

Childhood abuse led woman to long life of promiscuity

DEAR ABBY: I was molested by my sister's husband in 1959. I was 5 years old. Growing up in the late 1950s and 1960s, sexual abuse was never discussed in my parents' home. It just wasn't done then. Of course, my brother-in-law told me it was "our little secret."

This has affected my entire life. I didn't get counseling for it because I didn't remember it. I became promiscuous at a young age, but I cannot remember any of the sexual episodes. I have been with several thousand men and don't remember any of them.

I came up with a theory that each time, I went into a "fugue state." I understand it's common in children who are molested young. I am horribly ashamed of my behavior, and I beg God nightly for forgiveness.

I'm married with a 29-year-old son, and my husband and son know all about my activities during our entire marriage. I have been chaste now for more than a year and doing my best to not "fall off the wagon."

My sister and her husband are now elderly, but I still want to tell her that he abused me. He also abused his adopted daughter, who ran away when she was 14. Should I tell my sister about what he did to me, or must I take it to my grave? (We are already estranged.)

— SURVIVING IN TEXAS

DEAR SURVIVING: I am truly sorry for what you experienced and how it has affected your life, and I congratulate you for your year of sobriety. That said, I think you would benefit from talking to a mental health professional about this before deciding whether to tell your sister. I say this for your sake, not hers.

If she remained with her husband after he assaulted her young teenaged daughter (!), it won't come as a total shock to her. However, she may be so calloused or deeply in denial that she won't react or apologize, so do not expect it.

DEAR ABBY: My husband wants us to go to nudist resorts. We are both in our 70s and very out of shape. He is extremely overweight and old looking. Everything hangs. He has been rude and nasty to me because I always

say no. I'm too old to leave him. We can't keep fighting over this. He is also very unhealthy. Please give me some advice.

— CLOTHING NOT OPTIONAL

DEAR C.N.O.: I'll try. Nudist or clothing-optional resorts are not what you may think they are. They are patronized by families and individuals of every shape, size and age.

In the interest of peace in your household, please do some research. Your husband is unwell, and you belong with him. You will not be the exception, you will be the norm and you will not be judged. Try it once and you will see that when the clothes come off, we are all variations on one grand design — even if some of the moving parts sag a little.

DEAR ABBY: I am recently divorced, but my husband, "Danny," and I still see each other. The other night he mentioned that his ex-girlfriend texts him. He also allows her to follow him on Instagram but says he isn't following her. It really bothers me because she and Danny were in contact when we were married, "just as friends" is what he said. He repeated with 100% certainty that he has no interest in ever getting back together with her.

I spend a lot of nights at his place, and he spends nights with me, so I guess I have to trust his word, but it's eating me up inside. I have asked him to not allow her to follow him on Instagram, but he has not done that yet. He said he doesn't care who follows him.

— UNFOLLOW IN CONNECTICUT

DEAR UNFOLLOW: I'm confused. Exactly what is your question? You say you are divorced, but you are still acting — and thinking — like you are Danny's wife. He's a free man now, and you not only do not have the right to dictate who should or shouldn't follow him on Instagram, but also don't have the right to tell him he can't see another woman if he wishes.

Face it, you are both free now. You can't be cheated on by a husband who is no longer your husband. Consider this: It might be healthier for you to spend less time with Danny and devote more time to moving forward with your life.



DEAR ABBY

NORTHWEST WEATHER OUTLOOK

Winter 'not scary' for NW farmers, weatherman says

By Matthew Weaver
Capital Press

SALEM — The Pacific Northwest will see slightly above normal temperatures and normal precipitation throughout the winter, a well-known weatherman predicts.

Art Douglas, a professor emeritus of atmospheric sciences at Creighton University in Omaha, Nebraska, is best known for his presentations at the Spokane Ag Show every winter.

Warm waters in the North Pacific and North Atlantic will favor high pressure ridges across the north, meaning "weak storminess" for the winter, Douglas told the Capital Press.

"Especially for you guys in the Pacific Northwest, it's not scary," he said.

Uncertainty in NOAA and European forecasts continues to shift between El Nino, which means warmer winters for the Pacific Northwest, and La Nina, which means colder winters.

Douglas predicts a mild December and January, with a cold February. The weather will be dry at the beginning of winter and wet in February, in the form of snow.

"One of your biggest fears are arctic outbreaks, especially toward the end of winter that might freeze the wheat," he said. "This is the type of winter where I would be very cautious as to what might happen to winter wheat."

