

Restricted diet makes dinner parties awkward to attend

DEAR ABBY: I have multiple chronic health conditions. Because my symptoms are worsened by a lot of foods, I'm on a highly restricted diet. If I stay on it, I feel as well as possible. (I never feel entirely well.)

When I go to friends' homes for dinner or parties, would it be rude for me to bring along something for myself that I can eat that won't make me sick? I can have no grains, no dairy, no eggs, no sugar, the list goes on and on, but I could always bring extra food to share if you think that would be appropriate.

I have been eating before I go and then claiming not to be hungry, but I feel it would be rude to do this at dinner parties. What do you suggest I do? I prefer that my health not be a topic of conversation.

— CANT EAT JACK

DEAR CANT: Your health won't be a topic of conversation at these gatherings if you discuss this with your host(s) at the time you are invited to the party. Explain that you are on a severely restricted diet, picking at their food might be interpreted as rude and you don't wish to come across that way. Ask if you can bring your own food with you. I'm sure your hosts will understand and tell you to enjoy their hospitality (if not their food) because they welcome your company.

DEAR ABBY: My husband and I received a worrisome email from our 20-something-year-old son, a graduate student some



DEAR ABBY

distance away. He wrote that he is recovering from wounds of his childhood. (We thought we were loving, supportive parents.) He indicated he will come home for visits only if we comply with his demands — about 10 were listed — and accused us of some things we never did.

On the advice of my counselor — I have a history of depression, which is in remission — I wrote agreeing to his demands in order to keep the lines of communication open. My husband refuses to do this. He is overwhelmingly hurt, angry and frustrated. He says he "will not walk on eggshells in his own home." Our son is our only child. What can or should we do?

— HEARTBROKEN IN OHIO

DEAR HEARTBROKEN: Nobody should have to walk on eggshells. If ever I heard of a family that could benefit from family counseling, you three are it. Your doctor or insurance company can refer you to someone who is licensed and competent. Please don't wait.

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 or P.O. Box 69440, Los Angeles, CA 90069.

Lottery expects big win for sports app

By Donald Orr
Oregon Public Broadcasting

SALEM — Players of Oregon Lottery's online sports betting game Scoreboard will place their bets on the San Francisco 49ers or the Kansas City Chiefs this weekend as the two teams face off on Super Bowl Sunday.

Scoreboard is a mobile app and desktop website that act as a sports-book, allowing sports gamblers to wager bets on sports ranging from football to professional darts.

Oregon Lottery officials say it's hard to predict exactly how much revenue the lottery will see over the weekend, but they're expecting a significant amount of bets.

"With the Super Bowl, it's the first real big sporting event that's happening [for Scoreboard] — we're anxious to see exactly how the players interact with their wagering," said Chuck Baumann, senior public affairs officer

for Oregon Lottery.

"We can only anticipate that it would certainly be one of the top betting games that we've had."

Baumann said Scoreboard's top game so far was the NFC Playoff game between the Seattle Seahawks and the Philadelphia Eagles on Jan. 5, with over 16,000 bets made and nearly \$450,000 wagered.

"(There was) the allure of having the Seahawks being the Pacific Northwest team of choice, but you also have the San Francisco 49ers — there are quite a few 49ers fans up and down the West Coast," he said.

"We're anticipating that there will be a lot of action, but exactly how much action, we just don't know."

Oregon Lottery doesn't expect any server issues for players during Sunday's game. People can make wagers ahead of the Super Bowl, but users can also place bets in real time as the

game progresses.

Scoreboard was the first avenue for Oregonians to legally place bets on professional sports after the U.S. Supreme Court legalized state-sponsored sports betting in 2018.

Over the course of three months, more than 22,000 users have registered to place bets and the average amount for professional football games is about \$23 per bet, with almost 700,000 bets made so far.

While the app is still in its infancy, Scoreboard alone has amassed nearly \$3 million for the state since its launch in mid-October, with over \$45 million wagered so far.

Revenue from Scoreboard will go toward the Employer Incentive Fund, a state fund that matches employer contributions to PERS, Oregon's Public Employee Retirement System. As of October, PERS was \$27 billion in debt.

