New Family Friendly Location!

New Menu!

Bar Bites, Wood Stone Pizza

and More!

WED-SAT 11-9 • SUN 11-7

MON-TUES CLOSED

ANXIETY

Continued from Page B1

Another idea is to find social opportunities with other incoming kindergarten students. Reach out to parents of children in your neighborhood who will be going to school for the first time. Then plan a social gathering at a local playground.

Also, develop a routine in advance of school. Begin to wake up early and get ready on time. Also, consider practicing some schoolwork. You can get your older child involved in sharing his thoughts about what was the best part of school when he was that age.

Lastly, begin by spending some time away from your son. Maybe it is a 30-minute outing to grab coffee by yourself while your child stays with his older brother or having your child go to a friend's home for an hour.

Then slowly increase the time so your son has an opportunity to feel comfortable being away from you for longer periods of time.

All of these steps will help him know what to expect, prepare him gradually for what school will be like and ease the transition. This approach is based on one of the core principles of treating anxiety. That is, when you are frightened of something that is not dangerous, you need to have practice dealing with the source of your fear until it

becomes routine or boring. You cannot be talked out of anxiety. You need exposure to, and experience in, dealing with the situation.

HOME & LIVING

Come Check Out

& New Menu!

Our New Location

If your child is resistant to the attempts you are making, or if his anxiety does not decrease even after you have taken these steps, talk with your pediatrician or primary care provider about seeing a health care professional who can help. Anxiety is a normal part of life that cannot be completely eliminated, but many successful strategies

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HOROSCOPES

TUESDAY, SEPTEMBER 6, 2022

thing that is going on around you, because evidence independently. you believe wholeheartedly that you cannot which you live -- and not just some of them, up. but all of them, if at all possible. This would CAPRICORN (Dec. 22-Jan. 19) -- The to think about how to respond to certain render you intolerably nosey, and result in social scene may seem prohibitive to you for events your being labeled "intrusive" or worse, if it some reason that others aren't likely to underweren't for the fact that you are bound and stand, but it offers certain clear gains. determined to give back to the world.

WEDNESDAY, SEPTEMBER 7 going to get everything you want today, that's your earning power. See where this goes.

feel as competitive as you might, given the ready to swing into action soon. circumstances, but if you join forces with ARIES (March 21-April 19) -- You needn't another, you'll surely be a factor.

SCORPIO (Oct. 23-Nov. 21) -- You must knowledge of certain subjects. Instead, go to a

live a full life, or contribute to the world Something that happens outside of main- face certain fears. Are you ready for that? around you in any meaningful way, if you are stream business circles will affect your work unaware of the goings-on of the world in in a way that soon has you changing things

find that the beginnings and endings of what a friend has suggested.

a promise today that you cannot believe will much shorter than you might expect. LIBRA (Sept. 23-Oct. 22) -- You may not be kept, but get ready for a surprise. You'll be

by Stella Wilder

ognize a few possibilities today that you SAGITTARIUS (Nov. 22-Dec. 21) -- haven't seen before. Some may require you to GEMINI (May 21-June 20) Overreactions on your part are likely to cause trouble that lasts a while, so you must be sure

CANCER (June 21-July 22) -- You are easing yourself out of a difficult phase at this AQUARIUS (Jan. 20-Feb. 18) -- You'll time, but it still may be too soon for you to try

> LEO (July 23-Aug. 22) -- You must be ready to act fast when certain things happen

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YOUR BIRTHDAY by Stella Wilder not believe everything you hear today, or even source you know personally.

Born today, you like to be aware of every- everything you read. Your best bet is to collect TAURUS (April 20-May 20) -- You'll rec-

VIRGO (Aug. 23-Sept. 22) -- You're not things overlap today in ways that can increase certain, but you should get to pick and choose PISCES (Feb. 19-March 20) -- You receive in your vicinity today, as reaction time will be

go through official channels to increase your

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facebook

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Baker City Herald | THE OBSERVER are available to be put on facebook for

\$10 extra charge. Stop in today for more information. 911 Jefferson Avenue • La Grande 1668 Resort St. • Baker City

TUESDAY, SEPTEMBER 6, 2022

ROSSWORD PUZZLER

ACROSS

- 1 Frond-end
- cover 4 Is driven by
- wind
- 9 Assist 12 Objective
- 13 Anesthetic of
- yore
- 14 Draw on
- 15 Dote on 17 Ominous 19 Curious
- 21 Hasty flight
- 22 Braid 25 Cato's bear
- 29 Author – Wells
- 30 Vow
- 32 Music category 33 Well-worn
- 35 More cunning
- 37 Unit of energy 38 Roulette color
- 40 Patsies
- 43 Cartoon bear

15

33

38

43

42 Apiece (abbr.) 44 Take steps

19

46 47

62

23

51

52

- 46 Kissin' kin
- 49 Viking name 50 Cold place
- 54 Actor Hirsch
- 57 Paris thirst-
- quencher
- 58 Storage place
- 60 Singer
- Orbison 61 Cookout
- intruder
- 62 Boundary
- 63 Summer in

France **DOWN**

- 1 Pasture
- sound
- 2 Unburdened 3 Between
- 4 Playground structures
- 5 NY neighbor
- 6 TV band 7 Finalized agreement

8 Tijuana Ms.

44

53

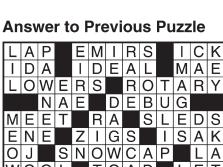
49

59

60

63

- - 9 Wiedersehen
 - 10 Ames inst. 11 Md. neighbor
 - 16 Decays
 - 18 Rhea cousins 20 Street sign
- product
- 31 Photocopy, for
- 36 Put back into office
- staple
- 41 Unwanted
- 45 Blazing up
- 47 Ph.D. exam
- 48 Ristorante
- 50 Briny expanse
- 53 PIN
- prompter 55 Destiny
- 56 Peacock spot 59 Two, for Livy





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dome 24 Easy shot 26 Beluga

51 John, in 55

27 More certain 28 Seaweeds

short 34 Burrow

39 Far East

email

order

Aberdeen 52 However



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