

Man won't budge on having surgery to quiet his snoring

DEAR ABBY: My husband and I are happily married, but have one serious problem. Our sleeping habits are incompatible. I am an extremely light sleeper; he is a horrendous snorer.

He sees a snoring specialist and tried several medical treatments, none of which worked. The only solution is a minor surgical procedure. He doesn't want to have the surgery. He insists he "sleeps fine," and says I'm the one with the problem.

I have tried earplugs, white noise machines, sleep medications and more, but I cannot get a decent sleep with the obnoxious snoring. He stays up much later than I do, and I enjoy sleeping in our master bedroom until he comes to bed. I usually get driven out of the room by the noise.

We agree we don't want to sleep in separate rooms and lose the intimacy, but it's the only option for me to sleep well. Neither of us wants to give up the master bedroom because it's the only one with an attached bathroom.

Am I wrong for asking him to have surgery so we can share a bed? And if he won't, who should get the master bedroom?

— SLEEPLESS IN LOUISIANA

DEAR SLEEPLESS: Let's be honest. By now your husband knows full well he doesn't "sleep fine." The reason for his reluctance is fear of the surgery. It wasn't wrong of you to ask, and out of consideration for you and the intimacy in your marriage he shouldn't have refused.

However, because he insists on coming into the master bedroom, which he knows wakes you, for the sake of your health, take the other bedroom. Understand, the "intimacy bed" does not always have to be the "sleeping bed." Good sleep quality is necessary for us to function properly.

DEAR ABBY: I have five grown children and three grandchildren. They have always come first, especially my grandchildren. When I began the relationship with my husband, I told him how important both were to me and that, no matter what, my grandchildren always came first. He agreed and said he felt the same way.

Now, two years into our marriage, my

daughter and grandchildren want to come live with us for nine months while her husband is deployed. My husband is freaking out and keeps complaining every day even though they aren't even here yet. He has pushed me to my breaking point, and I am not sure what to do. I would never tell him that or act that way toward his children or grandchildren. I'm now considering divorce. What should I do?

— FAMILY FIRST IN THE SOUTH

DEAR FAMILY FIRST: I can't help but wonder how you would REALLY feel if the shoe was on the other foot. Would you be as accommodating as you expect him to be, or would you be panicking, too?

Remind your husband that this is what he agreed to before your marriage, and point out that this isn't forever. It will be for only nine months. Tell him it will be an opportunity for him to get to know the grandkids and vice versa. Who knows? He might even enjoy it.

If he's still unhappy after a reasonable period of time after they arrive, then it may be time to discuss separating. But don't jump the gun.

DEAR ABBY: My co-worker and supposed friend asked if she could borrow my wedding dress because she thought it was so beautiful. I was thrilled to lend it to her and paid for the alterations (\$200 plus) as her wedding present. I accompanied her to her fittings and helped her plan her wedding for approximately 100 friends and family.

The kicker: My husband and I were not invited to the wedding, and when she returned my gown, it had lipstick on it and cake down the front. It wasn't even in a bag -- she just handed it to me. What should I think about this?

— FLABBERGASTED IN FLORIDA
DEAR FLABBERGASTED: You should conclude that your co-worker and "friend" is someone with no class whatsoever. Have the dress cleaned and packaged so it can be properly stored if you intend to keep it, and give her the bill. Then distance yourself far enough from this person that if she asks for any more favors, you can comfortably say no.



DEAR ABBY

Fresh thinking on wildfires

Albany Democrat-Herald

Paleologos Paleologou — "Pal" to his friends — was studying geography at a Greek university in the summer of 2007 when a series of deadly wildfires erupted around the country, scorching more than 600,000 acres of forests, farm fields and olive groves and killing scores of his fellow citizens.

The sudden onset and rapid spread of the fires and the death and destruction they left in their wake shocked the Greek people and changed the trajectory of Paleologou's life.

"Eighty-four people died in those fires," said Paleologou. "I needed to do something to help people."

Shifting his academic focus, he earned a Ph.D. in wildfire behavior modeling and fire effects assessment. He is currently living in Corvallis, where he's working on an 18-month postdoctoral research project as a visiting scholar for the U.S. Forest Service in collaboration with Oregon State University and Portland State University.

Paleologou is part of a team of researchers using the latest computer modeling techniques to analyze where wildfires start and how they spread. The research has major implications for fire management strategies not only in Greece but also in the Western United States, which has been ravaged by a series of devastating wildfires. The latest example is the Mendocino Complex in California, which has now burned more than 360,000 acres to become the largest wildfire in state history.

One of the conclusions researchers have reached is that fire suppression alone is not enough. Without doing something to reduce fuel loads, more large wildfires are inevitable.

"Fire suppression reaches its limits when you see a beast like the fire in California," Paleologou said.

But in Greece, as in this country, far more money is spent on fighting fires than on trying to keep them from starting in the first place. And Paleologou's research shows that funding for prevention isn't always sent where it would do the most good.

