

# Dinner out is unwelcome gift for couple of restricted diets

DEAR ABBY: My companion of many years and I are retired and live a few hours away from some of his family. When one of them plans a visit, she always insists on taking us out for a meal. She doesn't ask if we would like to eat out but rather "commands" it. Then she insists on paying for the meal.

I enjoy cooking and visiting with family during and after meals. I know what our dietary restrictions are, and most restaurant meals do not meet those requirements, which include low sodium, fat and sugar and no gluten. According to my companion, I'm a good cook, and he enjoys everything I make.

I know I should say something, but what? I need a suggestion on how to deal with the situation without hurting anyone's feelings.

— THANKS, BUT NO THANKS

DEAR T.B.N.T.: This relative may not mean to seem overbearing and may only be trying to be nice. Thank her warmly for wanting to take you to dinner, but tell her no.

Explain that because of medical reasons, both of you must strictly limit the sodium, fat, sugar and gluten in your diet, which is why the two of you have decided it is "safer" to eat at home, where you can control what goes into your food. Then invite her to join you because you would love to see her and spend time with her while she's in town.

DEAR ABBY: I am in a difficult situation. My dear friends and bosses, "Rebecca" and "Caesar," are selling their home. They had offered to sell it to me and, at the time, I was interested in buying it. Then I did the one thing I never thought I would do. I found love.

Because it's no longer just me, their house won't work for us. I was honest with my friends. They have been giving me the silent treatment ever since, and it's causing problems at work. What is a girl to do?

— IN LOVE IN THE MIDWEST

DEAR IN LOVE: Recognize that Rebecca and Caesar are understandably upset that what they thought would be a quick and easy sale has now become more complicated. Explain to them again that you didn't mean

to cause them a problem, but your circumstances changed. And if they continue to take out their disappointment by punishing you at work, look for another job.

DEAR ABBY: I agreed to pay for a cell-phone for a friend's daughter while she went to school in the U.S. She was supposed to be here for three years. Well, it is now year four, and she's planning to stay here after graduation.

How do I tell her that I am not willing to continue paying for her phone after graduation?

— TRIED TO HELP IN TEXAS

DEAR TRIED TO HELP: You have several choices. You can tell her parents, write to her or call her on the cellphone you have so generously underwritten. And after you deliver the message, you should be thanked for your generosity not only by her but also her parents.

DEAR ABBY: My friend of 30 years had knee replacement surgery 15 years ago. She is fully recovered, goes to the gym three days each week and walks three miles on the treadmill. She still has (and gets renewed each doctor visit) her handicap parking card. Whenever we go anywhere and park, she always whips out her card and uses the handicap parking spots, even when there are multiple other spots available.

She's extremely religious, and I cannot understand how she doesn't realize this is morally wrong. I have spoken to her about it, but she still does it. I am not a perfect person either, but this really bothers me. What do you think?

— STYMIED IN THE SOUTH

DEAR STYMIED: I think your friend should be ashamed of herself for abusing the privilege. And I also think the doctor who is aiding and abetting her in this fraud is equally at fault.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.



Cheyenne Thorpe/Oregon Public Broadcasting

Thousands of children, students, and citizens from around Portland rallied as a part of the Portland climate strike in effort to fight climate change.

# Scientists: Climate change threatens 'fate of humanity'

By Erin Ross  
Oregon Public Broadcasting

SALEM — The statement, spearheaded by Oregon State University scientists William J Ripple and Christopher Wolf, was published earlier this week in the journal BioScience, 40 years to the day after the first World Climate Conference in Geneva in 1979. They argue that scientists have been warning about climate change ever since, but greenhouse gas emissions are still rising.

"Climate change has arrived and is accelerating faster than many scientists expected," Ripple said in a press release.

