Long-married couple wonders if being 'swingers' is for them

DEAR

ABBY

DEAR ABBY: My wife and I have been married for years. We married young, and I'm the only man she has been with. Although we seem to have a good sex life, she's now saying she wants more. She wants to experiment and is suggesting we try a "swinging" lifestyle — a threesome or foursome — swapping partners.

I think she wants to experience a stronger, more physically attractive man. I'm not against it. I fantasize about

watching her with another man, and it could be exciting to make love with other women. However, my question to you and your readers is,

does this lifestyle enhance a marriage or does it usually lead to severe marriage issues? — CONSIDERING IT IN CALIFORNIA

DEAR CONSIDERING IT: Depending upon the people involved, the swinging lifestyle can either enhance or destroy a marriage. If the couple is honest with each other from the beginning, establishes firm ground rules and adheres to them, it won't hurt the marriage. However, if one partner feels coerced into participating, it can be destructive, which is why I do not recommend it.

DEAR ABBY: One of my very close friends self-harms. She constantly slits her wrists and forearms. I desperately want her to stop, but I don't know how to convince her not to hurt herself.

I would talk to her parents about it, but she doesn't feel comfortable around her dad, and her mom is part of the reason she self-harms. She had a therapist she could talk to, but not

I want her to feel loved, but so far, all I've been doing to help is listen when she talks. She needs to be able to see herself as others do. What can I do to help her? I don't want to sit idle while she struggles.

— GOOD FRIEND IN KANSAS DEAR GOOD FRIEND: You are a caring person, but your friend has serious emotional problems you don't have the training or experience to handle. She will need professional help to get to the root of her emotional pain before she can stop cutting.

Because she no longer has a therapist and her parents are part of the problem, tell a counselor at school that your friend is selfharming. Perhaps there can be an intervention if her problem is approached that way.

DEAR ABBY: I have been married forever to a very demanding and controlling man. We are older now, so, without consulting me, he bought cemetery plots for us. The problem is, *I'm* scared to death of cemeteries and always have been. I prefer to be cremated and have

my ashes scattered over places

One of my kids is OK with it; the other isn't. How can I make sure my wishes will be respected?

— GOING OUT MY WAY

DEAR G.O.M.W.: It appears that one of your kids takes after their father. If your husband dies first, your problem will be solved because your wishes will prevail.

Talk with an attorney who specializes in estate planning about putting language in your will that specifies that if you AREN'T cremated and scattered as you wish to be, the person responsible will receive no more than \$1. Then choose an executor you can trust, and when the time comes, rest in peace.

DEAR ABBY: My daughter was dating an attorney I'll call Clarence. They supposedly split up a few months ago. Over the last few weeks, correspondence from a local car dealer addressed to Clarence has been sent to my

My daughter called me all flustered about a week after the first piece of mail was delivered and asked if "something in his name" had arrived. She then explained that Clarence had bought a car and had it titled to my address "because taxes would be cheaper."

Now I'm getting other mail in his name. Isn't this some sort of invasion of privacy, a form of harassment or fraud? I don't have a lot of respect for this guy. I'm not sure how to handle this situation, nor do I know how to stop what Clarence is doing.

- FRUSTRATED IN MENTOR, OHIO DEAR FRUSTRATED: What Clarence is doing is called fraud -- and you can stop it by simply writing, "Does not reside at this address" on the envelope and returning it to your postal worker. If that doesn't do the trick, notify the Postal Inspection Service.

Band of Nomads: Coastal Carolina displaced due to Hurricane Florence

By Pete lacobelli

COLUMBIA, S.C. — Coastal Carolina's C.J. Brewer wasn't sure what to think nearly two weeks ago when coaches told him campus was closed and the Chants were busing out of South Carolina with Hurricane Florence churning offshore.

"It was a little bit crazy," Brewer, a sophomore starter at defensive tackle, told The Associated Press by phone. "But we hung together."

The Chanticleers certainly have, winning twice at Campbell and Louisiana-Lafayette despite getting displaced by the storm and trekking through four states to stay dry and out of harm's way. Coastal Carolina (3-1, 1-0 Sun Belt Conference) has already won as many games in the FBS this season as all of 2017 when it went 3-9.

"Yes, there were things for us to overcome and worries about family and friends," Chants coach Joe Moglia said. "But at the same time, you've still got to handle it."

