

I'm 23 years old but worried about my first date



DEAR ABBY
ADVICE

Dear Abby: I'm a girl of 23 who has never had a boyfriend. Now that I finished college and am a journalist, I have met some guys, mostly from high school and places like that. One of them, who went to my middle school, recently asked me on a date. Another one from high school asked me out, too, in the same week. (Neither one ever talked to me in the respective schools.) Even if I wanted

to go out, I'm a little nervous because I've never been on a date. What do you think I have to do? I know I shouldn't care about what my family and friends say, but they are gossips. — **Feeling Weird in Mexico**

Dear Feeling Weird: I'm glad you wrote. You do not have to do anything except calm down and get to know who these guys are. You should not rush into anything. Romances evolve from friendships, and friendships take time and effort. Hang on to your sense of humor, and remember: You are at the beginning of an interesting career and life journey. Stop worrying about the gossips,

and take advantage of the opportunities that are opening up for you.

Dear Abby: My mother and her companion recently moved to be closer to me (20 minutes away). The problem is I don't really care for her companion, and he is always around my mom. He comes over to my house when she does, plops himself in our den and turns on the TV — loud. (We always close the door because he needs a hearing aid.)

We now need to replace the reclining chairs in the den. He weighs more than 300 pounds, and I can't find a loveseat or chairs that can accommodate his weight. He won't

allow Mom to drive herself over here. What can I do? I would like comfortable seating in my den, but I don't want furniture that will break the first time he sits on it. — **Imposed Upon in the South**

Dear Imposed Upon: You are under no obligation to buy furniture to accommodate someone you "don't particularly like." Tell your mother you will provide the transportation when she wants to visit you. (Her companion can pick her up when she's ready to go home, or you can take her.) Problem solved.

Dear Abby: When six of us women got together for lunch, one

gal brought copies of her mother's newly published book of poetry. The book was \$20. After describing the book and her mother, she offered one to each of us to purchase! We're not poor, but I thought she showed poor taste by pushing this book on us. We all bought one because we felt obligated. What's your opinion about what she did? What would have been a tactful way to refuse? — **Dumbstruck**

Dear Dumbstruck: You could have thanked the woman for offering the book, told her you are sure it was "wonderful" and refused by saying, "But I'm just not into poetry!"

STORMS

Continued from Page 1B

But among meteorological phenomena, the thunderstorm is one of my favorites.

I find eternally fascinating the physics of storms, the combination of factors that sometimes coalesce to fuel the atmospheric combustion which exists within a cumulonimbus cloud.

It intrigues me that, in many cases, the storms which often enliven summer afternoons and evenings in Northeastern Oregon were born, as it were, dozens or even hundreds of miles away, in the sagebrush desert of the state's southeast corner.

I relish the sense of anticipation that attends the onset of a storm, the way a sunny morning yields first to a smattering of cumulus, and, as the hours pass, to a dark curtain of cloud.

The first distant murmur of thunder, a sound that must be similar to what soldiers heard as they marched toward the front at the Somme or Verdun.

The way the air feels in the minutes before a storm arrives, as if the invisible molecules themselves have taken on weight.

Storms appeal to me in part, I'm sure, because I rarely saw any until I moved most of the way across Oregon three decades ago.

I grew up near Salem. Thunderstorms were so infrequent that I recall the few occasions when my family gathered to watch lightning.

(Told as a tot about "sheet" lightning — which is not a special sort of lightning but merely lightning inside a cloud rather than a bolt that strikes the ground — I coined the term "bed lightning.")

Although my understand-



Jayson Jacoby/Baker City Herald

Distinctive mammatus clouds, seen here above Baker City on June 3, 2021, frequently form during storms.

ing of scientific principles hasn't progressed much since my "bed lightning" childhood, I have gained a basic concept of the forces at work, thanks in part to recent conversations I had with Jay Breidenbach, the warning coordination meteorologist at the National Weather Service office in Boise, and Brandon Lawhorn, a forecaster at the Weather Service office in Pendleton.

