

Sibling wrestles with lingering effects of abuse

DEAR ABBY: I had a horrible childhood with a mean mother who berated and took her issues out on me. I also had an older brother who enjoyed making fun of me and embarrassed me in front of others to get his kicks. He still never misses an opportunity to pull a "gotcha."

I was raised at a time when child abuse was considered making a kid tough. What it did to me was break me down emotionally. Does PTSD ever go away, or do I have to live with it to the end?

— JUST GETTING BY IN NEW YORK



DEAR ABBY

go away on its own, and you do not have to "live with it." Distance yourself as much as possible from your bully brother. You can find the help you need by asking your physician or insurance company to refer you to a licensed psychotherapist who specializes in patients with PTSD. You won't be the first person to do "couch time" after an abusive childhood. Trust me on that.

DEAR ABBY: My father-in-law has spent every Friday night with my husband and me for two years, ever since my mother-in-law passed

away. My husband spends every Tuesday evening with him at his house. My sister-in-law is building a room onto her house for him to live in (he is selling his house). My husband and sister-in-law call him two or three times a day.

Abby, my father-in-law is healthy and still drives. He never pays for any food — my husband and sister-in-law buy all his food. He's a wealthy man, but stingy. I think my husband and his sister are obsessed. What do you think? I'm so tired of this. I don't want him staying at my house. I need privacy! Help!

— OVER IT NOW IN TENNESSEE

DEAR OVER IT: Your husband

and his sister appear to be devoted to their father. Either that, or they may anticipate a big payday once their wealthy parent expires. More than privacy, you may need a break. Arrange to spend some of those Friday nights with women friends, and perhaps his presence will be less onerous.

DEAR ABBY: We welcomed new neighbors and allowed them to use our garbage can until they got one, and gave them a bottle of wine and a housewarming card. We also offered to let them use our downstairs bathroom until the contractor finished theirs. No one else on the block did anything for them. Nothing. They then invited a neighbor and his wife over for drinks and

didn't invite us. My husband says I shouldn't be offended by this. I certainly would have had the neighbors who had welcomed me over first. What do you think?

— SNUBBED IN THE SOUTH

DEAR SNUBBED: I think you and your husband are more than neighborly. I also think you are blessed with common sense, something your new neighbors may lack. My advice is to let this unfortunate incident slide without holding a grudge. Take the high road and move on. Nothing positive will come of allowing this to fester. Whether the couple is worth knowing better will become apparent with time.

BOUNDARY

Continued from Page 1B

A notable example is the border between Baker and Grant counties. For more than 30 miles the western boundary of Baker County, and the eastern border of Grant, is defined by the hydrologic divide between the Powder River and the North Fork of the John Day River.

This past Sunday, May 16, I went for a hike with my wife, Lisa, and our son, Max, during which we crossed that divide — and the county line — in the mountains several miles northwest of Sumpter.

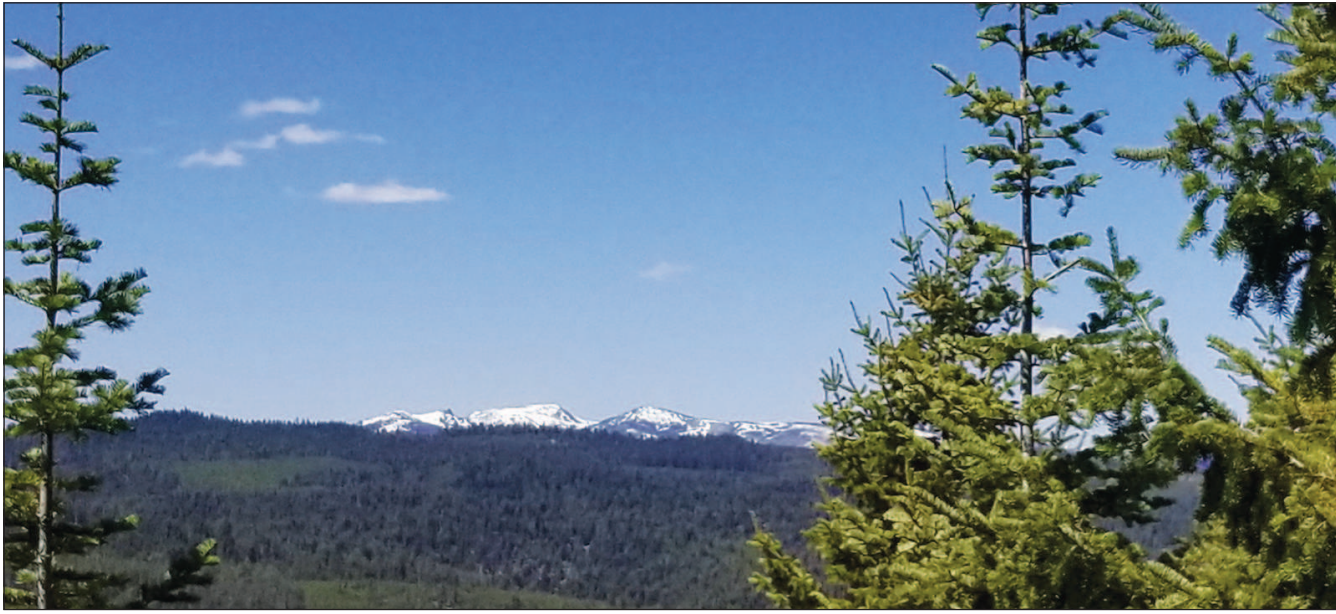
Our route was on a forest road with moderate grades and occasional views of the multiple mountain ranges.