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weather

	TONIGHT	SAT	SUN	MON	TUE
	Cloudy	Mostly cloudy and mild	Mostly cloudy and colder	Mostly cloudy and chilly	A blend of sun and clouds
Baker City	32	46 27	37 20	34 14	36 26
Comfort Index™	4	4	1	1	2
La Grande	41	49 28	35 24	32 15	32 27
Comfort Index™	3	3	1	0	0
Enterprise	38	47 24	33 19	29 11	30 27
Comfort Index™	6	4	1	0	1

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	43°	42°	43°
Low Wednesday	26°	30°	32°
PRECIPITATION (inches)			
Wednesday	0.02	0.16	0.29
Month to date	0.28	1.52	8.00
Normal month to date	0.75	1.55	2.99
Year to date	0.28	1.52	8.00
Normal year to date	0.75	1.55	2.99

AGRICULTURAL INFO.

HAY INFORMATION SATURDAY

Lowest relative humidity	45%
Afternoon wind	S at 7 to 14 mph
Hours of sunshine	1.4
Evapotranspiration	0.08

RESERVOIR STORAGE (through midnight Thursday)

Phillips Reservoir	23% of capacity
Unity Reservoir	49% of capacity
Owyhee Reservoir	71% of capacity
McKay Reservoir	28% of capacity
Wallowa Lake	46% of capacity
Thief Valley Reservoir	102% of capacity

STREAM FLOWS (through midnight Wednesday)

Grande Ronde at Troy	3370 cfs
Thief Valley Reservoir near North Powder	173 cfs
Burnt River near Unity	21 cfs
Umatilla River near Gibbon	890 cfs
Minam River at Minam	318 cfs
Powder River near Richland	401 cfs

WED. EXTREMES

NATION (for the 48 contiguous states)
High: 83° Hollywood, Fla.
Low: -12° Clayton Lake, Maine
Wettest: 1.83" Quillayute, Wash.

OREGON
High: 52° Brookings
Low: 20° Crater Lake
Wettest: 0.96" Astoria

WEATHER HISTORY

January of 1977 was Philadelphia's coldest January in 211 years. Buffalo, N.Y., was buried in a huge blizzard, and more than 100 inches of snow fell in West Virginia.