Douglas says the year so far appears to be most like



Matthew Weaver/Capital Press

Weatherman Art Douglas predicts "not scary" winter weather this year in the Pacific Northwest.

the years 2018, 2014 and 1959.

He predicts "major jumps," from a mild start to a cold finish, from mildly dry to much wetter.

The cold in February will persist into March.

"You go from a cold March to a warm April back to a cold May," Douglas said.

In the spring, the Pacific Northwest will consistently trend toward slightly higher temperatures compared to the rest of the country.

"No concern in this forecast for you guys (for precipitation)," Douglas said. "Pretty darn normal in March, some spotty in April ... and then you get into May and the moisture tries to increase up into the wheat area. If you want moisture, you want it in May as it's really growing, starting to bloom and all that kind of good stuff."

The summer forecast so far resembles cool-and-wet

summers from 2014 to 2019. The forecast could change if equatorial sea surface temperatures move to El Nino or La Nina, Douglas said.

"I don't see how an El Nino or La Nina could come between now and March," he said. "What might happen after that? I'm truly clueless. We've had too many El Nino years in a row starting in 2014. We've never had a really good La Nina over the past five years. Statistically, it's overdue."

La Nina "recharges" the system to develop an "impressive" El Nino, Douglas said. He doesn't think that's likely, but also doesn't expect an El Nino for next summer.

"We're neutral," he said. "The middle ground isn't real common. Most years sort themselves out as being El Nino or La Nina. The transition more often than not takes place over a very short period of time."

weather

TONIGHT Rain	THU Cloudy with showers	FRI A snow shower around	SAT Considerable clouds	SUN Mostly cloudy
Baker City 33 Comfort Index™ 1	44 29 2	42 24 5	37 19 4	36 22 3
La Grande 38 Comfort Index™ 0	46 34 0	42 30 2	38 23 3	37 28 3
Enterprise 34 Comfort Index™ 2	43 30 0	40 25 3	35 20 3	34 23 3

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	MONDAY EXTREMES
TEMPERATURES	NATION (for the 48 contiguous states)
High Monday 45°	High: 88° Titusville, Fla.
Low Monday 22°	Low: -25° Grand Forks, N.D.
	Wettest: 1.64" Gadsden, Ala.
PRECIPITATION (inches)	OREGON
Monday 0.00	High: 55° Roseburg
Month to date 0.04	Low: 19° Crater Lake
Normal month to date 0.29	Wettest: none
Year to date 7.39	
Normal year to date 9.44	

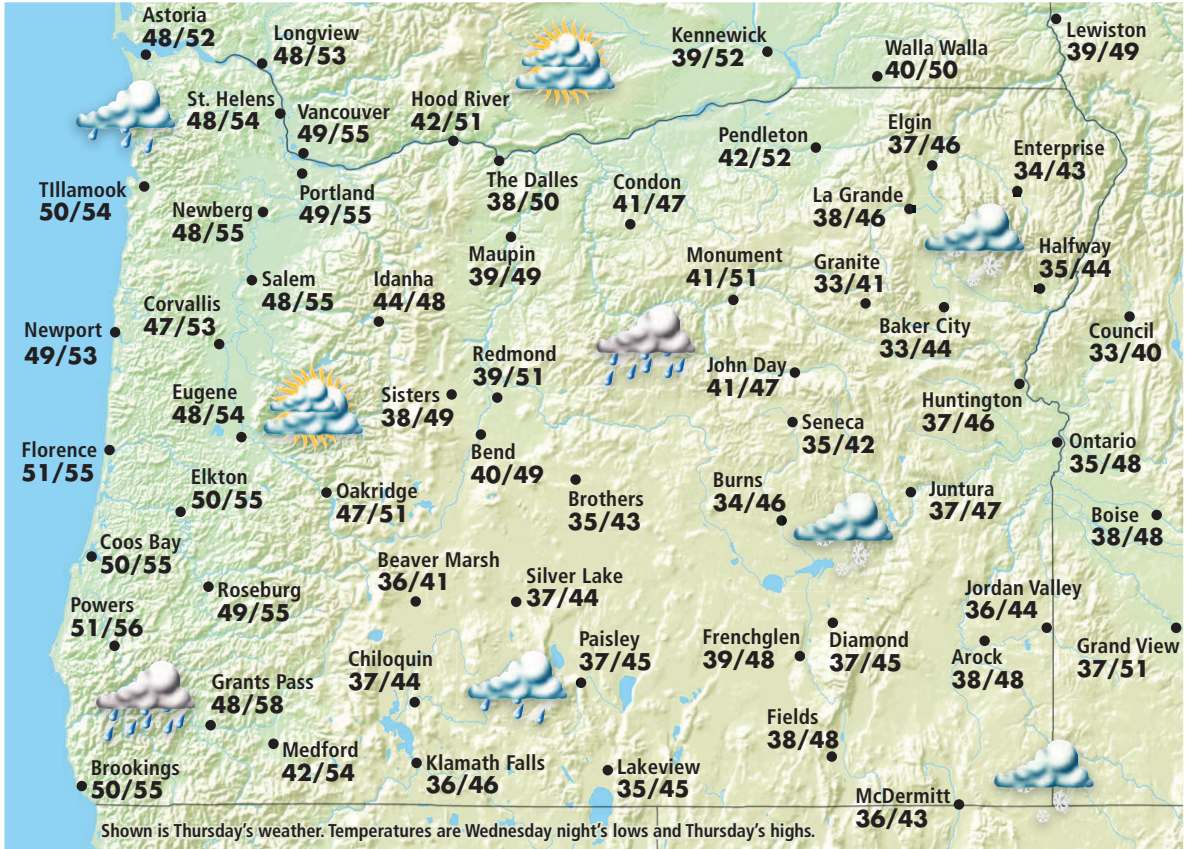
AGRICULTURAL INFO.	
HAY INFORMATION THURSDAY	
Lowest relative humidity	60%
Afternoon wind	SW at 6 to 12 mph
Hours of sunshine	0.5
Evapotranspiration	0.04