The essential ingredient in brewing storms is an atmosphere in which air is likely to start rising, and to keep rising many thousands of feet above the ground.

There are multiple triggers, but the most common around here is simple summer sunshine heating the ground and, by radiation, the air just above it.

Warm air is less dense — it's no coincidence that people fly in hot-air balloons, not cold-air balloons — so it tends to rise.

This warmed air — what meteorologists call a "parcel" of air — will keep climbing so long as it's warmer than the surrounding atmosphere. But as anyone who has climbed a mountain knows, air gener-

ally cools as it rises.

So hot weather alone isn't necessarily sufficient to spawn storms.

The second crucial component is moisture — the amount of invisible water vapor in the air.

Our area is known for its dry climate, of course — the "dry" heat that is compared, usually favorably in terms of comfort, with the sweat-inducing humidity of the Midwest and the South.

Moisture, like heat, makes air less dense (or more buoyant, if you prefer that concept). But moisture also has two other effects, both of which help storms to form. In both cases the vital process is condensation — when water vapor transforms to liquid. (What we call clouds.)

Because the capacity of air to hold moisture in vapor form decreases along with temperature, rising air, even if it stays warmer than the surrounding atmosphere and thus keeps rising, cools enough that eventually condensation happens and clouds form. The more moisture in the air, the faster this is likely to happen since

there's more vapor available.

But the other effect isn't so obvious to nonscientists (me, for instance). Condensation also releases heat — 540 calories per gram of water, to be specific, Breidenbach said.

That released heat tends to keep the air warm enough that it will keep rising.

Put simply, even given the same air temperature, moist air is likely to rise farther, and generate more clouds, than dry air. This largely explains why thunderstorms are so ubiquitous in the equatorial tropics but relatively rare in deserts, where even on scorching days the only clouds might be cottony cumulus, the air not rising high enough to generate cumulonimbus (thunderheads).

One exception is the summer monsoon, which brings relatively moist air, usually from the Gulf of Mexico or the Gulf of California, into the American Southwest. Occasionally weather patterns transport some of that monsoon moisture into Eastern Oregon, and that situation is a significant source of storms here, Breidenbach said.

Thunderstorm development is a much more complicated topic than the simple scenarios I've described.

Mountains, with which we are amply endowed in Northeastern Oregon, can contribute to the formation of storms because they are a physical barrier that forces air to rise.

Cold fronts, though lacking the physical mass of mountain ranges, can have a similar effect, as the arrival of cold air at higher altitudes creates ideal conditions for warmer air near the ground to start rising and to keep rising. Cold fronts are also a source of moisture, Breidenbach said.



Brad Trumbo/Contributed Photo

A male valley quail watches over his mate as she feeds below a picnic table in an urban park.

TRAINING

Continued from Page 1B

Even if your pup doesn't fully grasp the "whoa" command, by their sixth year, they can occasionally be steady to shot without formal training. Remember, no amount of formal training can replace the flush of a bird.

A number of timeless foundational training resources are available in print and digital media, with recent contributions being geared toward urban training. Project Upland provides a variety of useful articles with free online access. The techniques may not work precisely as presented in every case, but with a little adaptability to your pup's learning style, and a commitment to gaining experience whenever and wherever possible, a fine pointing dog can be made on the urban landscape, and with minimal resources.

Brad Trumbo is a fish and wildlife biologist and outdoor writer in Waitsburg, Washington, where he also actively serves the Walla Walla-based Blue Mountain Pheasants Forever chapter. For tips and tales of outdoor pursuits and conservation, visit www.bradtrumbo.com.