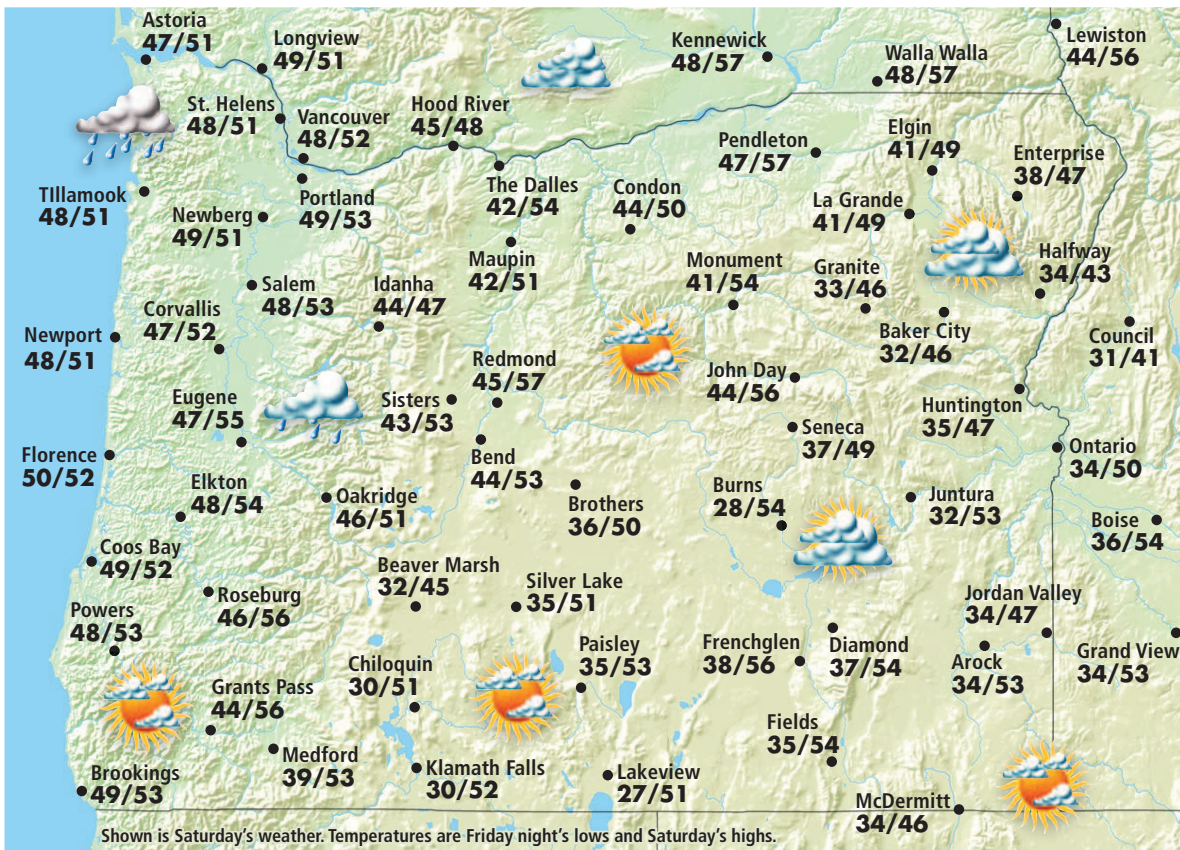
SUN & MOON

	FRI.	SAT.
Sunrise	7:15 a.m.	7:14 a.m.
Sunset	4:57 p.m.	4:59 p.m.
Moonrise	10:35 a.m.	10:58 a.m.
Moonset	11:55 p.m.	none

MOON PHASES

First	Full	Last	New
Feb 1	Feb 8	Feb 15	Feb 23

AROUND OREGON AND THE REGION



REGIONAL CITIES

City	SAT. Hi/Low	SUN. Hi/Low	City	SAT. Hi/Low	SUN. Hi/Low
Astoria	51/37/r	44/36/sh	Lewiston	56/35/c	46/30/pc
Bend	53/25/pc	37/22/sn	Longview	51/35/s	43/32/sh
Boise	54/35/c	41/24/sf	Meacham	47/25/c	34/22/c
Brookings	53/38/c	46/35/sh	Medford	53/35/pc	42/29/c
Burns	54/26/c	36/17/c	Newport	51/37/r	43/37/sh
Coos Bay	52/36/sh	46/36/sh	Olympia	50/34/r	44/28/sh
Corvallis	52/35/r	46/31/c	Ontario	50/35/c	43/26/sf
Council	41/28/c	33/12/sf	Pasco	59/32/c	50/28/c
Elgin	49/27/c	36/23/c	Pendleton	57/32/c	43/27/c
Eugene	55/35/sh	47/31/sh	Portland	53/36/r	46/32/sh
Hermiston	58/33/c	47/29/c	Powers	53/34/sh	41/32/sh
Hood River	48/32/sh	44/31/sn	Redmond	57/28/pc	41/22/sn
Imnaha	49/25/c	35/22/c	Roseburg	56/38/pc	46/32/sh
John Day	56/24/c	34/22/c	Salem	53/35/r	45/31/sh
Joseph	46/22/c	31/16/c	Spokane	50/28/sh	39/24/pc
Kennewick	57/33/c	48/28/c	The Dalles	54/32/sh	46/31/sn
Klamath Falls	52/27/pc	36/19/sn	Ukiah	49/23/c	33/19/c
Lakeview	51/28/pc	33/16/sf	Walla Walla	57/32/sh	44/28/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 Winds subsiding 36 9	PHILLIPS LAKE Mainly cloudy 45 22
MT. EMILY REC. Mainly cloudy 43 20	BROWNLEE RES. Mostly cloudy 45 29
EAGLE CAP WILD. Mostly cloudy 35 12	EMIGRANT ST. PARK Mostly cloudy 46 22
WALLOWA LAKE Mostly cloudy 46 22	MCKAY RESERVOIR Mostly cloudy 58 31
THIEF VALLEY RES. Rather cloudy 46 27	RED BRIDGE ST. PARK Mostly cloudy 49 28

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