

Weight loss doesn't take sting out of observations



DEAR ABBY
ADVICE

told things like, "You should see your cousin. She's almost as big as you were!" which is quickly followed by an offhand, "No offense," which tells me they know it offends me. I said as much to them at first, but the insulting comparisons continue.

It's not just one person saying this; it has actually become the family standard. I know I was very large, but this is extremely hurtful. I find myself avoiding family visits because the subject seems to invariably come up in some way. Is there anything beyond what I have already tried that can convey the distress this causes? — **FORMER FAT REL-**

ACTIVE IN MISSOURI

DEAR RELATIVE: Your relatives have been told that alluding to your former weight problem causes you distress. That it continues tells me they are thoughtless at best, not to mention rude and inconsiderate of your feelings. Because you can't change their behavior (and neither can I), the logical solution is to do what is best for you and see less of them.

DEAR ABBY: I have begun high school and I love it, but I'm bumping into friend problems. My new friend has many other friends in one big friend group, and she's inviting me to join them. I barely know these people, and some of

them make me uncomfortable, but I still eat lunch with them sometimes. I don't want to be rude to my friend, but I am unsure if I want to join this group.

I have a separate friend whom I met in middle school, and I have reason to believe that I am his only friend. He eats lunch with me and my upperclassmen friends. They ignore him while he talks to me about the things we like. I am afraid I'm hurting him by making more friends. Any advice? — **STRESSED TEEN IN NEW JERSEY**

DEAR TEEN: New relationships take time to develop. With time, as you and your new class-

mates get to know each other better, you may feel more comfortable with them. If that doesn't happen, you may want to make other plans for lunch.

That you have been including your middle school friend during those lunches I think is loyal, caring and compassionate. Doing so is not "hurting" him. If he's unable to integrate and become part of the group, no law says the two of you must have lunch with those people every single day. Consider alternating lunches with other students so you can widen your circle of friends. Friends are treasures. The more of them you have, the richer your life will be.

NEWS OF THE WEIRD

Study: Winter tornadoes to get more powerful as world warms

By **SETH BORENSTEIN**
The Associated Press

WASHINGTON — Nasty winter tornadoes — like the deadly ones last week that hit five states — are likely to be stronger and stay on the ground longer with a wider swath of destruction in a warming world, a new study shows.

The combination of a longer and wider track with slightly stronger winds means some rare winter tornadoes that are killers now will have nine times more the power by the end of the century if carbon dioxide levels continued to rise, according to a study presented at the American Geophysical Union conference Monday.

The study, which predates the devastating Mayfield, Kentucky, tornado outbreak, looks at strength and not frequency of big tornadoes as climate change progresses. Not peer reviewed yet, it was presented in poster form as a peak at new research to be published later.

"There is a potential for events in the future that are more intense than would not have been as intense in the current climate," said study author Jeff Trapp, head of atmospheric sciences at the University of Illinois, Urbana-Champaign. "Bearing in mind that these high end events are still going to be rare."

Trapp took the conditions during two large tornado strikes in 2013



Gerald Herbert/The Associated Press

In this aerial photo, destruction from a recent tornado is seen in downtown Mayfield, Ky., Sunday, Dec. 12, 2021. According to a study presented at the American Geophysical Union conference on Monday, Dec. 13, 2021, nasty winter tornadoes — like the deadly one last week that hit five states — are likely to be stronger and stay on the ground longer with a wider swath of destruction in a warming world.

— the Hattiesburg, Mississippi, tornado that in February of that year injured 82 people with winds of 170 mph and the Moore, Oklahoma, tornado that killed 24 people with winds up to 210 mph in May — and put them

into dozens of computer simulations of worst-case climate change scenario by 2100, which other scientists say is increasingly unlikely.

The worst-case scenario, which the world used to be on track for,

would have another 6 degrees or so of warming between now and the end of the century. Trapp said he will soon run simulations based on a scenario closer to the current trajectory for carbon dioxide emissions of about 3.2

degrees warming above current levels.

Trapp found a big change on the winter storm, significantly longer and wider tracks and windspeed increases around 14% that added up to the nine-fold increase

in power when using a formula that takes wind speed, rotation and size of path into account. Power increased 1-1/2 times for the spring storm, he said.

Trapp said that's because there are two key ingredients needed for tornadoes: unstable stormy weather and wind shear. Wind shear, the difference between winds up high and near the ground, is usually stronger in the winter, but there's not as much stormy weather because it requires warm humid conditions near the ground. But as the world warms there will be more opportunity for instability in the winter, he said.

Three outside scientists said there may be something to the research, but they aren't yet completely convinced.