There was plenty to handle. Two weeks ago, Florence was a growing mega storm in the Atlantic Ocean projected to hit near South Carolina's Grand Strand resort region, which is about 10 miles east of Coastal Carolina's campus.

When South Carolina Gov. Henry McMaster ordered state agencies closed on Sept. 10, that included state university Coastal Carolina and Moglia had quick decisions to make. The team's upcoming Saturday home game with Campbell was moved to the Camels' campus in Buies Creek, North Carolina and moved up to Wednesday afternoon. So Moglia gathered his coaches and players on a fleet of five buses bound for Raleigh, North Carolina.

What about our families? Moglia was asked, he recalled. So families came along. How about pets? some continued and Moglia agreed. So a Noah's Ark of about more than 100 hundred people "13 dogs, five cats and a fish," Moglia joked, set out on one of college football season's longest — and most successful, so far — road trips.

In front of an afternoon crowd of 2,000 fans, Coastal topped FCS opponent Campbell 58-21 and immediately boarded the buses for what became a 10-hour trek to Jacksonville, Florida.

The North Florida city became the Chants home the next nine days. Meetings were held in cramped hotel conference rooms. Projectors shared between position groups as film sessions were hobbled together as best they could.

Moglia, his players and coaches also waited out a stormy Friday and Saturday when Florence finally came ashore. The fatal storm, which officials say is responsible for nine deaths in South Carolina, was forecast to do significant damage in the area around campus. "It wasn't always easy," said Brewer, who is from Bowdon, Georgia. "But we were all together and keeping us all positive."

Moglia said some coaches' homes have some water damage as flooding has continued around Conway due to the cresting Waccamaw and PeeDee rivers. But no one was hurt, he said. "That helped us stay focused on football," he said.

The Chants are a team that's dealt with obstacles before. In July 2017, Moglia stepped away from the team due to a respiratory problem. He was medically cleared to return in January.

Preparations for last week's win at Louisiana-Lafayette were difficult. Moglia said they would have to travel about 45 minutes each way to get to their high school practice field, time taken away from film study or other group workouts. Finding weightlifting time for players accustomed to working out was near impossible, so Moglia, the one-time CEO of TD Ameritrade, tried not to worry

There were group dinners and movies. video game competitions in hotel rooms and time to explore their temporary city. "I know that helped us stay together," Brewer said.

Brewer said the bond was essential as Coastal held off Louisiana 30-28 to win its Sun Belt opener for the first time since joining FBS before the 2016 season.

The team got the OK to return to the area after the Louisiana game, although not at the closed campus. The Chants have spent the past week at a hotel connected to the Myrtle Beach Convention Center and have practiced at Myrtle Beach High's field.

Coastal Carolina will play at Troy on Saturday and are expected to return to the re-opened campus for workouts and normalcy on Monday. "You can get a little stir crazy," Moglia acknowledged. "But I'm grateful for the way our guys have handled this."

	7				7		3 /1	
TONIGHT	THU		FRI		SAT		SUN	
Mostly cloudy	Cloudy with a little rain		Sun, then clouds; cool		Cloudy with a few showers		Partly sunny	
Baker City 36	58	25	58	35	55	33	58	32
Comfort Index™ 10	2		5		0		;	3
La Grande 42	58	35	58	41	53	34	59	38
Comfort Index™ 9)		5)	i	5
Enterprise 41 Comfort Index™ 10	55	32	55	40	50	34	55	35
Comfort Index takes in			athor will fo	ol bacod on a	combinatio	on of factors	A rating of	10 fools

very comfortable while a rating of 0 feels very uncomfortable.

ALMANAC

TEMPERATURES	Baker City	La Grande	Elgii
High Tuesday	74°	75°	689
Low Tuesday	49°	50°	50°
PRECIPITATION (in	ches)		
Tuesday	Trace	Trace	0.00
Month to date	Trace	Trace	0.00
Normal month to dat	e 0.04	0.06	0.0
Year to date	4.75	10.52	21.04
Normal year to date	7.66	11.60	15.92
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AGRICULTURAL INFO.