To make the threat of climate change clear, Ripple and Wolf looked at more than just global surface temperature. They mapped tree loss over the globe and in the Amazon. They looked at population growth, fertility rates, and an increase in greenhouse-gas producing

agriculture. Climate change, the authors say in the paper, is "more severe than anticipated, threatening natural ecosystems and the fate of humanity." But there are steps we can take to mitigate it. The paper outlines a series of policy moves that the people of the world will need to mitigate the worst impacts of climate change:

- Eliminating fossil fuel subsidies and making a transition from fossil fuels to low-carbon renewable energy.
- Reducing the use of short-term pollutants like methane immediately. Those pollutants often warm the planet even more than carbon dioxide (CO2), but they also leave the atmosphere more quickly than CO2. Cutting them out can help curb warming rapidly.
- Protecting and restoring the Earth's ecosystems, which can help curb emissions and store carbon.
- Switching to a more plant-based diet. More CO2 is emitted in the production of meat than it is in the production of CO2. It also takes more farmland to grow a hundred calories of meat than it does to grow a hundred calories of plants. Livestock like cows, goats, and sheep also emit methane, a serious greenhouse gas.
- Creating a carbon-free economy.
- Curbing population growth by making family-planning readily available, and by educating women and advocating for gender equality. Research shows educating women and giving them control over their reproduction is one of the most successful ways to slow population growth.

These changes won't be easy, the warning's writers acknowledge. But they argue that those changes would improve the quality of life for people around the world.

# weather

|                | TONIGHT       | SAT          | SUN                    | MON          | TUE           |
|----------------|---------------|--------------|------------------------|--------------|---------------|
|                | Partly cloudy | Partly sunny | Mostly cloudy and mild | Partly sunny | Mostly cloudy |
| Baker City     | 23            | 61 32        | 60 27                  | 54 26        | 53 23         |
| Comfort Index™ | 10            | 10           | 10                     | 8            | 7             |
| La Grande      | 33            | 62 41        | 59 31                  | 52 33        | 53 37         |
| Comfort Index™ | 8             | 10           | 9                      | 5            | 5             |
| Enterprise     | 34            | 60 38        | 56 29                  | 50 28        | 51 33         |
| Comfort Index™ | 10            | 10           | 5                      | 7            | 7             |

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                | Baker City | La Grande | Elgin |
|------------------------|------------|-----------|-------|
| TEMPERATURES           |            |           |       |
| High Wednesday         | 61°        | 58°       | 61°   |
| Low Wednesday          | 16°        | 18°       | 21°   |
| PRECIPITATION (inches) |            |           |       |
| Wednesday              | 0.00       | 0.00      | 0.00  |
| Month to date          | 0.00       | 0.00      | 0.00  |
| Normal month to date   | 0.17       | 0.39      | 0.53  |
| Year to date           | 7.14       | 13.10     | 25.85 |
| Normal year to date    | 8.42       | 13.22     | 18.08 |

| AGRICULTURAL INFO.       |                   |
|--------------------------|-------------------|
| HAY INFORMATION SATURDAY |                   |
| Lowest relative humidity | 30%               |
| Afternoon wind           | WSW at 4 to 8 mph |
| Hours of sunshine        | 7.9               |
| Evapotranspiration       | 0.08              |

| RESERVOIR STORAGE (through midnight Thursday) |                 |
|-----------------------------------------------|-----------------|
| Phillips Reservoir                            | 22% of capacity |
| Unity Reservoir                               | 31% of capacity |
| Owyhee Reservoir                              | 63% of capacity |
| McKay Reservoir                               | 25% of capacity |
| Wallowa Lake                                  | 27% of capacity |
| Thief Valley Reservoir                        | 34% of capacity |

| STREAM FLOWS (through midnight Wednesday) |         |
|-------------------------------------------|---------|
| Grande Ronde at Troy                      | 753 cfs |
| Thief Valley Reservoir near North Powder  | 1 cfs   |
| Burnt River near Unity                    | 12 cfs  |
| Umatilla River near Gibbon                | 53 cfs  |
| Minam River at Minam                      | 78 cfs  |
| Powder River near Richland                | 28 cfs  |