FAMILY OWNED

NORTHWEST FURNITURE & MATTRESS

215 Elm Street La Grande (541) 963-5440

Like Us On Facebook

weather

	TONIGHT	SUN	MON	TUE	WED
Weather	Clear	Sunshine	Partly sunny and warm	Not as hot	Chance of a shower
Baker City	52	84 51	92 58	90 58	85 51
Comfort Index™	6	8	4	4	6
La Grande	59	85 55	93 60	85 64	87 57
Comfort Index™	6	6	3	6	4
Enterprise	51	80 54	88 59	85 57	80 49
Comfort Index™	9	6	4	4	6

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		THURSDAY EXTREMES	
TEMPERATURES	Baker City	La Grande	Elgin
High Thursday	83°	85°	90°
Low Thursday	38°	43°	41°
PRECIPITATION (inches)	Thursday	0.00	0.00
Month to date	0.12	Trace	0.77
Normal month to date	0.75	0.99	1.11
Year to date	2.35	5.90	14.98
Normal year to date	5.28	8.79	13.03

AGRICULTURAL INFO.

HAY INFORMATION SUNDAY

Lowest relative humidity	25%
Afternoon wind	N at 6 to 12 mph
Hours of sunshine	10.7
Evapotranspiration	0.28

RESERVOIR STORAGE (through midnight Friday)

Phillips Reservoir	16% of capacity
Unity Reservoir	78% of capacity
Owyhee Reservoir	44% of capacity
McKay Reservoir	86% of capacity
Wallowa Lake	44% of capacity
Thief Valley Reservoir	83% of capacity

STREAM FLOWS (through midnight Thursday)

Grande Ronde at Troy	3200 cfs
Thief Valley Reservoir near North Powder	78 cfs
Burnt River near Unity	91 cfs
Umatilla River near Gibbon	71 cfs
Minam River at Minam	1080 cfs
Powder River near Richland	21 cfs

SUN & MOON

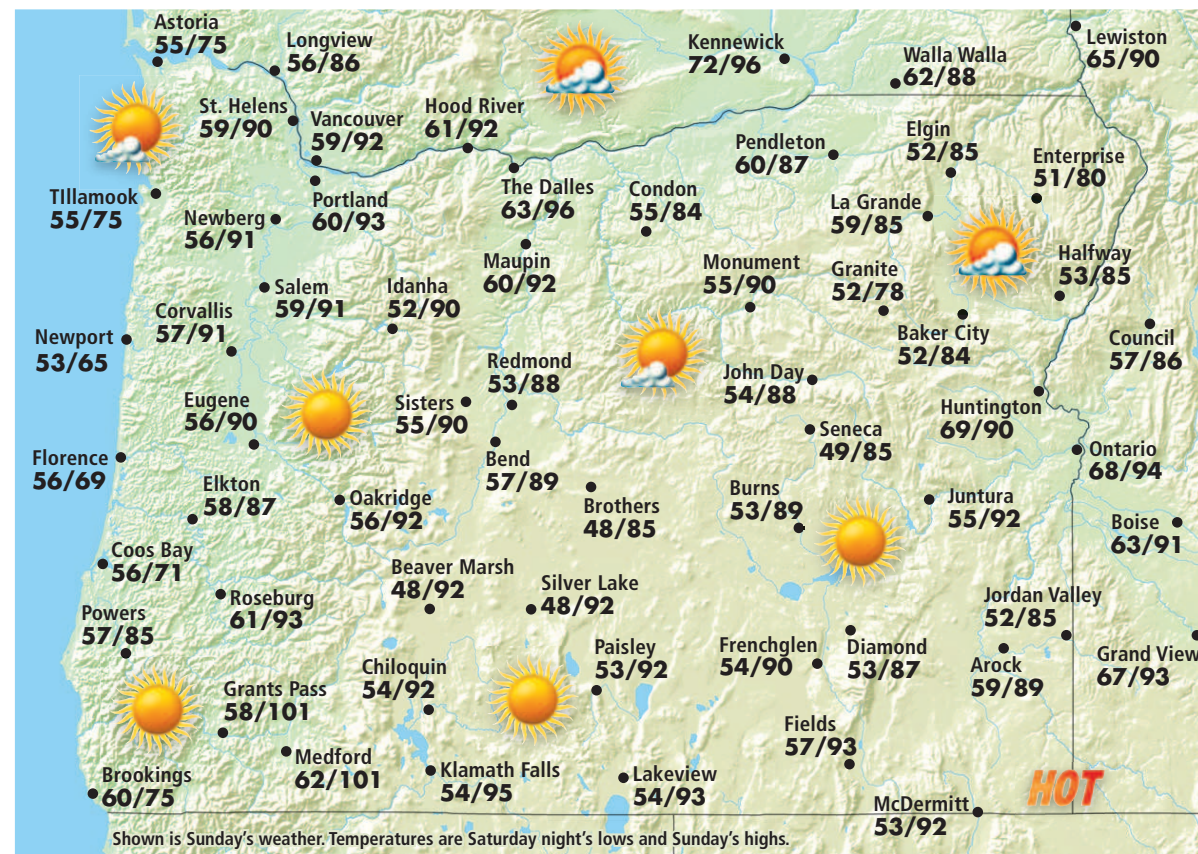
	SAT.	SUN.
Sunrise	5:04 a.m.	5:04 a.m.
Sunset	8:44 p.m.	8:44 p.m.
Moonrise	2:44 p.m.	4:02 p.m.
Moonset	1:52 a.m.	2:16 a.m.