Umatilla River near Gibbon

Powder River near Richland

Minam River at Minam

RSDAY
40%
WNW at 6 to 12 mph
0.5
30.0
hrough midnight Tuesday)
9% of capacity
9% of capacity
31% of capacity
29% of capacity
4% of capacity
0% of capacity
midnight Tuesday)
621 cfs
Iorth Powder 3 cfs
12 cfs

TUESDAY EXTREMES

High: 101°	Death Valley, Calif.
Low: 21°	Daniel, Wyo.
Wettest: 3.31"	Scottsdale, Ariz.
OREGON	
High: 78°	Eugene
Low: 34°	Madras
Wettest: 0.06"	Tillamook

WEATHER HISTORY

On Oct. 4, 1954, the temperature so ared to a record 95 in Norfolk Va. In Philadelphia. Pa., the day's minimum of 74 degrees was the highest ever for October.

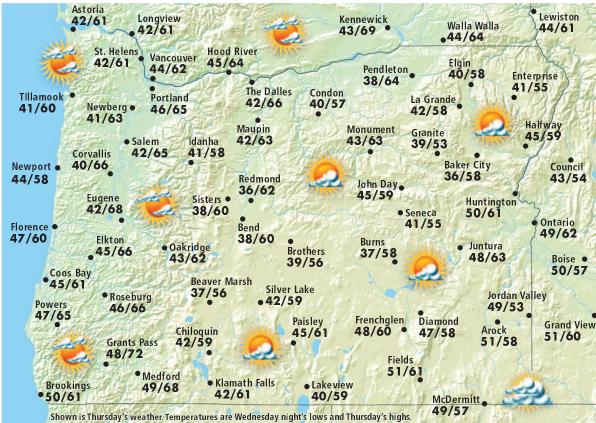
SUN & MOON WED.

Sunrise	6	:53 a.m.	6 54 a m
Sunset	6	:29 p.m.	6:27 p.m.
Moonrise	12	08 a.m.	1 15 a m
Moonset	3	:37 p.m.	4:23 p.m.
MOON PI	IASES		
New	First	Full	Last
11011	11130	IUII	Lust
			Control

THU.

OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2018



42

53

50

67

REGIONAL CITIES

City	THU. Hi/Lo/W	FRI. Hi/Lo/W	City	THU. Hi/Lo/W	FRI. Hi/Lo/W	
Astoria	61/47/c	59/46/r	Lewiston	61/40/r	62/45/pc	
Bend	60/33/c	55/40/sh	Longview	61/46/c	55/45/r	
Boise	57/38/r	60/44/pc	Meacham	55/34/r	55/40/pc	
Brookings	61/49/pc	58/51/r	Medford	68/43/pc	59/49/sh	
Burns	58/21/r	54/33/pc	New port	58/48/c	58/50/sh	
Coos Bay	61/49/pc	59/54/sh	Olympia	59/39/c	56/42/r	
Corvallis	66/43/c	58/49/sh	Ontario	62/33/r	62/41/pc	
Council	54/32/r	56/38/pc	Pasco	67/37/c	63/42/pc	
Elgin	58/36/r	57/41/pc	Pendleton	64/41/c	60/45/c	
Eugene	68/44/c	59/50/sh	Portland	65/48/c	59/51/r	
He rmi sto n	68/41/c	62/46/pc	Powers	65/46/pc	59/55/sh	
Hood River	64/45/c	57/49/sh	Redmond	62/29/c	56/37/sh	
lmnaha	58/37/r	59/45/pc	Roseburg	66/46/pc	59/53/sh	
John Day	59/33/c	57/44/r	Salem	65/46/c	58/51/r	
Joseph	54/32/r	54/38/pc	Spokane	58/37/c	57/39/pc	
Kennewick	69/40/c	63/44/pc	The Dalles	66/42/c	58/47/sh	
Klamath Falls	61/32/r	53/38/sh	Ukiah	56/32/c	54/40/c	
Lakeview	59/26/r	54/33/c	Walla Walla	64/44/c	61/48/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 THURSDAY

ANTHONY LAKES PHILLIPS LAKE Clouds and sun Clouds and sun 63 39 MT. EMILY REC. **BROWNLEE RES.** Clouds and sun Clouds and sun 35 67 **EAGLE CAP WILD. EMIGRANT ST. PARK** Clouds and sun Clouds and sun 34 **58 WALLOWA LAKE** MCKAY RESERVOIR Clouds and sun Clouds and sun 40 THIEF VALLEY RES. **RED BRIDGE ST. PARK** Clouds and sun Clouds and sun 36 42



49 cfs

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