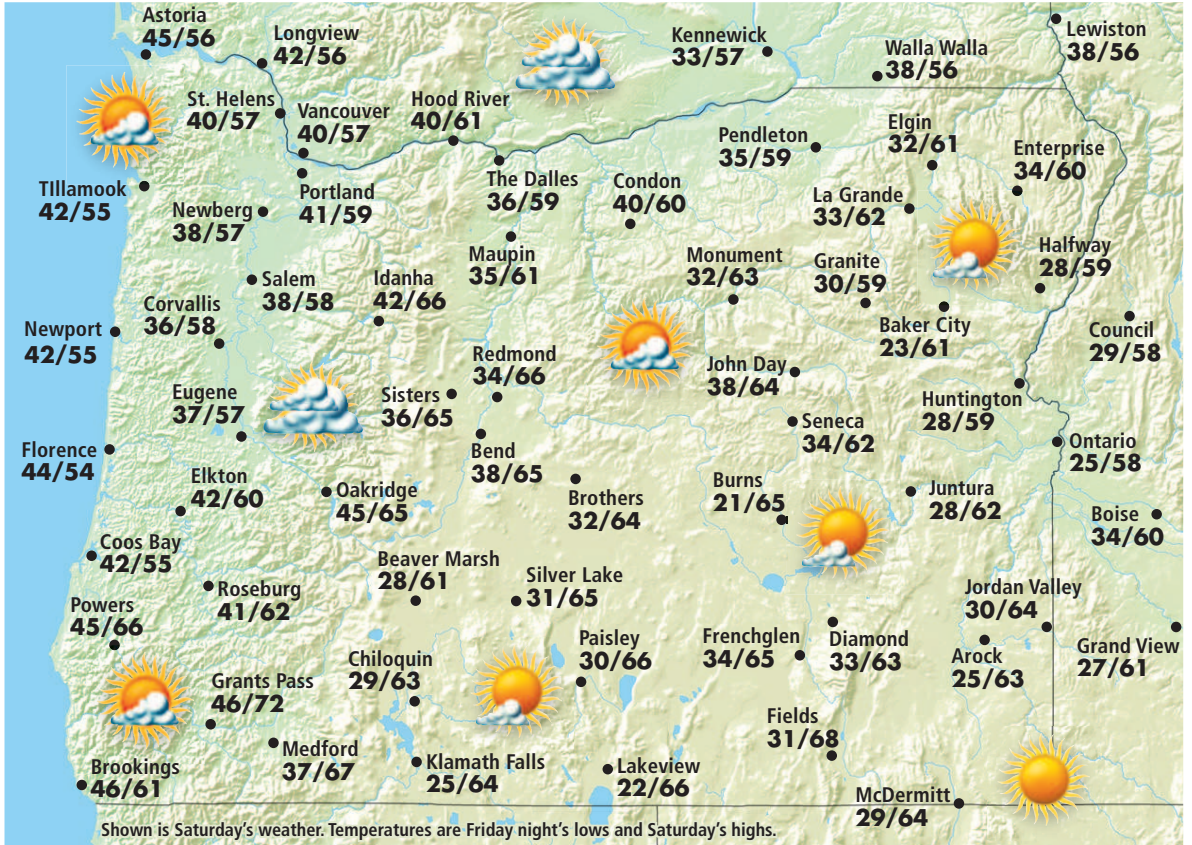
| WED. EXTREMES                         |                      |
|---------------------------------------|----------------------|
| NATION (for the 48 contiguous states) |                      |
| High: 95°                             | Palm Springs, Calif. |
| Low: -9°                              | Cut Bank, Mont.      |
| Wettest: 2.40"                        | Mountain Home, Ark.  |
| OREGON                                |                      |
| High: 70°                             | Medford              |
| Low: 16°                              | Baker City           |
| Wettest: Trace                        | Newport              |

| WEATHER HISTORY                                                                                                                                                                             |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| On Nov. 8, 1972, a powerful storm hit the Northeast with heavy rain, flooding and high winds. In New York City, the fierce coastal gale drenched the city with a record 5.1 inches of rain. |  |

| SUN & MOON                 |                     |
|----------------------------|---------------------|
|                            | FRI. SAT.           |
| Sunrise                    | 6:41 a.m. 6:42 a.m. |
| Sunset                     | 4:31 p.m. 4:30 p.m. |
| Moonrise                   | 3:20 p.m. 3:41 p.m. |
| Moonset                    | 2:28 a.m. 3:29 a.m. |
| MOON PHASES                |                     |
| Full Last New First        |                     |
| Nov 12 Nov 19 Nov 26 Dec 3 |                     |