It was a fine morning for a hike, the penultimate day of the summery stretch that has since been rudely interrupted by weather more typical of March than May.

Forest Road 900 branches off the Elkhorn Drive Scenic Byway northwest of Sumpter (see "If You Go ..." box on Page 1B).

From the Byway it's about 2.2 miles, with an elevation gain of 700 feet, to the divide that marks the county boundary. We drove up Road 900 for a little more than a mile, starting our hike near where the road runs beneath the Oregon Trail Electric Cooperative power line that goes to Granite.

The road runs through a classic Blue Mountains mixed-conifer forest. On the warmer, drier south-facing slopes big ponderosa pines share space with grand firs and Douglas-firs, while on



The Greenhorn Mountains seen from Forest Road 900, near the Baker-Grant county border.

Lisa Britton/Baker City Herald

the shadier north and east slopes, where snowdrifts defied the balmy air, the stand is a denser, more diverse combination of tamarack, lodgepole and grand fir.

The road switchbacks a couple times before reaching the 5,800-foot crest of the ridge in a wide saddle. This is the sort of remote mountain intersection that always intrigues me because it is such a natural rendezvous spot. I wonder how many gatherings have happened here, how many times hunters have paused on a snowy November day to talk about elk, or firefighters have stopped to spread a map across a pickup truck's warm hood while searching for a reported plume of smoke.

Another road — the 850 — joins Road 900 here. Road 850 descends for a mile or so to Bull Run Creek and Gold Center, where a pipe spills frigid spring water at a turnout on the Elkhorn Byway.

As we didn't want to regain several hundred feet of elevation, we opted to stay on Road 900, which is mostly flat as it contours along a slope.

I'm glad we did, not so much for the easier hiking but because of the views from the relatively lofty vantage point. First to appear between gaps in the forest — mostly young lodgepoles that recolonized this area following bark beetle outbreaks and fires decades ago — was shield-shaped Desolation Butte, its fire lookout tower barely discernible.

As the road continued south we had a fine view of Mount Ireland, another summit capped by a fire lookout that's staffed each summer. Ireland's lookout, though several miles closer, isn't visible from this point, though — unlike the thickly forested (if curiously named) Desolation, Mount Ireland's summit is mostly bare rock, so there

was no need to perch its lookout atop a tower to afford the firewatcher an expansive view.

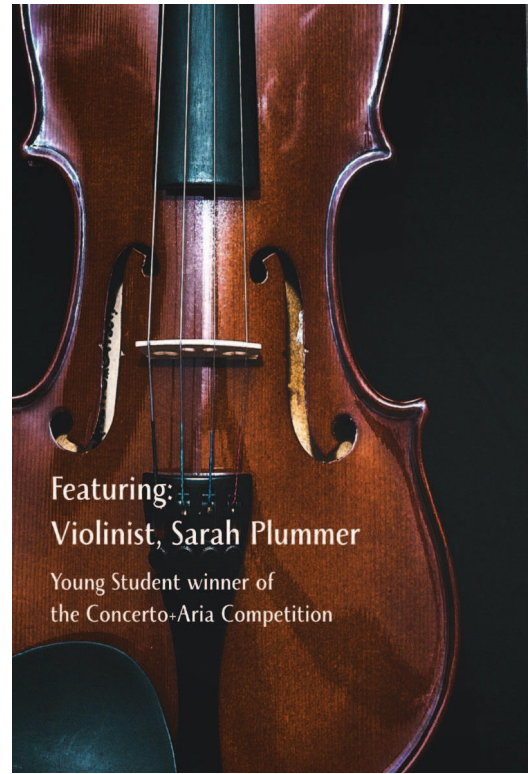
At each bend in the road another range came into

sight — the Greenhorns, with the naked pinnacle of serpentine, the actual green horn, standing conspicuous below Vinegar Hill, the range's apex; then Strawberry Mountain,

tallest peak between the Elkhorns and Steens Mountain; and finally a brief glimpse, through a gap in the intervening ridges, of Dixie Butte.

