

Friend wants to be ready when man asks for help

DEAR ABBY: I'm watching the slow-motion destruction of a childhood friend on Facebook. There is substance abuse, infidelity, divorce, the whole lot. It hurts.

He recently admitted that he has struggled with depression for years, but insists he isn't interested in seeing a doctor or a counselor. It sounds like he's been burned in the past. I know I can't do anything until he asks for help, but I intend to be there when he does. What resources are available for someone who is clinically depressed and self-medicating?



DEAR ABBY

DEAR ABBY: I have been happily married (for the most part) to my husband of 40 years. He is a good husband, provider and father. Only one thing about him really bothers me. When he is telling someone a story, he frequently "embellishes" it and changes it to something that's not actually the truth.

What he says doesn't really matter or hurt anyone, but it still bothers me. It makes me wonder if what he is telling me about something is the correct version or "his" version.

Like I said, it is never anything of importance, so I don't understand why he even does it. I have asked him about it, and he doesn't really explain. Do you have any idea what would make a person do this?

— WIFE IN WONDERLAND

DEAR WIFE: Some people "embellish" to impress or to make themselves look more important, or because they think it will make the story more entertaining or exciting. Not knowing your husband, I can't answer for him. It might help to reassure him that you love him just the way he is, and the truth is always better than fiction.

DEAR ABBY: I have a friend I connect with on many different levels. It's amazing. But he's already in a relationship. He tells me he loves me and doesn't ever want to lose me, but he never talks about leaving her. He says things will naturally work themselves out.

Although he says he isn't trying to have his cake and eat it too, that is exactly how it feels at times. I'm confused about what to do. My heart and my head are at odds. Please give me some advice that will help me settle my inner self.

— CONFUSED GIRL IN LOVE

DEAR CONFUSED GIRL: As it stands, your friend has two women, and you have half a man. He may love you, but if he was IN love with you, he would end the relationship with his girlfriend. He never talks about leaving her because he doesn't intend to rock the boat.

I know the idea of breaking things off is painful, but while you have romantic feelings for this person, you won't be free to find anybody else. You deserve someone who is willing to make the same kind of commitment to you that you are willing to make to him. Repeat that to yourself daily until he's out of your system.

DEAR TRYING: Support groups for people who are depressed and/or have emotional issues exist. But to join one, the person must admit there is a problem and help is needed. Because your friend is resistant to the idea of professional help, you might suggest a group called Emotions Anonymous. It was started in 1971, and its mission is to help people who are experiencing emotional difficulties. It offers chat, Skype and phone meetings as well as in-person groups. If you would like more information, you can find it at emotionsanonymous.org.

DEAR ABBY: I have been dating this woman for a few years. We aren't in a committed relationship, but she wants me exclusively to herself. She's a very jealous type, and a comment she made took me over the edge.

She told me that my late wife's picture should only be displayed in my children's room, and that I'm still holding onto her, which is preventing me from moving forward with any woman. I will never remove any pictures of my children's mother out of respect not only for my departed loved one but for my children as well. What do you think of this?

— RESPECTFUL IN TEXAS

DEAR RESPECTFUL: If you keep a photo of your late wife next to your bed, I can see how it might bother someone you have been dating for a few years — particularly if you haven't made a commitment to her. That said, if displaying a picture of your wife in a public room of your home is so threatening to this woman that she would make the kind of scene you describe, it may be time to replace her with someone who is less easily threatened.

Bahamas tackles massive clean-up after Dorian

By Danica Coto
The Associated Press

HIGH ROCK, Bahamas — Pastor Jeremiah Saunders stood in the golden afternoon sun and barely blinked as he debated what to pick out from the ruins of the church he built 22 years ago in the seaside village of High Rock on the eastern end of Grand Bahama island.

A black-and-blue necktie floated in a pool of water. Nearby, a ruptured set of drums lay toppled on its side. Bone-white sea shells were nestled in tufts of grass, flung there by the surging floodwaters that had carried Saunders for 200 yards until he managed to grab hold of a large pine tree branch, where he spent two days after Hurricane Dorian crashed ashore.

"I spoke to the water: 'Peace, be still.' It never listened," he said with a wide smile. But then he grew serious as he focused on the daunting cleanup facing the tens of thousands who live on Grand Bahama and Abaco, the two northern islands that were devastated by the Category 5 storm.

It will be a slow process that some are tackling in very small steps. Saunders picked out two hammers, five screwdrivers and three treasured Bibles.

In contrast, 67-year-old Mary Ginton in the nearby fishing village of McLean's Town wasted no time getting rid of all her ruined possessions. She created three piles of clothes stiffened by mud and set them on fire. A once-white lace curtain, a muddied pink wind-breaker and a pair of black pants all went into the flames. She most lamented that all her church clothes were ruined.

"I love blue, and most of my dresses are blue," she said standing near the fire in green flip-flops, her legs caked with mud. She also mourned the loss of her 1-year-old pet hog, Princess.