"There is a scale mismatch," he said. "Sometimes we place treatments in places where they have no effect in terms of com-

munity protection."

One reason for that is that community wildfire protection plans are traditionally based on political boundaries — city limits and county lines — rather than the larger geographic areas where fires naturally occur.

Paleologou and his colleagues are trying the combat that way of thinking with a concept they refer to as a "firedhed."

Like a watershed — a term that describes the geographic region drained by a single river — a firedhed describes a region defined by wildfires that have affected it in the past and may affect it in the future.

Using computer simulations, they can predict what sort of wildfire scenarios are most likely to pose a threat to a given community and where those fires are most likely to start. By producing a map of a community's firedhed, the modeling can help land managers better visualize where the danger is coming from and where it makes the most sense to take preventive steps such as cutting fire breaks, thinning forests and setting prescribed burns.

"Instead of doing small, scattered projects all around the area that cannot change fire trajectory, you do bigger, statistically placed treatments in the field, and we can estimate how much they're going to change the behavior of fires," Paleologou said.

Measures like these are more important than ever in the face of a steadily warming global climate, he added.

"The only thing we can do to change the situation is fire prevention," he said. "We cannot change the weather — the only thing we can do is change the vegetation."

Cutting down trees and burning off brush to prevent catastrophic wildfire can be a tough sell in places where people value the beauty of wild nature, but Paleologou argues that eliminating fire from the landscape entirely is neither natural nor practical. And he thinks attitudes are beginning to change.

Paleologou and his fellow researchers are beginning to share what they've learned in a number of ways, from publishing their findings in academic journals to creating state-specific web portals (there isn't one for Oregon yet, but they're working on it).

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weather

	TONIGHT	SAT	SUN	MON	TUE
	Clear and chilly	Sunny and pleasant	Mostly sunny and nice	Mostly sunny and pleasant	Pleasant with some sun
Baker City	40	78 38	82 39	79 43	76 40
Comfort Index™	10	9	9	10	10
La Grande	44	77 40	80 44	79 44	78 43
Comfort Index™	10	10	9	9	10
Enterprise	41	74 42	78 46	78 44	76 44
Comfort Index™	10	10	9	9	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	80°	74°	74°
Low Thursday	48°	55°	48°
PRECIPITATION (inches)			
Thursday	0.00	0.00	0.00
Month to date	Trace	0.18	0.17
Normal month to date	0.69	0.82	0.63
Year to date	4.75	10.48	20.95
Normal year to date	7.05	10.84	15.00

THURSDAY EXTREMES

NATION (for the 48 contiguous states)	OREGON
High: 113° Death Valley, Calif.	High: 90° Ontario
Low: 22° West Yellowstone, Mont.	Low: 37° Sunriver
Wettest: 2.60" Springfield, Mo.	Wettest: 0.11" Florence

AGRICULTURAL INFO.

HAY INFORMATION SATURDAY	
Lowest relative humidity	25%
Afternoon wind	NW at 6 to 12 mph
Hours of sunshine	11.9
Evapotranspiration	0.19

RESERVOIR STORAGE (through midnight Thursday)	
Phillips Reservoir	14% of capacity
Unity Reservoir	22% of capacity
Owyhee Reservoir	39% of capacity
McKay Reservoir	42% of capacity
Wallowa Lake	11% of capacity
Thief Valley Reservoir	1% of capacity

STREAM FLOWS (through midnight Thursday)	
Grande Ronde at Troy	546 cfs
Thief Valley Reservoir near North Powder	56 cfs
Burnt River near Unity	108 cfs
Umatilla River near Gibbon	48 cfs
Minam River at Minam	65 cfs
Powder River near Richland	45 cfs

WEATHER HISTORY

On Sept. 1, 1950, Yuma, Ariz., had its hottest day ever, with a high of 123 degrees. On the same day, the mercury in Mecca, Calif., soared to 126 degrees -- the highest U.S. reading ever in September.