"I'm not 100% sold on the technique, but it's a very interesting approach," said Harold Brooks, a scientist at the National Severe Storms Laboratory in Norman, Oklahoma. "To me the really interesting result seems to be the longer-tracks for the cool season."

A single study always raises uncertainty issues, but the results make sense, said Northern Illinois University meteorology professor Victor Gensini: "One of the major components to Friday's outbreak was the broad and anomalous warm (swath of temperatures) which permitted the storm to last for what will likely be a record-breaking path length."

weather

| | TONIGHT | FRI | SAT | SUN | MON |
|-------------------|---------------------------|--------------------------|--------------|------------------------|-----------------------|
| | Cloudy with a little snow | A morning flurry; cloudy | Cloudy | A little snow at times | Rain and snow showers |
| Baker City | 18 | 32 20 | 30 20 | 33 21 | 34 21 |
| Comfort Index™ | 0 | 1 | 0 | 0 | 0 |
| La Grande | 29 | 39 26 | 34 29 | 33 29 | 36 27 |
| Comfort Index™ | 2 | 3 | 0 | 0 | 0 |
| Enterprise | 23 | 35 21 | 38 30 | 36 22 | 38 29 |
| Comfort Index™ | 0 | 3 | 4 | 1 | 0 |

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 | 32° | 36° | 35° |
| Low Tuesday | 12° | 19° | 18° |
| PRECIPITATION (inches) | | | |
| Tuesday | 0.01 | 0.02 | 0.39 |
| Month to date | 0.29 | 0.64 | 2.61 |
| Normal month to date | 0.39 | 0.91 | 1.80 |
| Year to date | 5.30 | 10.62 | 24.65 |
| Normal year to date | 8.60 | 16.43 | 23.98 |

TUESDAY EXTREMES

| NATION (for the 48 contiguous states) | |
|---------------------------------------|----------------------|
| High: 87° | Zapata, Texas |
| Low: -8° | Crested Butte, Colo. |
| Wettest: 2.16" | Los Angeles, Calif. |
| OREGON | |
| High: 47° | The Dalles |
| Low: 11° | Lakeview |
| Wettest: 0.58" | Rome |

WEATHER HISTORY

On Dec. 16, 1917, one of the worst ice jams occurred on the Ohio River between Warsaw, Ky., and Rising Sun, Ind. It lasted 58 days, forcing the water to back up for nearly 100 miles.