I briefly considered making a loop hike — I generally abhor backtracking — but after a quick look at the map I decided against that option. To get back to the 900 Road junction we'd have had to walk nearly three miles on the shoulder of the Elkhorn Byway. Returning the way we'd come was both shorter and, perhaps more attractive on a day that had warmed into the 70s, much shadier.

The grandest viewpoint turned out to be almost within sight of where we parked. We came round a corner and suddenly the eastern horizon was dominated by the Elkhorns, and in particular Rock Creek Butte, highest in the range at 9,106 feet.



Grande Ronde Symphony Celebrates...

2021 Chamber Series and EOU Music Week

Join Grande Ronde String Orchestra as they perform live outdoors

Under the baton of music director, Zachary Banks

Wednesday, May 26, 2021 at 4:00pm (pst)

On the steps of Loso Hall at Eastern Oregon University

Featuring: Violinist, Sarah Plummer

Young Student winner of the Concerto-Aria Competition

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weather

	TONIGHT	SUN	MON	TUE	WED
	Partly cloudy and chilly	Warmer with a shower	Times of clouds and sun	A shower in the morning	Partly sunny
Baker City	36	63 39	66 41	62 38	67 36
Comfort Index™	0	4	10	4	8
La Grande	38	64 41	65 43	63 41	69 40
Comfort Index™	1	8	9	8	10
Enterprise	35	59 38	61 40	60 38	64 39
Comfort Index™	1	4	10	10	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	53°	57°	60°
Low Thursday	33°	39°	34°
PRECIPITATION (inches)			
Thursday	Trace	Trace	Trace
Month to date	0.03	0.03	0.05
Normal month to date	0.90	1.26	1.41
Year to date	1.69	5.87	13.76
Normal year to date	3.95	7.07	11.10

THURSDAY EXTREMES

NATION (for the 48 contiguous states)
 High: 100° Phoenix, Ariz.
 Low: 21° Crater Lake, Ore.
 Wettest: 4.08" Lafayette, La.

OREGON
 High: 68° Hermiston
 Low: 21° Crater Lake
 Wettest: 0.51" Rome

AGRICULTURAL INFO.

HAY INFORMATION SUNDAY

Lowest relative humidity	45%
Afternoon wind	WNW at 7 to 14 mph
Hours of sunshine	3.2
Evapotranspiration	0.12

RESERVOIR STORAGE (through midnight Friday)

Phillips Reservoir	17% of capacity
Unity Reservoir	93% of capacity
Owyhee Reservoir	51% of capacity
McKay Reservoir	98% of capacity
Wallowa Lake	59% of capacity
Thief Valley Reservoir	91% of capacity

STREAM FLOWS (through midnight Thursday)

Grande Ronde at Troy	5060 cfs
Thief Valley Reservoir near North Powder	107 cfs
Burnt River near Unity	102 cfs
Umatilla River near Gibbon	222 cfs
Minam River at Minam	1270 cfs
Powder River near Richland	40 cfs

