

DEAR ABBY

Write to Dear Abby online at dearabby.com or by mail at P.O. Box 69440, Los Angeles, CA 90069



Dear Abby: I'm a 24-year-old woman who has been married for four years. My husband, "Jerry," and I have two young boys. Jerry is military. I stay at home with the kids and work part time online on an associate degree. We struggle financially, but our basic needs are met and, overall, I'm happy with my life.

My problem is I'm finding myself struggling to control a very strong temper. The kids or my husband may be getting on my nerves, or I'm late turning in an assignment, or I'm unable to get housework done — these frustrations build up inside and make me want to throw a fit, scream or throw things, essentially NOT be the cool, responsible adult I typically am.

I know this is incredibly immature, and I realize I'm well off in the grand scheme of things, but this anger still brews. I have never had a problem controlling my temper before. Can you help?

— *Fired Up in Florida*

Dear Fired Up: The quarantines and lockdowns may be part of the cause of your near meltdowns. Many people are stressed and spread thin, and the isolation isn't helping.

Because you are constantly with your children, it's important that you manage your emotions before venting them on your little ones, which can be destructive. When an adult yells or acts out in front of a small child, the child will often shut down out of fear that violence may follow. This is why it's so important for you to find appropriate ways to express your emotions.

My booklet "The An-

ger in All of Us and How To Deal With It" offers suggestions for directing angry feelings in a healthy way. It can be ordered by sending your name and address, plus a check or money order for \$8 (U.S. funds) to Dear Abby Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. Sometimes when people are frustrated, they lose their temper with those presently around them. In situations like this, it's important to evaluate the source of what might really be irritating you rather than misdirect your anger at a blameless target. The ability to control your emotions is crucial so your children won't grow up thinking that exploding is normal. There are healthy ways of dealing with frustration. Among them: leaving the room, going for a walk or, better yet, a short run, or saying to yourself, "Please, Lord, don't let me lose my temper!" before opening your mouth.

Dear Abby: My boss has been making passes at me for the last five months, even though I have told him it makes me uncomfortable. We went out to dinner once, and he is insisting that we do it again. How do I say no to this married man and still keep my job?

— *Uncomfortable in the South*

Dear Uncomfortable: Ask your employer if he is satisfied with your job performance. Tell him a social relationship with a married man is not what you signed on for and, if he becomes punitive, document it and point out that what he is doing could be considered sexual harassment.

NBA

Former Ducks star Boucher carving out role with Raptors

BY JOEL ODOM

The Oregonian
It took Chris Boucher less than a minute to make an impact on Monday night as the former Ducks star was back in Oregon with his Toronto Raptors to take on the Portland Trail Blazers.

After checking in off the bench at the 4:37 mark of the first quarter, Boucher grabbed a defensive rebound, then drilled a three-pointer to put the Raptors up 21-11. Moments later, Boucher put in a layup, drew a foul on CJ McCollum and converted the three-point play.

By the end of the night, on his 28th birthday, Boucher would log a season-high 32 minutes, drain 5 of 8 three-pointers, score 20 points, pull down eight rebounds and block three shots.

Of course, Boucher would have preferred to leave the Moda Center with a victory. Instead, the Raptors lost by one point for the second consecutive night, falling 112-111 to the Blazers to drop to 2-8 on the season.

Even as the Raptors have struggled, the 6-foot-9 Boucher has been a bright spot. He has carved out a significant role off the bench and averaged 14.3 points, 6.2 rebounds and 2.6 blocks in 22.2 minutes per game — all career highs.

Those numbers are similar to Boucher's averages in his final season at Oregon in 2016-17, when he averaged 11.8 points, 6.1 rebounds and 2.5 blocks as he and Jordan Bell gave the Ducks a stellar defensive tandem before Boucher suffered a torn ACL during the Pac-12 tournament.



Steve Dykes/AP photo

Toronto Raptors' Chris Boucher, left, tries to shoot as Portland Trail Blazers Carmelo Anthony, center, and Enes Kanter, right, defend during Monday night's game in Portland.

Now in his third season with the Raptors, Boucher has hit the 20-point mark four times in 10 games after doing so just three times in 62 regular-season games last year.

"I think when the preseason started, I started on a bad foot, just not playing with a lot of energy," Boucher told reporters Monday night. "Coach (Nick Nurse) told me I can't have a day off, especially coming off the bench, I got to be ready all the time. I just started focusing on those things and just trying to be consistent and find a way to help the team, no matter what it is."

Boucher is hitting threes at a clip of 47.2% and ranks No. 2 in the league in player efficiency rating at 27.97.

"He's playing at a super-high

"(Chris Boucher is) playing at a super-high level. I think we all know he's continued to grow each and every year. But yeah, he's certainly been a real bright spot. I think, again, he plays with great tenacity always and I think that always puts you in good position."

— **Nick Nurse, Toronto Raptors head coach**

level," Nurse told reporters. "I think we all know he's continued to grow each and every year. But yeah, he's certainly been a real bright spot. I think,

again, he plays with great tenacity always and I think that always puts you in good position."

The Raptors, who are playing their home games in Tampa, Florida, because of travel restrictions in place in Canada amid the pandemic, now head back to Florida after going 1-3 in their four-game trip to the West.

But after dropping those three games by a combined nine points, Boucher said there were positives to take away from the trip.

"You can tell we're back to playing Raptors basketball and I think everybody started seeing a little bit of flash of the way we could play," Boucher said. "We've just got to be able to finish games."