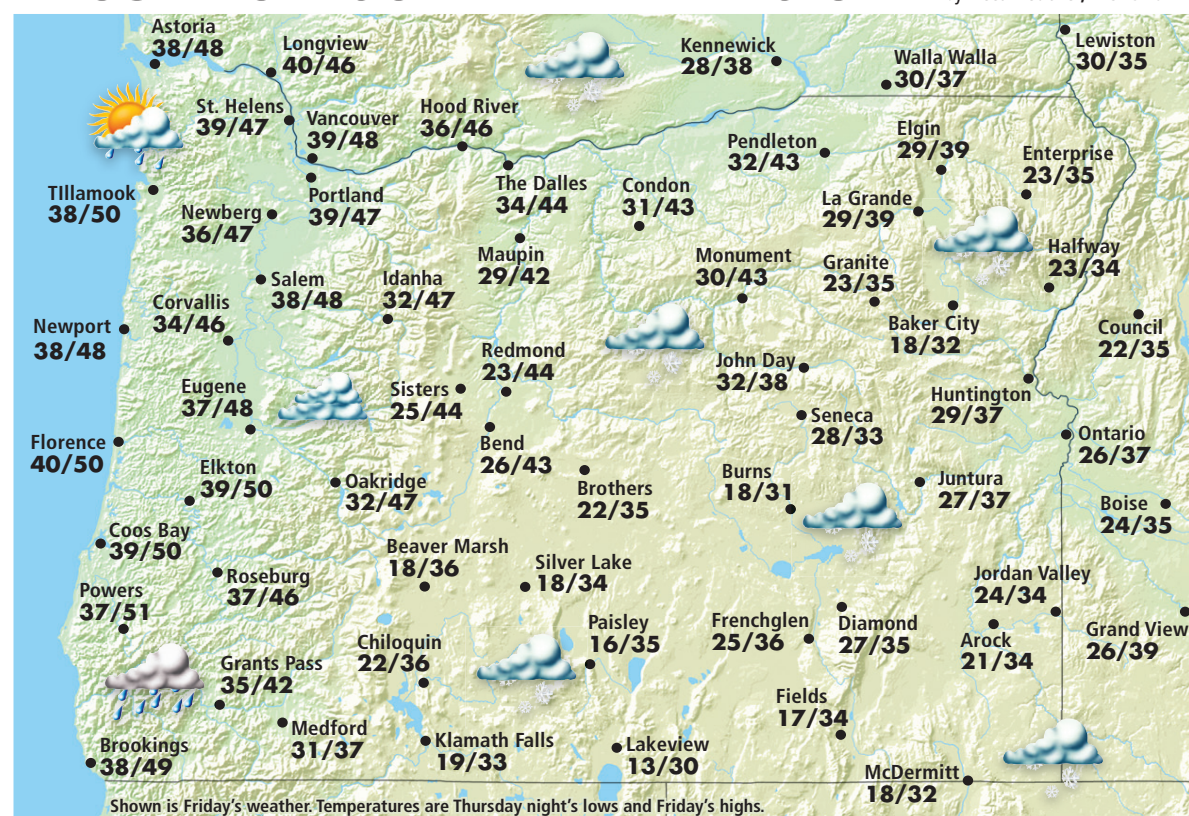
SUN & MOON

| | THU. | FRI. |
|----------|-----------|-----------|
| Sunrise | 7:26 a.m. | 7:26 a.m. |
| Sunset | 4:10 p.m. | 4:11 p.m. |
| Moonrise | 2:37 p.m. | 3:07 p.m. |
| Moonset | 5:07 a.m. | 6:11 a.m. |

| MOON PHASES | | | |
|-------------|--------|-------|-------|
| Full | Last | New | First |
| | | | |
| Dec 18 | Dec 26 | Jan 2 | Jan 9 |

AROUND OREGON AND THE REGION

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REGIONAL CITIES

| City | FRI. | | SAT. | | City | FRI. | | SAT. | |
|---------------|-------|----|-------|----|-------------|-------|----|-------|----|
| | Hi/Lo | W | Hi/Lo | W | | Hi/Lo | W | Hi/Lo | W |
| Astoria | 48/42 | sh | 51/38 | r | Lewiston | 35/30 | pc | 40/36 | r |
| Bend | 43/30 | c | 50/33 | c | Longview | 46/41 | c | 48/40 | r |
| Boise | 35/16 | pc | 33/23 | c | Meacham | 38/23 | c | 37/30 | c |
| Brookings | 49/38 | c | 50/43 | r | Medford | 37/29 | c | 41/34 | c |
| Burns | 31/11 | c | 29/14 | sh | Newport | 48/42 | c | 50/38 | r |
| Coos Bay | 50/39 | c | 53/41 | sh | Olympia | 42/40 | c | 46/38 | r |
| Corvallis | 46/37 | c | 49/37 | r | Ontario | 37/25 | pc | 33/24 | c |
| Council | 35/17 | c | 29/16 | c | Pasco | 38/29 | c | 41/35 | c |
| Elgin | 39/21 | c | 37/30 | c | Pendleton | 43/26 | c | 45/42 | c |
| Eugene | 48/39 | c | 50/41 | sh | Portland | 47/42 | c | 49/40 | r |
| Hermiston | 42/26 | c | 43/38 | sn | Powers | 51/37 | c | 53/42 | r |
| Hood River | 46/35 | c | 42/38 | sn | Redmond | 44/26 | c | 48/31 | c |
| Imnaha | 39/26 | c | 41/36 | c | Roseburg | 46/37 | c | 50/42 | c |
| John Day | 38/28 | c | 42/33 | c | Salem | 48/40 | c | 51/42 | r |
| Joseph | 34/23 | c | 38/30 | c | Spokane | 28/27 | c | 37/33 | i |
| Kennewick | 38/28 | c | 42/38 | c | The Dalles | 44/34 | c | 41/39 | sn |
| Klamath Falls | 33/14 | c | 34/22 | c | Ukiah | 38/24 | c | 43/35 | c |
| Lakeview | 30/8 | pc | 35/16 | c | Walla Walla | 37/27 | c | 41/37 | 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 FRIDAY

| Location | Forecast | High | Low |
|---------------------|-------------------|------|-----|
| ANTHONY LAKES | Not as cold | 27 | 19 |
| PHILLIPS LAKE | Mostly cloudy | 35 | 22 |
| MT. EMILY REC. | A morning flurry | 31 | 22 |
| BROWNLEE RES. | Mostly cloudy | 38 | 24 |
| EAGLE CAP WILD. | Cloudy | 26 | 16 |
| EMIGRANT ST. PARK | Mostly cloudy | 36 | 22 |
| WALLOWA LAKE | Mostly cloudy | 34 | 23 |
| MCKAY RESERVOIR | Cloudy | 45 | 28 |
| THIEF VALLEY RES. | Cloudy and chilly | 32 | 20 |
| RED BRIDGE ST. PARK | A morning flurry | 39 | 26 |