RESERVOIR STORAGE (through midnight Tuesday)	
Phillips Reservoir	22% of capacity
Unity Reservoir	36% of capacity
Owyhee Reservoir	65% of capacity
McKay Reservoir	20% of capacity
Wallowa Lake	34% of capacity
Thief Valley Reservoir	67% of capacity

STREAM FLOWS (through midnight Monday)	
Grande Ronde at Troy	860 cfs
Thief Valley Reservoir near North Powder	2 cfs
Burnt River near Unity	14 cfs
Umatilla River near Gibbon	81 cfs
Minam River at Minam	N.A.
Powder River near Richland	39 cfs

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2019



REGIONAL CITIES

City	THU. HI/Lo/W	FRI. HI/Lo/W	City	THU. HI/Lo/W	FRI. HI/Lo/W
Astoria	52/42/r	49/39/r	Lewiston	49/37/sh	46/35/sf
Bend	49/32/r	43/27/c	Longview	53/44/r	49/39/r
Boise	48/38/sh	46/29/sf	Meacham	43/32/sh	41/29/sf
Brookings	55/47/r	53/41/sh	Medford	54/42/r	52/35/r
Burns	46/29/c	41/22/pc	Newport	53/44/r	50/39/r
Coos Bay	55/45/r	52/40/r	Olympia	51/41/r	49/37/r
Corvallis	53/42/r	49/37/r	Ontario	48/35/c	47/30/c
Council	40/29/sh	38/25/sn	Pasco	50/37/sh	48/31/pc
Elgin	46/33/sh	42/30/sf	Pendleton	52/39/sh	47/35/pc
Eugene	54/43/r	49/38/r	Portland	55/43/r	50/41/r
Hermiston	52/40/sh	50/36/pc	Powers	56/46/r	51/39/r
Hood River	51/40/r	49/37/c	Redmond	51/30/r	46/24/c
Imnaha	48/34/sh	45/30/sf	Roseburg	55/44/r	50/39/r
John Day	47/33/sh	41/29/pc	Salem	55/43/r	50/39/r
Joseph	42/29/sh	39/23/sf	Spokane	44/32/sh	39/29/c
Kennewick	52/40/sh	49/34/pc	The Dalles	50/38/sn	48/35/c
Klamath Falls	46/35/sh	42/24/sh	Ukiah	44/31/sh	40/28/pc
Lakeview	45/33/c	41/22/sf	Walla Walla	50/38/sh	44/35/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 Snow showers	28 17		PHILLIPS LAKE Spotty showers	41 25	
MT. EMILY REC. Spotty showers	37 28		BROWNLEE RES. Spotty showers	45 31	
EAGLE CAP WILD. Snow showers	32 19		EMIGRANT ST. PARK Spotty showers	41 30	
WALLOWA LAKE Rain and snow	42 29		MCKAY RESERVOIR Spotty showers	52 39	
THIEF VALLEY RES. Spotty showers	44 29		RED BRIDGE ST. PARK Cloudy, showers	46 34	

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