A preliminary report estimates Dorian caused some \$7 billion in damage, but the government has not yet offered any figures. Crews have started to remove some debris on the islands, but they are moving slowly to avoid accidentally disturbing any bodies lying in the rubble. The official death toll stands at 50, and Prime Minister Hubert Minnis said he expects the number to significantly increase.

About 2,500 people are listed as miss-

ing in the hurricane's aftermath, although the government has cautioned that it still needs to check names against the rosters of people evacuated from the devastated islands or staying in shelters.

On Thursday, a cluster of heavy thunderstorms heading to the Bahamas threatened to further drench those trying to salvage belongings or living in tents in hard-hit communities. Late in the day, the U.S. National Hurricane Center said the system was expected to become a tropical storm within 36 hours and would hit parts of the northwestern Bahamas with tropical storm-force winds and heavy rains.

USAID officials, meanwhile, said they would distribute plastic sheeting ahead of the storm.

As the cleanup continued, the first hints of normalcy could be seen in Freeport, a city on Grand Bahama that is operated by a private company, which provides utilities and charges residents without any government involvement. Lights began to flicker on in some neighborhoods, and crews were seen repairing transformers in other areas.

Among those celebrating the return of electricity was Clifton Williams, who was driving home from work on Wednesday when he saw an illuminated streetlight for the first time since the hurricane.

"I didn't expect that so quickly," he said. "First thing I do, I cut on the fan and cool off myself," he added, saying he slept well for the first time in more than a week thanks to the fan.

But the small villages that dot the eastern coast of Grand Bahama have barely received any help. Some residents have been hitchhiking daily from Freeport to their destroyed homes to sort through their belongings and clean up. Tereha Davis, a 45-year-old fisherwoman, said she was unable to find a ride one day and ended up walking eight miles under the blistering sun. She piled up the things she managed to salvage until she could find a ride back to Freeport with her few remaining possessions. On Wednesday, she walked through McLean's Town wearing purple surgical gloves, taking a break from cleaning as she looked for something sweet to drink for a boost of energy. She found nothing.

weather

	TONIGHT	SAT	SUN	MON	TUE
Partly cloudy	Partly sunny and pleasant	A p.m. shower or two	Cloudy with a few showers	Mostly cloudy and cool	
Baker City	44	83 46	83 45	66 43	63 39
La Grande	50	80 48	76 48	61 45	63 45
Enterprise	45	77 47	77 47	60 45	59 45

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.

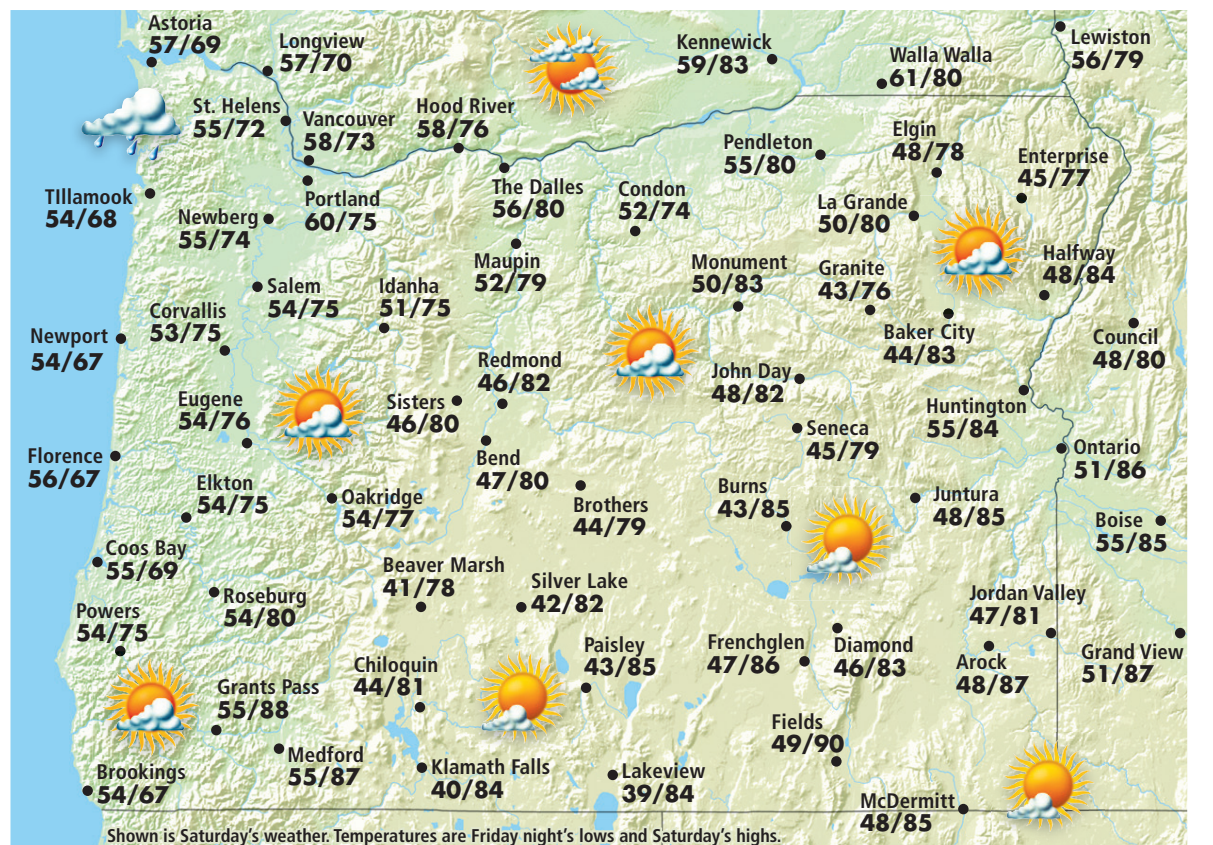
ALMANAC			
TEMPERATURES	Baker City	La Grande	Elgin
High Wednesday	74°	70°	72°
Low Wednesday	41°	47°	48°
PRECIPITATION (inches)			
Wednesday	0.00	0.00	0.54
Month to date	0.23	0.93	1.00
Normal month to date	0.22	0.23	0.27
Year to date	6.52	12.22	21.81
Normal year to date	7.29	11.10	15.30