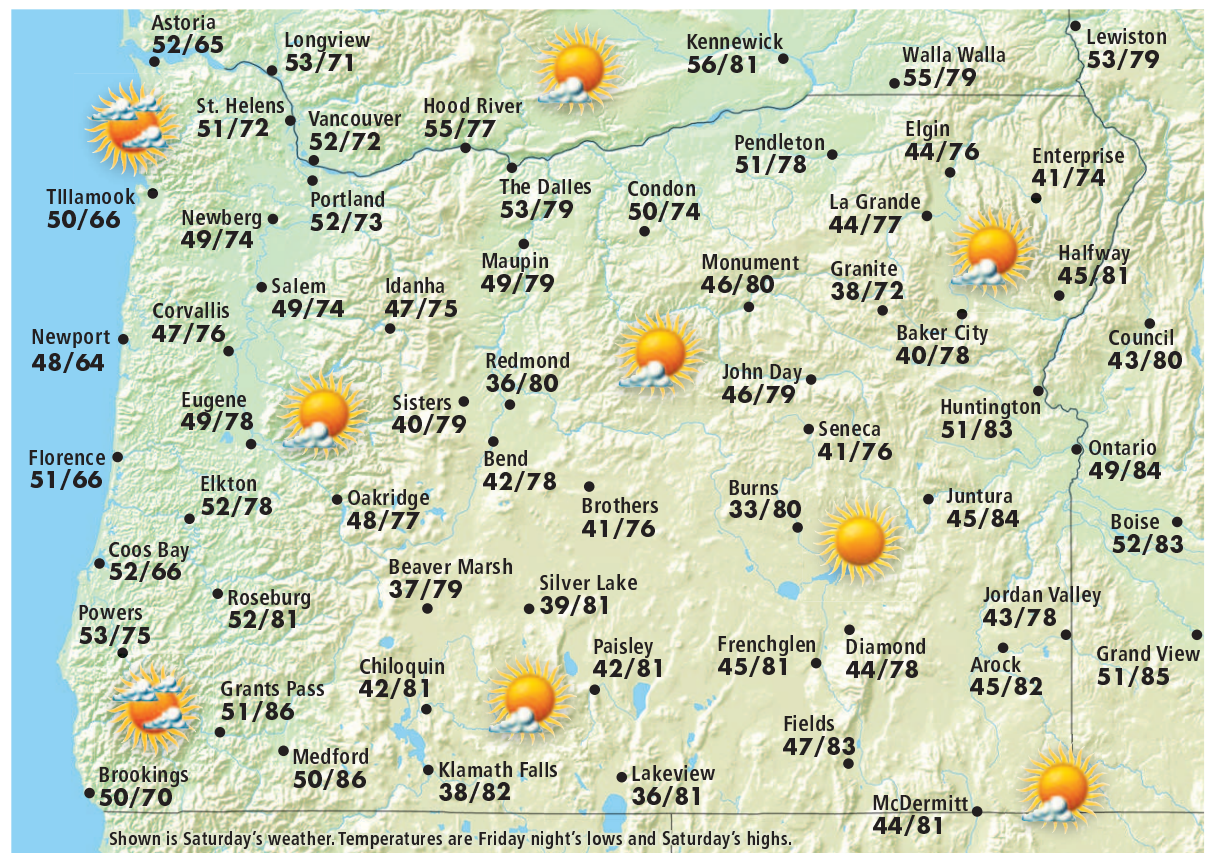
SUN & MOON

	FRI.	SAT.
Sunrise	6:13 a.m.	6:14 a.m.
Sunset	7:32 p.m.	7:30 p.m.
Moonrise	10:21 p.m.	10:54 p.m.
Moonset	11:25 a.m.	12:32 p.m.

MOON PHASES	Last	New	First	Full
	Sep 2	Sep 9	Sep 16	Sep 24

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	SAT. HI/Lo/W	SUN. HI/Lo/W	City	SAT. HI/Lo/W	SUN. HI/Lo/W
Astoria	65/49/pc	65/54/pc	Lewiston	79/50/s	81/54/s
Bend	78/41/s	81/45/s	Longview	71/49/pc	75/54/pc
Boise	83/51/s	85/53/s	Meacham	73/38/s	78/42/s
Brookings	70/51/pc	71/55/pc	Medford	86/50/s	91/52/s
Burns	80/36/s	83/39/s	Newport	64/46/s	62/49/s
Coos Bay	66/52/s	65/53/s	Olympia	70/44/pc	75/48/pc
Corvallis	76/47/s	82/49/s	Ontario	84/48/s	84/50/s
Council	80/44/s	82/47/s	Pasco	81/47/s	84/48/s
Elgin	76/41/s	80/45/s	Pendleton	78/47/s	82/53/s
Eugene	78/48/s	83/50/s	Portland	73/51/s	79/53/pc
Hermiston	80/48/s	85/55/s	Powers	75/50/pc	77/51/pc
Hood River	77/52/s	84/56/pc	Redmond	80/37/s	84/41/s
Imnaha	80/47/s	83/55/s	Roseburg	81/50/s	86/54/s
John Day	79/43/s	83/49/s	Salem	74/48/s	81/50/pc
Joseph	75/41/s	79/44/s	Spokane	73/47/s	75/51/pc
Kennewick	81/49/s	86/53/s	The Dalles	79/51/s	86/55/s
Klamath Falls	82/40/s	86/42/s	Ukiah	73/39/s	78/42/s
Lakeview	81/37/s	85/39/s	Walla Walla	79/53/s	82/56/s

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

RECREATION FORECAST SATURDAY

Location	SAT. HI/Lo/W	SUN. HI/Lo/W
ANTHONY LAKES	50 32	72 39
MT. EMILY REC.	62 41	79 46
EAGLE CAP WILD.	60 32	67 35
WALLOWA LAKE	73 40	78 50
THIEF VALLEY RES.	76 40	75 44



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