SUN & MOON

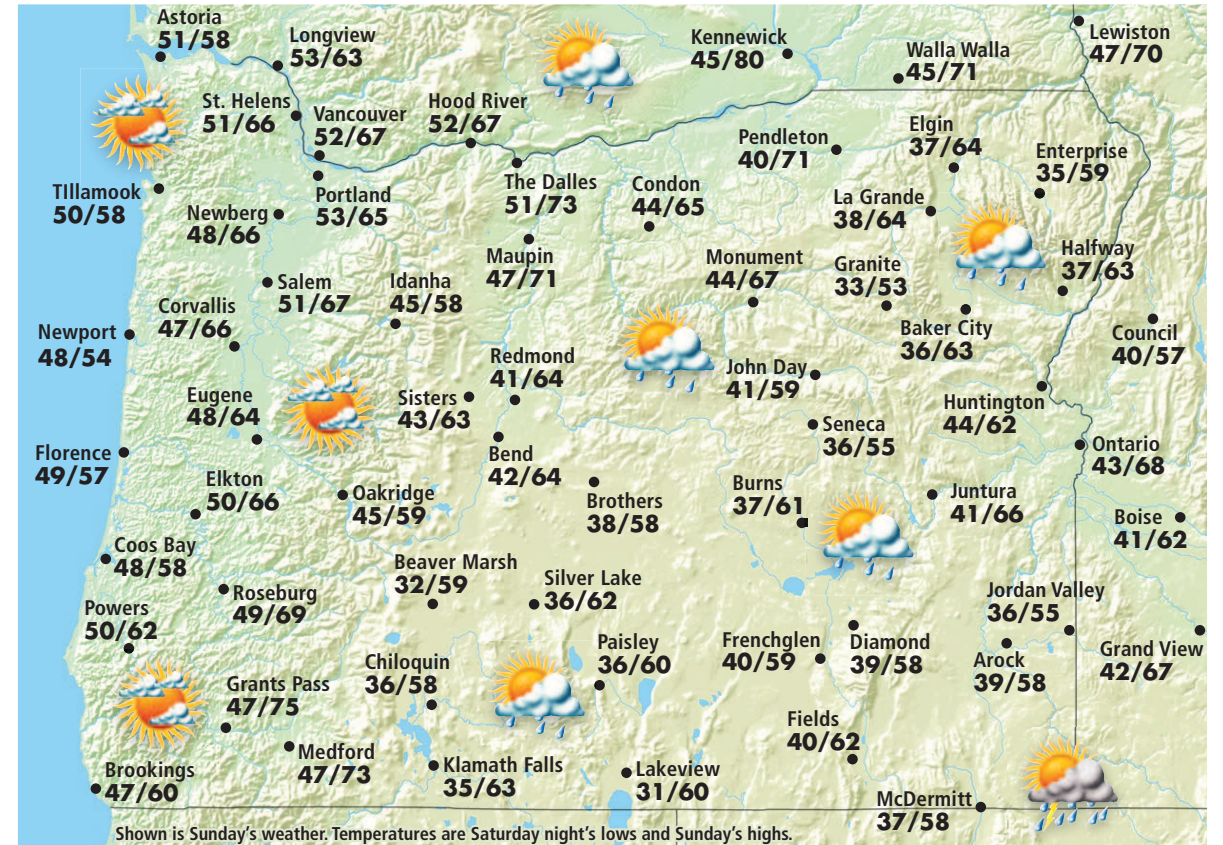
	SAT.	SUN.
Sunrise	5:15 a.m.	5:14 a.m.
Sunset	8:24 p.m.	8:25 p.m.
Moonrise	3:47 p.m.	5:07 p.m.
Moonset	3:27 a.m.	3:50 a.m.

MOON PHASES

Full	Last	New	First
May 26	Jun 2	Jun 10	Jun 17

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	58/49/sh	59/49/sh	Lewiston	70/54/pc	74/51/c
Bend	64/38/c	66/41/sh	Longview	63/48/pc	63/50/c
Boise	62/45/c	70/48/pc	Meacham	64/41/pc	65/38/pc
Brookings	60/47/pc	59/48/pc	Medford	73/47/pc	75/52/pc
Burns	61/36/sh	67/41/pc	Newport	54/47/pc	55/47/pc
Coos Bay	58/45/pc	60/47/sh	Olympia	63/46/pc	60/46/c
Corvallis	66/46/pc	68/48/c	Ontario	68/47/c	74/51/pc
Council	57/41/c	66/43/pc	Pasco	79/51/pc	79/52/s
Elgin	64/41/pc	65/40/pc	Pendleton	71/50/pc	73/48/pc
Eugene	64/46/pc	69/48/c	Portland	65/50/pc	67/52/c
Hermiston	77/51/pc	76/51/pc	Powers	62/44/pc	72/50/pc
Hood River	67/51/pc	68/52/sh	Redmond	64/38/c	68/42/c
Imnaha	60/41/sh	69/43/c	Roseburg	69/47/pc	73/52/c
John Day	59/39/c	66/43/pc	Salem	67/47/pc	69/51/c
Joseph	58/36/sh	60/40/c	Spokane	69/47/pc	69/45/c
Kennewick	80/49/pc	78/51/s	The Dalles	73/53/pc	73/54/c
Klamath Falls	63/35/pc	68/43/pc	Ukiah	60/37/c	63/39/pc
Lakeview	60/33/sh	66/38/t	Walla Walla	71/52/pc	72/51/pc

RECREATION FORECAST SUNDAY

ANTHONY LAKES Rain and snow	37 31	
MT. EMILY REC. Spotty showers	51 37	
EAGLE CAP WILD. Spotty showers	44 26	
WALLOWA LAKE Spotty showers	58 36	
THIEF VALLEY RES. A shower; warmer	63 39	
PHILLIPS LAKE Spotty showers	57 35	
BROWNLEE RES. A stray shower	63 42	
EMIGRANT ST. PARK Spotty showers	58 38	
MCKAY RESERVOIR A shower; warmer	69 49	
RED BRIDGE ST. PARK A shower; warmer	64 41	

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