MOON PHASES

	Full	Last	New	First
	Jun 24	Jul 1	Jul 9	Jul 17

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021



REGIONAL CITIES

City	SUN. HI/Lo/W	MON. HI/Lo/W	City	SUN. HI/Lo/W	MON. HI/Lo/W
Astoria	75/59/c	80/55/s	Lewiston	90/60/s	96/66/s
Bend	89/62/s	94/67/s	Longview	86/57/pc	91/58/pc
Boise	91/63/s	94/67/s	Meacham	84/52/s	92/56/pc
Brookings	75/53/s	84/52/pc	Medford	101/67/s	101/66/s
Burns	89/54/s	94/58/s	Newport	65/54/pc	65/53/pc
Coos Bay	71/55/pc	70/54/pc	Olympia	82/56/pc	90/57/pc
Corvallis	91/60/s	93/57/s	Ontario	94/65/s	97/66/s
Council	86/55/s	91/56/pc	Pasco	92/65/s	98/66/pc
Elgin	85/53/s	92/57/pc	Pendleton	82/57/s	96/66/pc
Eugene	90/59/s	96/59/s	Portland	93/65/pc	96/66/s
Hermiston	91/61/s	99/64/pc	Powers	85/57/s	83/59/pc
Hood River	92/62/s	100/65/s	Redmond	88/55/s	97/63/s
Imnaha	85/55/s	94/61/pc	Roseburg	93/61/s	94/60/s
John Day	88/55/s	97/62/s	Salem	91/62/s	98/61/s
Joseph	80/54/s	88/58/pc	Spokane	82/58/s	88/59/s
Kennewick	96/71/s	101/68/pc	The Dalles	96/65/s	103/69/s
Klamath Falls	95/56/s	95/58/s	Ukiah	80/47/s	89/54/pc
Lakeview	93/55/s	93/55/s	Walla Walla	88/62/s	94/69/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	Plenty of sunshine	59 51	PHILLIPS LAKE	Sunny and pleasant	80 49
MT. EMILY REC.	Plenty of sunshine	69 51	BROWNLEE RES.	Plenty of sunshine	87 58
EAGLE CAP WILD.	Sunny and pleasant	66 43	EMIGRANT ST. PARK	Sunshine	76 45
WALLOWA LAKE	Plenty of sunshine	80 54	MCKAY RESERVOIR	Plenty of sunshine	85 58
THIEF VALLEY RES.	Plenty of sunshine	84 51	RED BRIDGE ST. PARK	Sunshine	85 55