WED. EXTREMES			
NATION (for the 48 contiguous states)			
High: 103°	Death Valley, Calif.		
Low: 21°	Bodie State Park, Calif.		
Wettest: 3.95"	Madison, S.D.		
OREGON			
High: 81°	Hermiston		
Low: 31°	Lakeview		
Wettest: 0.01"	Pendleton		

AGRICULTURAL INFO.			
HAY INFORMATION SATURDAY			
Lowest relative humidity		30%	
Afternoon wind	WSW at 4 to 8 mph		
Hours of sunshine		7.0	
Evapotranspiration		0.15	
RESERVOIR STORAGE (through midnight Thursday)			
Phillips Reservoir	24% of capacity		
Unity Reservoir	31% of capacity		
Owyhee Reservoir	69% of capacity		
McKay Reservoir	48% of capacity		
Wallowa Lake	31% of capacity		
Thief Valley Reservoir	11% of capacity		
STREAM FLOWS (through midnight Wednesday)			
Grande Ronde at Troy	779 cfs		
Thief Valley Reservoir near North Powder	69 cfs		
Burnt River near Unity	95 cfs		
Umatilla River near Gibbon	44 cfs		
Minam River at Minam	101 cfs		
Powder River near Richland	60 cfs		

SUN & MOON			
SUNRISE	6:28 a.m.	6:29 a.m.	
SUNSET	7:08 p.m.	7:06 p.m.	
MOONRISE	7:25 p.m.	7:48 p.m.	
MOONSET	5:44 a.m.	6:45 a.m.	
MOON PHASES			
Full	Last	New	First
Sept 13	Sept 21	Sept 28	Oct 5

AROUND OREGON AND THE REGION



REGIONAL CITIES					
City	SAT. HI/Lo/W	SUN. HI/Lo/W	City	SAT. HI/Lo/W	SUN. HI/Lo/W
Astoria	69/55/c	65/52/sh	Lewiston	79/55/pc	75/54/sh
Bend	80/48/pc	66/43/sh	Longview	70/58/c	64/53/sh
Boise	85/61/s	91/56/pc	Meacham	77/45/pc	71/46/sh
Brookings	67/54/s	62/53/sh	Medford	87/54/s	72/53/c
Burns	85/46/s	82/45/pc	Newport	67/55/pc	64/52/sh
Coos Bay	69/56/pc	66/53/sh	Olympia	86/55/c	63/47/sh
Corvallis	75/53/pc	63/51/sh	Ontario	86/51/s	93/53/pc
Council	80/50/pc	84/49/pc	Pasco	84/58/pc	73/52/c
Elgin	78/48/pc	74/48/sh	Pendleton	80/53/pc	69/52/sh
Eugene	76/56/pc	65/52/sh	Portland	75/59/pc	65/56/sh
Hermiston	83/58/pc	71/54/c	Powers	75/53/pc	65/53/sh
Hood River	76/58/pc	66/53/sh	Redmond	82/46/pc	69/44/sh
Imnaha	81/51/pc	83/52/c	Roseburg	80/55/pc	65/54/sh
John Day	82/53/pc	76/49/c	Salem	75/56/pc	63/53/sh
Joseph	78/48/pc	78/47/c	Spokane	71/55/pc	65/51/sh
Kennewick	83/60/pc	72/55/c	The Dalles	80/56/pc	69/54/sh
Klamath Falls	84/40/s	73/42/c	Ukiah	76/45/pc	70/44/sh
Lakeview	84/41/s	76/39/pc	Walla Walla	80/61/pc	73/55/sh

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

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