YOUR HOROSCOPE *By Madalyn Aslan*

Stars show the kind of day you'll have

★★★★★ DYNAMIC | ★★★★★ POSITIVE | ★★★★★ AVERAGE | ★★★★★ SO-SO | ★★★★★ DIFFICULT

HAPPY BIRTHDAY FOR WEDNESDAY, JAN. 13, 2021:

Goal-oriented, proud and autonomous, security and standing are important to you. This year, take a chance on a project you have doubts about, as it will be tremendously successful. Remember that money isn't everything. If single, you meet someone this year who hasn't had the advantages you have, and this is the one. If attached, you are with your prince or princess. VIRGO is the original princess and the pea.

ARIES (March 21-April 19)

★★★★ Today unexpectedly ushers in hours of joy and laughter with different people. Focus on the future. Determine your most important priorities. Affirmations and meditations are especially valuable. Observe and listen. Meet others halfway to resolve tensions. Tonight: It all becomes quite intriguing.

TAURUS (April 20-May 20)

★★★★ Economics and social conditions can affect your profession. Consider external factors and use them as guidelines. You are not an island. There is a strong awareness of how your destiny interconnects with the world around you. Tonight: Capitalize on valuable contacts.

GEMINI (May 21-June 20)

★★★★ Wanderlust strikes today. A trip overseas or cross-country would be uplifting and fantastic. It's a shame we are in the middle of COVID. Try visiting places of historical and spiritual significance instead. Tonight: Record in a journal and interpret them to gain insight of a higher self.

CANCER (June 21-July 22)

★★★★ Others make suggestions about money management. You may develop a new job skill or are offered a second job. Act on it quickly. But check with your inner psyche before acting too quickly on unsolicited advice. Tonight: Clear your slate.

LEO (July 23-Aug. 22)

★★★★ You'll seek different partnerships and feel like a relationship has run its course. There'll be new schedules at work and different job skills needed. Your versatility allows you to adapt beautifully. Tonight: Others comment they didn't know you as well as they thought.

VIRGO (Aug. 23-Sept. 22)

★★★★ There can be a new psychic rapport with pets. There's a more progressive daily routine, and you have good luck if searching for a job or using time with the utmost efficiency. The financial outlook brightens. Tonight: Your judgment is good. Make choices and commitments.

LIBRA (Sept. 23-Oct. 22)

★★★★ You'll feel like a child today. You'll enjoy gambles and intriguing risks. Adventurous leisure activities have appeal. Regarding love, you'll seek a situation that is thrilling rather than safe and secure. Business takes a back seat to social and creative interests. Tonight: Relax.

SCORPIO (Oct. 23-Nov. 21)

★★★★ You'll be making decisions about family and private life. You'll be evaluating your residence with care and deciding whether to keep it or improve it. You learn some interesting facts about family members. Tonight: Do not act out any of their characteristics. Just your own.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ You'll feel the urge to travel a bit. A new vehicle, perhaps a bicycle or Jeep, could seem to fit your needs. Don't write emails or letters or make phone calls if you're upset. Be patient with a neighbor or sibling. Travel in your mind. Tonight: Researching history.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Today emphasizes appreciation of possessions. You can add to a collection or find a treasure in an antiques store. Browsing online through shops is an appealing pastime. If you need a new garment or jewelry, you can locate the perfect item now. Tonight: Celebrating quietly.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ There's considerable excitement today. Don't cling to the past. You're about to be jolted out of a rut. Travel is likely. The gambler and adventurer within you awakens. You're weary of the details of a routine and long for expansion. Tonight: Stay cheerful.

PISCES (Feb. 19-March 20)

★★★ Today makes you sympathetic and helpful, but also more emotional than usual. You'll put changes on hold and recognize a need for conformity. Get extra rest and be patient with yourself. You take a little longer than planned for projects. Tonight: Old memories are strong.

Oregon State

Continued from A5

Oregon State has been as active as any FBS program in finding the players through the portal. Since the fall of 2018, Smith has acquired 16 FBS or FCS transfers, including four during the past month.

Five Oregon State starters during the 2020 season were FBS transfers in center Nathan Eldridge (Arizona), quarterback Tristan Gebbia (Nebraska), linebacker Avery Roberts (Nebraska), right tackle Brandon Kipper (Hawaii) and punter/kickoff Caleb Lightbourn (Nebraska).

In addition, receivers Tyjon Lindsey (Nebraska) and Tre'Shaun Harrison (Florida State) played significant minutes this past season.

Kipper, it should be noted, signed in February of 2018, prior to the start of the transfer portal.

Only two portal transfers officially didn't work out for Oregon State in defensive tackle Charles Moore (Auburn) and safety Myles Green-Richards (Washington State).

The latest group of OSU transfers — receiver Makiya Tongue (Georgia), running back Deshaun Fenwick, cornerback E.J. Jones (Kansas) and offensive lineman Heneli Bloomfield (Utah State) — are expected to make an impact the next several years.

Clearly, Smith was in need of players when he took over Oregon State's football program in December of 2017. But the base of talent has improved heading into 2021. If this continues, does it make sense to add to the roster through aggressive use of the transfer portal?

Smith says probably, yes. "Percentages wise, we're still going to sign the most from high school," Smith said. "But we're still going to look at junior colleges and now, the transfer portal."

Smith looks at roster building as "avenues," with four such streets leading to players. High school recruiting is the busiest avenue, filled out by junior colleges, transfer portal and walk-ons.

Using the transfer portal to acquire players is part of Smith's strategy going forward.

"It's an avenue to help your roster," Smith said. "So long term, we will probably continue

to be selective. If there are positions of need or a way we can upgrade that position, we're going to look into doing it."

But using the transfer portal in 2021 and beyond isn't just an Oregon State thing.

"Every program, you need

to be looking at it," Smith said. "Every program is going to end up losing players into it. It's a part of roster management."

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