	Newport	55/43/pc	55/43/c
Coos Bay	58/46/pc	57/44/c	Olympia	48/28/pc	51/37/c
Corvallis	51/34/pc	50/36/c	Ontario	43/21/pc	42/25/c
Council	35/14/pc	36/18/c	Pasco	41/26/pc	40/29/c
Elgin	41/23/pc	43/26/c	Pendleton	39/26/pc	43/29/c
Eugene	52/35/pc	51/37/c	Portland	52/35/pc	53/38/c
Hermiston	41/27/pc	43/29/pc	Powers	64/48/pc	59/44/c
Hood River	46/32/pc	49/35/c	Redmond	42/25/pc	51/28/c
Imnaha	46/26/pc	47/28/pc	Roseburg	57/42/pc	53/41/c
John Day	46/26/pc	49/31/c	Salem	53/34/pc	52/37/c
Joseph	40/20/pc	42/23/c	Spokane	35/21/pc	36/26/c
Kennewick	40/26/pc	41/28/c	The Dalles	46/29/pc	46/33/c
Klamath Falls	55/30/pc	48/30/r	Ukiah	42/21/pc	46/25/pc
Lakeview	48/25/pc	47/26/c	Walla Walla	39/28/pc	39/32/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 TUESDAY

ANTHONY LAKES	Fog	27	15	
PHILLIPS LAKE	Colder	38	16	
MT. EMILY REC.	Fog	34	22	
BROWNLEE RES.	Fog	42	22	
EAGLE CAP WILD.	Patchy ice fog	29	12	
EMIGRANT ST. PARK	Colder	35	18	
WALLOWA LAKE	Fog	37	20	
MCKAY RESERVOIR	Freezing fog	36	25	
THIEF VALLEY RES.	Cooler	41	21	
RED BRIDGE ST. PARK	Colder	40	23	

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