# AROUND OREGON AND THE REGION

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## REGIONAL CITIES

| City          | SAT. HI/Lo/W | SUN. HI/Lo/W |
|---------------|--------------|--------------|
| Astoria       | 56/47/r      | 58/44/r      |
| Bend          | 65/38/pc     | 63/35/pc     |
| Boise         | 60/39/pc     | 61/34/pc     |
| Brookings     | 61/49/pc     | 71/52/pc     |
| Burns         | 65/28/pc     | 64/23/pc     |
| Coos Bay      | 55/44/c      | 62/45/pc     |
| Corvallis     | 58/41/c      | 63/42/pc     |
| Council       | 58/36/pc     | 59/32/pc     |
| Elgin         | 61/39/pc     | 57/31/c      |
| Eugene        | 57/40/c      | 63/41/pc     |
| Hermiston     | 58/39/pc     | 60/33/c      |
| Hood River    | 61/43/c      | 62/42/pc     |
| Imnaha        | 64/41/pc     | 59/34/r      |
| John Day      | 64/37/pc     | 60/35/pc     |
| Joseph        | 59/38/pc     | 56/29/r      |
| Kennewick     | 57/38/pc     | 58/32/c      |
| Klamath Falls | 64/31/pc     | 66/28/pc     |
| Lakeview      | 66/31/pc     | 64/26/s      |

| City        | SAT. HI/Lo/W | SUN. HI/Lo/W |
|-------------|--------------|--------------|
| Lewiston    | 56/41/pc     | 58/34/sh     |
| Longview    | 56/46/r      | 57/42/c      |
| Meacham     | 59/37/pc     | 57/29/c      |
| Medford     | 67/39/pc     | 69/40/pc     |
| Newport     | 55/44/c      | 59/46/pc     |
| Olympia     | 57/43/r      | 58/39/r      |
| Ontario     | 58/33/pc     | 63/31/pc     |
| Pasco       | 57/38/pc     | 61/31/c      |
| Pendleton   | 59/43/pc     | 60/34/c      |
| Portland    | 59/47/c      | 61/46/r      |
| Powers      | 66/47/c      | 69/47/pc     |
| Redmond     | 66/39/pc     | 66/34/pc     |
| Roseburg    | 62/43/c      | 68/43/pc     |
| Salem       | 58/44/c      | 62/43/pc     |
| Spokane     | 50/36/pc     | 50/27/c      |
| The Dalles  | 59/40/c      | 63/41/c      |
| Ukiah       | 61/37/pc     | 56/30/c      |
| Walla Walla | 56/45/pc     | 58/35/c      |

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

| ANTHONY LAKES      |  |
|--------------------|--|
| Cooler             |  |
| 42 28              |  |
| MT. EMILY REC.     |  |
| Partly sunny       |  |
| 53 38              |  |
| EAGLE CAP WILD.    |  |
| Partly sunny       |  |
| 46 29              |  |
| WALLOWA LAKE       |  |
| Partly sunny       |  |
| 59 38              |  |
| THIEF VALLEY RES.  |  |
| Partly sunny; mild |  |
| 61 32              |  |

| PHILLIPS LAKE       |  |
|---------------------|--|
| Partly sunny        |  |
| 60 34               |  |
| BROWNLEE RES.       |  |
| Partly sunny        |  |
| 62 38               |  |
| EMIGRANT ST. PARK   |  |
| Some sun            |  |
| 58 38               |  |
| MCKAY RESERVOIR     |  |
| Some sun; pleasant  |  |
| 63 42               |  |
| RED BRIDGE ST. PARK |  |
| Partly sunny        |  |
| 62 41               |  |

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